



GOVERNMENT
OF MALTA

HUMAN
RIGHTS
DIRECTORATE

Spring
SUPPORTING
PRE-INTEGRATION GOVERNANCE

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FLAVOURS OF HOME

In collaboration with the participating migrant communities who took part in the International Food Festival - Intercultural Area 2026





In collaboration with







Flavours of Home

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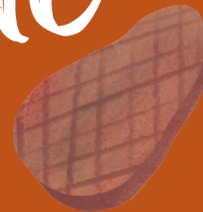
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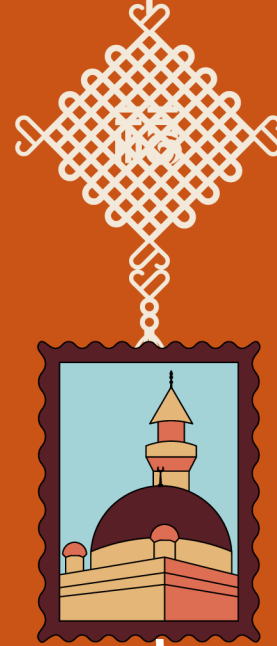
The Human Rights Directorate is pleased to present its first edition of Flavours from Home, a collection of recipes shared by members of the diverse communities that enrich Maltese society. Food has a special way of bringing people together. It tells stories, preserves traditions, and connects us to places, memories, and loved ones. Through this recipe book, we invite you to discover some of the flavours, customs, and experiences that people from different cultures have brought with them to Malta and continue to share with their communities and neighbours. Within these pages, you will find recipes from Afghanistan, Bangladesh, Cameroon, China, Colombia, Nigeria, Pakistan, the Philippines, and Serbia, represented in our multicultural society. Each dish has been contributed by individuals and families who have generously opened a window into their culture through the food they prepare and cherish. Behind every recipe is a story of identity, heritage, and belonging.

As the Human Rights Directorate, we believe that integration is built through meaningful encounters and mutual understanding. Sometimes, these connections begin with something as simple as sharing a meal. Trying a new recipe, learning about a tradition, or gathering around a table can help us appreciate both the diversity that surrounds us and the values we share. We hope this book inspires you to explore new flavours, learn about different cultures, and perhaps even recreate some of these dishes in your own home.

Flavours from Home has been produced by the Human Rights Directorate's Integration and Anti-Racism Unit in collaboration with the Malta International Food Festival. The initiative is co-funded by the Asylum, Migration and Integration Fund (AMIF) under the Supporting Pre-Integration Governance (SPRING) project.

What's on the
menu?





افغانستان
Afganistan

A Taste of Hospitality and Family





افغانستان Afghanistan



Food is at the heart of Afghan culture, where meals are a symbol of hospitality, generosity, and family unity. Across Afghanistan, preparing and sharing food is an expression of respect for guests and a way of strengthening the bonds between relatives, friends, and neighbours. Traditional recipes are carefully passed down through generations, preserving not only flavours but also the stories, customs, and values that define Afghan life.

For these recipes, the most cherished dishes in Afghan culture are Kabuli Pulao and Mantu. Although different in preparation, both reflect the importance of bringing people together, celebrating special occasions, and honouring traditions. For Afghans living abroad, these familiar dishes offer a comforting connection to home, keeping cultural heritage alive while creating new memories with future generations.





KABULI PULAO پُلوی کابلی



The Heart of Afghan Hospitality

Kabuli Pulao is widely regarded as Afghanistan's national dish and is one of the country's greatest symbols of hospitality. More than simply a meal, it represents generosity, celebration, and respect for guests. It is traditionally prepared for weddings, Eid celebrations, Nowruz, family gatherings, and other important occasions where loved ones come together.

In Afghan culture, welcoming guests is considered a cherished tradition, and serving Kabuli Pulao is one of the highest expressions of kindness and respect. The fragrant rice, tender meat, sweet carrots, raisins, and nuts create a harmonious combination of flavours that reflects the richness and diversity of Afghan cuisine. For many Afghan families, the aroma of Kabuli Pulao filling the home signals that something special is about to be celebrated. Whether welcoming visitors from near or far or gathering for a religious holiday, the dish brings everyone around one table to share food, conversation, and cherished moments together.

For Afghans living abroad, Kabuli Pulao remains a powerful reminder of home, preserving traditions of hospitality, gratitude, and the enduring importance of family.



→ Recipe one 



پُلوۍ کابلی **KABULI PULAO**

Here are the 12 main ingredients you'll need:

- 500 g basmati rice
- 700 g lamb or beef
- 2 onions
- 3 carrots, julienned
- 100 g raisins
- 50 g almonds or pistachios
- Vegetable oil or any type of oil
- Ground cumin
- Ground cardamom
- Cinnamon
- Salt and black pepper



INSTRUCTIONS

for Recipe One

1

Cook the meat with onions and spices until tender.

2

Wash and soak the rice before parboiling.

3

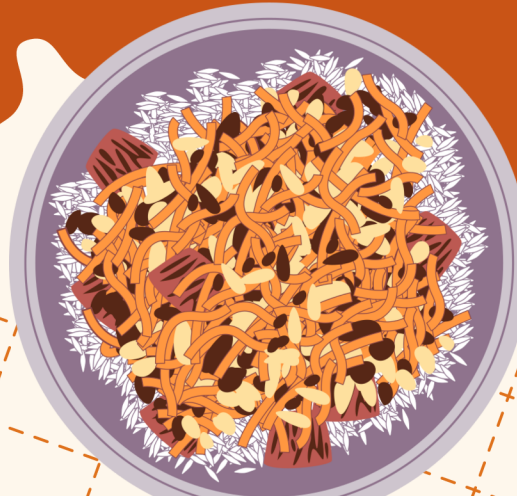
Fry the carrots until lightly caramelized, then add the raisins.

4

Layer the rice over the meat, top with the carrots, raisins, and nuts, and steam until the rice is fully cooked.

5

Serve on a large platter for everyone to share.





MANTU داماد

A Tradition Made Together

Mantu is one of Afghanistan's most treasured family dishes. These delicate steamed dumplings require time, patience, and teamwork, making their preparation as meaningful as the meal itself. Preparing Mantu is often a family activity, with parents, grandparents, and children gathering around the kitchen table to prepare the filling, fold each dumpling by hand, and make the accompanying yoghurt sauce. As each dumpling is carefully shaped, stories are shared, laughter fills the room, and traditions are passed from one generation to the next. Mantu represents togetherness, patience, and the importance of preserving family recipes and cultural heritage.

Every dumpling reflects the care, dedication, and love that Afghan families put into preparing food for the people they cherish. For many Afghans, memories of making Mantu are inseparable from memories of home. Although the preparation takes time, it is these shared moments—working side by side, talking, and laughing—that make the dish so meaningful. Through Mantu, Afghan families continue to celebrate unity, tradition, and the joy of sharing a meal together. Together, Kabuli Pulao and Mantu represent the warmth, generosity, and strong family values at the heart of Afghan culture. They are lasting reminders that the true flavour of home is found not only in the food itself, but also in the people, traditions, and memories shared around the table.



→ Recipe two



 داماد **MUNTU**

Here are the 11 main ingredients you'll need:

- Dumpling wrappers
- 500 g minced beef or lamb
- 2 onions, finely chopped
- Garlic
- Salt and black pepper
- Ground coriander
- Plain yoghurt
- Cooked split peas (optional)
- Dried mint
- Tomato sauce



INSTRUCTIONS

for Recipe Two

1

Mix the minced meat with onions, garlic, and spices.

2

Fill each dumpling wrapper and fold carefully.

3

Steam for 30–40 minutes.

4

Top with garlic yoghurt, tomato sauce, dried mint, and cooked split peas if desired.

5

Serve warm and enjoy with family and friends.





A Journey Through Flavour, Tradition, and Community

Cameroon
and Nigeria





Cameroon and Nigeria



Africa is home to one of the world's richest and most diverse culinary traditions. Across the continent, food is far more than nourishment. It is an expression of identity, hospitality, family, and community. Recipes are carefully passed down through generations, preserving not only unique flavours but also the stories, customs, and memories that bring people together.

This chapter celebrates the culinary heritage of Cameroon and Nigeria, two neighbouring countries whose cuisines reflect both shared traditions and distinct cultural identities. While each country has its own unique ingredients, flavours, and cooking techniques, both place great importance on generosity, family gatherings, and welcoming guests with abundant food. For African communities living abroad, preparing traditional dishes is a meaningful way of staying connected to home.

The familiar aromas, flavours, and recipes bring back memories of celebrations, family meals, and time spent with loved ones, while also providing an opportunity to share their culture with new communities. Through these recipes, Cameroon and Nigeria invite readers to experience the warmth of African hospitality, where every meal tells a story of heritage, resilience, togetherness, and belonging.





NDOLE



A Symbol of National Unity and Festive Celebration

Ndole is traditionally prepared for celebrations and special gatherings, where it is enjoyed by family, friends, and honoured guests.

Sharing this cherished dish is a gesture of generosity and hospitality, reflecting the values of togetherness and community that are deeply rooted in Cameroonian tradition. Its rich flavours and cultural significance make it a beloved centrepiece of festive meals.



→ Recipe Three



NDOLE



Here are the 8 main ingredients you'll need:

- Bitter leaves (Vernonia amygdalina)
- Peanuts
- Prawns
- Meat or smoked fish
- Plantains
- Yam
- Rice (optional)
- Miondo (soft cassava rolls)



INSTRUCTIONS

for Recipe Three

1

Wash the bitter leaves thoroughly to reduce their bitterness.

2

Grind the peanuts into a smooth paste.

3

Cook the meat, smoked fish, or prawns until tender.

4

Prepare the peanut sauce by combining the ground peanuts with water and simmering gently.

5

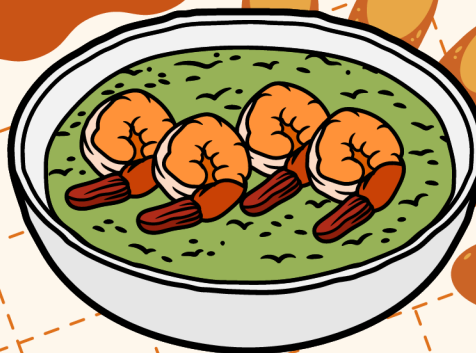
Add the bitter leaves and cooked meat or seafood, stirring well to combine all the flavours.

6

Continue cooking over low heat until the sauce becomes rich and thick.

7

Serve hot with boiled plantains, yam, rice, or miondo.





SUYA

Nigeria's Night-Time Delight

As the sun sets across Nigeria, the glow of charcoal grills and the irresistible aroma of Suya fill the streets, drawing people together for one of the country's most beloved street foods. Prepared by skilled vendors, known in many places as Mai Suya, this spicy grilled meat is a favourite evening snack enjoyed with family, friends, and neighbours.

Suya is a symbol of Nigeria's vibrant street food culture. Whether enjoyed after work, during celebrations, or while spending time with loved ones, it creates moments of connection and community. The distinctive blend of ground peanuts, spices, and smoky flavour makes it one of Nigeria's most iconic culinary traditions.



→ Recipe Four



SUYA



Here are the 11 main ingredients you'll need:

- 500g beef, thinly sliced
- 3 tablespoons ground roasted peanuts (or peanut powder)
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- ½ teaspoon cayenne pepper (or to taste)
- ½ teaspoon black pepper
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 teaspoon paprika

To Serve:

Sliced onions
Fresh tomatoes
Cucumber (optional)



INSTRUCTIONS

for Recipe Four

1

In a bowl, combine the ground peanuts, ginger, garlic, paprika, cayenne pepper, black pepper, and salt.

2

Brush the beef slices lightly with oil, then coat evenly with the spice mixture.

3

Thread the meat onto skewers.



4

Grill over hot charcoal (or a barbecue or grill pan) for 8–10 minutes, turning occasionally until cooked through and lightly charred.

5

Serve hot with sliced onions, tomatoes, and cucumber.





A Journey বাংলাদেশ Bangladesh Through Flavour, Family, and Belonging





বাংলাদেশ

Bangladesh



Food is an important part of Bangladeshi culture, reflecting the country's rich history, traditions, and the strong bonds shared between families and communities. Meals are not only a way of nourishing the body, but also a way of expressing love, hospitality, and connection. From everyday family meals to festive celebrations, food plays a central role in bringing people together around the dining table.

For this recipe book, three traditional Bangladeshi dishes have been selected to represent the warmth, hospitality, and diverse culinary heritage of Bangladesh: Jhalmuri (puffed rice snack), Fuchka (street snack), and Bhuna Khichuri (a comforting rice and lentil dish). These recipes have been passed down through generations and are closely connected to family gatherings, festivals, and special occasions.



These dishes were chosen because they carry memories of home, family, and shared experiences. The aroma of freshly prepared spices, the care and patience involved in cooking, and the joy of enjoying food together create lasting connections to Bangladeshi roots. For many Bangladeshis living away from their homeland, these familiar flavours provide a comforting reminder of home and a way to preserve cultural identity across generations.





JHALMURI ঝালমুড়ি

A Taste of Everyday Bangladesh

Jhalmuri is a beloved symbol of Bangladeshi street food culture. This simple yet flavourful snack, made with puffed rice, spices, vegetables, and other ingredients, can be found across Bangladesh at roadside stalls, parks, schools, railway stations, fairs, and festivals. Its combination of spicy, tangy flavours and crunchy textures has made it a favourite snack for generations.

For many Bangladeshis, Jhalmuri represents everyday memories. From childhood visits to local markets to casual moments spent with friends and family. Its familiar taste and aroma bring a sense of nostalgia, making it a true “flavour of home” for those living abroad.



→ Recipe Five



ঝালমুড়ি
JHALMURI



Here are the 10 main ingredients you'll need:

- Puffed rice (muri)
- Mustard oil
- Chopped onion
- Green chilies
- Fresh coriander
- Roasted peanuts
- Cucumber or tomato (optional)
- Chaat masala
- Salt
- Lemon juice



INSTRUCTIONS

for Recipe Five

1

Place puffed rice in a bowl.

2

Add onion, chilies, coriander, peanuts, and optional vegetables.

3

Add salt and chaat masala.



4

Drizzle mustard oil and lemon juice.

5

Mix well and serve immediately.





FUCHKA ফুচকা

The Joy of Sharing



Fuchka is one of the most popular and cherished street foods in Bangladesh. Known for its crispy shells filled with spicy potato mixture and served with tangy tamarind water, it is much more than just a snack but a social experience.

Sharing a plate of freshly prepared fuchka is a tradition that brings people together, whether after school, during festivals, or while exploring local markets with loved ones.

For many Bangladeshis, the taste of fuchka is connected to laughter, friendship, family outings, and the lively atmosphere of Bangladeshi streets. Even far from home, enjoying fuchka can instantly bring back memories of these simple but meaningful moments.



→ Recipe Six



ফুচকা FUCHKA



Here are the 14 main ingredients you'll need:

Filling:

- Boiled potatoes
- Onion
- Green chilies
- Coriander
- Cumin powder
- Chaat masala
- Salt
- Tomato chopped



Tamarind Water:

- Tamarind pulp
- Water
- Cumin powder
- Chaat masala
- Black salt

Other:

- Crispy fuchka shells



INSTRUCTIONS

for Recipe Six

1

Mix mashed potatoes with spices and herbs.

3

Fill each fuchka shell with potato mixture.

2

Prepare tamarind water by mixing all ingredients.

4

Serve hot with sliced onions, tomatoes, and cucumber.





BHUNA KHICHURI ভুনা খিচুড়ি

A Comforting Taste of Home

Bhuna Khichuri is one of the most comforting and traditional dishes in Bangladeshi cuisine. Made with roasted rice, lentils, and aromatic spices, it is often prepared during rainy days, religious occasions, and family gatherings. Served with accompaniments such as beef curry, chicken, fried egg, or vegetables, it becomes a complete and satisfying meal that reflects the generosity of Bangladeshi hospitality.

For many Bangladeshis, khichuri represents comfort, warmth, and a feeling of belonging. The aroma of spices and slow-cooked ingredients often brings back memories of sitting together with family, sharing stories, and enjoying peaceful moments around the table. Together, these three dishes represent the heart of Bangladeshi food culture: a celebration of tradition, community, and the memories created through sharing meals with loved ones. They capture the essence of “Flavours of Home” by showing how food can preserve heritage, connect generations, and bring people together, no matter where they are in the world.



→ Recipe Seven



ভুনা খিচুড়ি
**BHUNA
KHICHURI**



Here are the 11 main ingredients you'll need:

- Rice
- Lentils
- Onion
- Garlic paste
- Ginger paste
- Turmeric powder
- Cumin powder
- Green chilies
- Oil or ghee
- Salt
- Water

Optional Serving:

Beef curry or fried egg , Chicken
or Vegetables, Fried onions ,
Side fresh salad



INSTRUCTIONS

for Recipe Seven

1

Roast lentils lightly.

2

Fry onions in oil or ghee.

3

Add garlic and ginger paste.

4

Add rice and lentils, mix well.



5

Add spices and water.

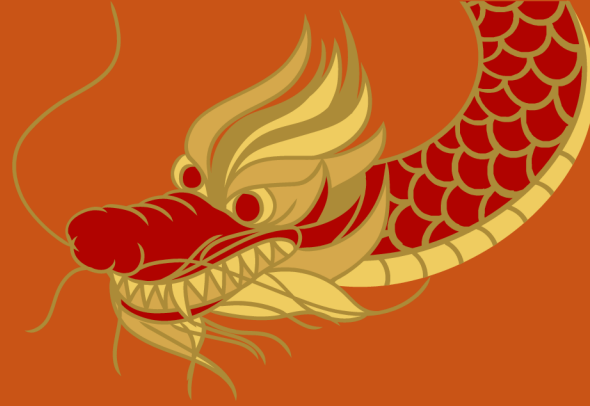
6

Cook until soft and well combined.

7

Serve with beef curry or fried egg.





中國
China

From Ancient Traditions to Family Tables





中國 China



Food is an important part of Chinese culture, representing history, family connections, traditions, and the values passed down through generations. Across China's many regions, dishes are often closely connected to celebrations, festivals, and family gatherings, where preparing and sharing food becomes a way of expressing love, respect, and togetherness.

For this recipe book, three traditional Chinese dishes have been selected to represent the richness of Chinese culinary heritage: Chinese Dumplings (Jiaozi), Chinese Steamed Buns (Baozi), and Spring Rolls (Chūnjuǎn). These dishes carry stories, symbolism, and memories that have been preserved for centuries.

From preparing dumplings together during Chinese New Year to enjoying warm baozi as part of everyday family life, these foods reflect the importance of connection and belonging within Chinese culture. Their flavours and traditions continue to bring families together, while also allowing Chinese communities around the world to maintain a strong connection to their heritage.





CHINESE DUMPLINGS (JIAOZI): 餃子

A Symbol of Reunion and Prosperity



Chinese dumplings, known as jiaozi, have a history of more than 1,800 years and are deeply rooted in Chinese culture. According to legend, they were created during the Eastern Han Dynasty by the famous physician Zhang Zhongjing, who prepared dough filled with warming ingredients to help villagers suffering from the cold winter weather.

Over time, dumplings became one of China's most treasured foods, especially during Chinese New Year. Their shape resembles ancient Chinese gold ingots, symbolising wealth, prosperity, and good fortune. The process of making dumplings is also an important family tradition, with relatives gathering together to prepare, fold, and share them, representing reunion, happiness, and hopes for a prosperous year ahead.



→ Recipe Eight



餃子
JIAOZI



Here are the 10 main ingredients you'll need:

- 500g all-purpose flour
- 250ml warm water
- 300g minced pork
- 200g napa cabbage
- 50g chives
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tsp salt

Tips:

For best results, use fresh ingredients and follow the resting/steaming times carefully. Homemade versions taste better when shared with family.



INSTRUCTIONS

for Recipe Eight

1

Mix flour and warm water to make a smooth dough. Rest for 30 minutes.

2

Chop cabbage finely, sprinkle salt, squeeze out excess water.

3

Mix pork, cabbage, chives, ginger, soy sauce, oyster sauce, and sesame oil.

4

Roll dough into small wrappers, place filling in the center

5

Fold and seal into dumpling shape.

6

Boil water, cook dumplings for 6–8 minutes until floating.

7

Serve with soy sauce, vinegar, and chili oil.



CHINESE STEAMED BUNS



(BAOZI): 包子 A Taste of Comfort and Home

Baozi is one of China's most popular and comforting traditional foods. Made from soft, fermented dough filled with savoury or sweet ingredients, baozi has been enjoyed by generations of Chinese families as an everyday meal.

According to legend, baozi was created during the Three Kingdoms period by the famous strategist Zhuge Liang, who is said to have used stuffed dough as an offering during a difficult journey. Throughout history, baozi evolved into a beloved food enjoyed across China, becoming a symbol of simplicity, care, and nourishment.

For many Chinese families, the experience of eating warm baozi in the morning represents comfort and home. Its soft texture and familiar taste evoke feelings of warmth, family care, and the simple joys of everyday life.



→ Recipe Nine



包子 BAOZI



Here are the 10 main ingredients you'll need:

- 500g flour
- 5g yeast
- 250ml warm water
- 1 tbsp sugar
- 300g minced pork
- 150g mushrooms
- 100g cabbage
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil

Tips:

For best results, use fresh ingredients and follow the resting/steaming times carefully. Homemade versions taste better when shared with family.



INSTRUCTIONS

for Recipe Nine

1

Dissolve yeast and sugar in warm water. Mix with flour to form dough.

2

Let dough rise for 1 hour.

3

Prepare filling by mixing pork, mushrooms, cabbage, and seasonings.

4

Divide dough into portions and flatten into circles.



5

Fill and seal into buns.

6

Rest for another 15 minutes.

7

Steam over boiling water for 15–20 minutes.





SPRING ROLLS (CHŪNJUǎN): 春捲 A Celebration of New Beginnings



Spring rolls have a long history in Chinese cuisine and are traditionally associated with the arrival of spring and the Spring Festival. Originally made by wrapping fresh seasonal vegetables in thin pancakes, they were prepared to celebrate the new season and wish for a successful harvest.



Over time, spring rolls became a festive dish, with their golden fried appearance resembling gold bars and symbolising wealth, prosperity, and good fortune. Today, they remain a popular dish during celebrations, particularly Chinese New Year, representing fresh beginnings, happiness, and the hope for a bright future.



Together, Jiaozi, Baozi, and Spring Rolls showcase the deep connection between Chinese food, family traditions, and cultural identity. Through these dishes, generations continue to share stories, celebrate important moments, and keep the flavours and memories of home alive wherever they are in the world.



→ Recipe Ten



 春捲
CHŪNJUǎN

Here are the 8 main ingredients you'll need:

- 20 spring roll wrappers
- 200g shredded cabbage
- 100g carrot
- 100g bean sprouts
- 150g minced pork or shrimp
- 2 tbsp soy sauce
- 1 tsp white pepper
- Oil for frying

Tips:

For best results, use fresh ingredients and follow the resting/steaming times carefully. Homemade versions taste better when shared with family.



INSTRUCTIONS

for Recipe Ten

1

Stir-fry pork or shrimp until cooked.

2

Add cabbage, carrot, and bean sprouts, season with soy sauce and pepper.

3

Cool the filling completely.

4

Place filling on wrapper, fold sides, roll tightly.

5

Seal edges with flour paste.

6

Heat oil to 170°C.

7

Deep fry spring rolls for 4–5 minutes until golden brown.

8

Drain and serve hot with sweet chili sauce.





Colombia

Recipes That Connect Generations





Colombia



Food is one of the strongest expressions of Colombian identity, carrying the flavours, traditions, and memories of generations. Across Colombia's diverse regions, cuisine reflects the country's rich landscapes, cultural influences, and the strong sense of community found around the family table. For Colombians, food is much more than a meal. It is a way of celebrating, sharing stories, welcoming others, and staying connected to their roots. Recipes are often passed down through generations, carrying memories of childhood, family gatherings, and moments shared with loved ones.



For this recipe book, two iconic Colombian dishes have been selected to represent the heart of Colombian culture: Arepas and Bandeja Paisa. Although very different in size and preparation, both dishes tell the same story. A story of tradition, family, generosity, and belonging. As for Colombian communities living abroad, these flavours provide a comforting connection to home. A familiar aroma, a traditional recipe, or a shared meal can bring back memories of family, celebrations, and the places that shaped who they are.





A Taste of Identity and Home

AREPAS

It is said that it is impossible not to feel Colombian when holding an arepa. This simple yet meaningful dish, made from corn, butter, milk, and carefully prepared dough, has been part of Colombian life for generations. The arepa has accompanied Colombians through countless everyday moments. It appears on breakfast tables alongside scrambled eggs with tomatoes and spring onions, served in school lunchboxes, enjoyed as a quick meal during busy days, and shared with friends during late evenings. Its familiar taste and comforting presence make it one of the most loved symbols of Colombian cuisine.

Perhaps what makes the arepa so special is that there is not just one version. Colombia's regions each have their own traditional varieties, including the simple white arepa, the sweet golden arepa de chόcolo, the crispy arepa de huevo, and regional versions such as santandereana, boyacense, and paisa. Although the ingredients, textures, shapes, and preparation methods may vary, every arepa carries the same story: the story of a country that transformed corn into a symbol of culture and identity. The preparation of arepas is often connected to family traditions, with recipes passed from grandparents to parents and children. For many Colombians living abroad, making arepas is a way of preserving their heritage and sharing a piece of their homeland with new generations and communities.



→ Recipe Eleven



AREPAS



Here are the 4 main ingredients you'll need:

- 2 cups of pre-cooked cornmeal
- 2½ cups of warm water or milk
- 1 teaspoon of salt
- Optional: butter or cheese to taste



INSTRUCTIONS

for Recipe Eleven

1 Dissolve the salt in the warm water.

2 Gradually add the cornmeal and allow it to rest for a few minutes.

3 Knead until smooth, even dough forms.



4 Divide into portions and shape into discs approximately 1 cm thick.

5 Cook on a hot griddle or frying pan for 5–7 minutes on each side until golden brown and Serve warm.





BANDEJA PAISA

Colombia Served on a Plate



Bandeja Paisa is one of Colombia's most recognised and celebrated dishes. To those unfamiliar with it, the combination of rice, beans, minced beef, crispy pork belly, fried egg, avocado, arepa, and sweet plantain may seem surprising. However, for Colombians, it represents generosity, abundance, and the joy of sharing a meal together. Originating from the Antioquia region, Bandeja Paisa was traditionally associated with farmers who needed a filling meal to provide energy during long days of work. Over time, this practical dish became a symbol of Colombian hospitality and family life.

Bandeja Paisa recalls Sunday lunches with family, tables filled with conversation, pots of beans slowly cooking throughout the morning, freshly sliced avocado, and the final touch of a fried egg arriving just before serving. It represents long lunches that continue for hours, stories shared between generations, laughter around the table, and the familiar Colombian gesture of offering more food to loved ones: *"Would you like a little more?"* It is an invitation to slow down, reconnect, and celebrate the people gathered around the table.



→ Recipe Twelve



BANDEJA PAISA

Here are the 16 main ingredients you'll need:

- Beans
- 2 cups dried red beans (pinto or cargamanto), soaked overnight
- 8 cups water
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tomato, diced
- 1 tsp ground cumin
- Salt to taste

Rice

- 2 cups white rice
- 4 cups water
- 1 tsp salt

Minced beef

- 500 g (1 lb) minced beef
- 1 onion, finely diced
- 1 tomato, diced
- 1 tsp ground cumin
- Salt and pepper to taste

Other Components

- 500 g pork belly, cut into strips (for chicharrón)
- 2 ripe plantains, sliced lengthwise
- 4 eggs
- 2 avocados, sliced
- 4 small arepas
- Vegetable oil for frying

To Serve

Arrange on each plate: Beans, Rice, Ground beef, Crispy chicharrón, Fried plantain, Fried egg, Avocado slices and One arepa

INSTRUCTIONS

for Recipe Twelve

1

Drain the soaked beans and place them in a large pot with the water.

2

Add onion, garlic, tomato, cumin, and salt. Simmer for 1½–2 hours, or until tender.

3

Bring water and salt to a boil. Add the rice, reduce heat, cover, and cook for 18–20 minutes.

4

Sauté the onion until soft. Add tomato and cook for 2–3 minutes. Add minced beef, cumin, salt, and pepper. Cook until browned and fully cooked.

5

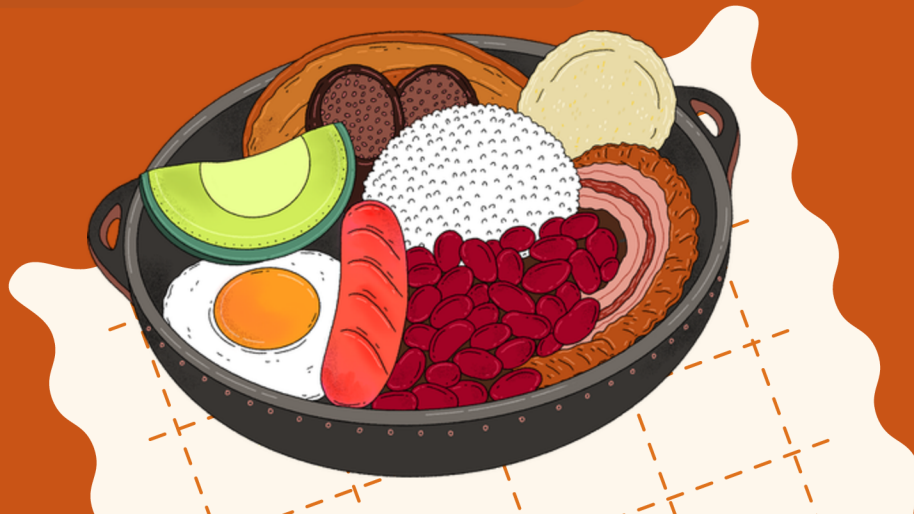
Place the pork belly in a skillet over medium heat. Cook slowly until the fat renders and the skin becomes crispy. Increase the heat briefly for extra crispiness.

6

Fry the plantain slices until golden brown. Fry the eggs sunny-side up.

7

Fry the plantain slices until golden brown. Fry the eggs sunny-side up.





India
भारत



Celebrating Indian Heritage Through Food, Tradition and Community





भारत India



The Hindu Association of Malta promotes and preserves the rich cultural heritage of the Indian subcontinent through community engagement, cultural celebrations and the sharing of traditional cuisine. Food plays a central role in bringing families and communities together, reflecting values of hospitality, celebration and cultural identity.

Traditional dishes such as Chicken Biryani, and Payesh showcase the diversity of Indian culinary traditions. Biryani is regarded as one of India's most beloved dishes and is often served during weddings, birthdays and festive gatherings, symbolising togetherness and celebration. Payesh, a traditional rice pudding, holds deep cultural and religious significance. It is commonly prepared during festivals such as Durga Puja, Diwali and Janmashtami, as well as for family milestones including birthdays, weddings and the Annaprashan (rice-eating ceremony for infants).



Passed down through generations, it represents prosperity, blessings and family traditions. Through these culinary traditions, the Hindu Association of Malta helps strengthen cultural connections, foster intercultural understanding and create opportunities for people from diverse backgrounds to experience and appreciate Indian heritage.



CHICKEN BIRYANI चिकन बिरयानी

The Crown Jewel of Indian Cuisine



In India, biryani is much more than just a meal, it is a cultural phenomenon. Biryani actually originated in Persia and travelled to India with the merchants and then during the Sultan and Mughal period it flourished in the royal kitchens in New Delhi, Hyderabad and Lucknow. Over the centuries, it evolved into distinct regional specialties across the country. Among them, Hyderabadi Biryani, Mughlai Biryani, Awadhi Biryani, Kolkata Biryani, Malabar Biryani are famous across the globe.

Today biryani unites Indian food lovers in all over the country from chaotic street food stalls to high-end luxury restaurant. The functions like wedding, birthday and others cannot be complete without serving biryani as one of the meals.

It will be very hard to find an Indian who does not like biryani. It is a crown jewel in Indian food culture. This iconic mixed-rice dish features perfectly cooked with long grain basmati rice layered with various spices and herbs (and with mix vegetables or chicken or meat or fish), infused with aromatic spices like saffron, cardamom, star anise, mace, etc. It traditionally cooked in slow heat using the 'dum' method where the pot is sealed with dough to trap the steam and lock the flavours.



→ Recipe Thirteen



चिकन बिरयानी **CHICKEN BIRYANI**



Here are the 19 main ingredients you'll need:

- 3 medium-size onion, sliced
- Half cup fried onions
- One cup yogurt
- One tbs finely chopped coriander, few mint leaves
- Few green chilies (according to your tasted), sliced
- One and half tbs ginger and garlic paste
- 3 tbs cooking oil
- 1 tbs coriander powder
- One teaspoon Kashmiri mirch powder or degi mirch powder
- One teaspoon turmeric powder
- One tbs garam masala powder
- 700 grms chicken drumsticks
- One tbs ghee
- Some cinnamon sticks, one bay leaves, some green cardamom pods, mace and star anise.
- One and half tbs saffron water
- Half cup cream
- One pinch of shahi jeera powder, coriander powder, mace powder, suger
- 3 cups basmati rice (soaked for 20min)
- Some cashew nuts for garnish



INSTRUCTIONS

for Recipe Thirteen

1

Heat oil in a shallow pan and fry the sliced onions until golden brown. Remove and set aside for later.

2

In the same oil, combine the chicken drumsticks, yogurt, coriander leaves, mint leaves, green chillies, ginger-garlic paste, coriander powder, turmeric, Kashmiri chilli powder, garam masala, and salt. Mix well and marinate for 10–15 minutes.

3

Bring water to a boil in a large pot. Add salt, bay leaf, cinnamon, cardamom, star anise, mace, and ghee. Add the soaked basmati rice and cook on high heat for about 5 minutes. Remove 1/3 of the rice when it is about 60% cooked and set aside. Continue cooking the remaining 2/3 of the rice until almost done, then drain and set aside.

4

Grease a large pot with ghee. Add the marinated chicken, then spread the 60% cooked rice evenly on top.

5

In a small bowl, mix cream, saffron-infused water, cardamom powder, mace powder, shahi jeera powder, chopped coriander, chopped mint, a pinch of sugar, salt, and green chillies (optional).

6

Pour half of the saffron mixture over the rice. Sprinkle with half of the fried onions and drizzle with a little ghee.

7

Spread the remaining rice on top. Pour over the rest of the saffron mixture, then add the remaining fried onions and a little more ghee.

8

Place the pot on a heated tawa (flat pan), cover with a lid, and cook on medium heat for 5–7 minutes. Reduce to low heat and cook for a further 7–10 minutes.

9

Turn off the heat and let the biryani rest for a few minutes before opening the lid.

10

Gently fluff the rice with a spatula. Garnish with cashew nuts, mint leaves, and coriander leaves, and serve hot.





KHEER PAYESASAM RICE PUDDING



खीर पायसेसम चावल का हलवा

Payesh is a traditional and sacred 'Mithai' in Indian subcontinent. Payesh, which is also known as 'Kheer' in Northern part and Payasam in the South, is the quintessential Indian Rice Pudding. It is far more than just a dessert. It is a holy offering, a celebratory staple and a symbol of good fortune.

It holds immense cultural significance in Bengal. It is traditionally served at religious festivals like Durga Puja, Diwali, Janmastami, functions like birthdays, weddings, and in many regions, it is the very first solid food fed to a baby during the rice-eating ceremony 'Annaprashan'.

Creamy, rich, infused with the warm fragrance of cardamom and saffron, this rice pudding has been prepared in Indian kitchen for thousands of years. This is a pure example of 'Mother's recipe' which traditionally passing through generation to generation.



→ Recipe Fourteen



पायेश PAYESH



Here are the 4 main ingredients you'll need:

- 1 liter of full fat whole Milk
- 100 grams fragrant rice or Basmati rice
- 500 grams Sugar (adjust to taste)
- 1 tbsp Ghee (clarified butter)
- 4 Green Cardamom pods, crushed
- 2 Bay leaves
- A pinch of Saffron
- Some Cashews and Raisins
- Some Rose petals to garnish



INSTRUCTIONS

for Recipe Fourteen

1

Rinse the rice thoroughly, soak for 15 minutes, drain well, then gently mix with ghee and set aside.

2

In a deep pot, bring the milk to a boil with the crushed cardamom pods and bay leaves, stirring regularly to prevent sticking.

3

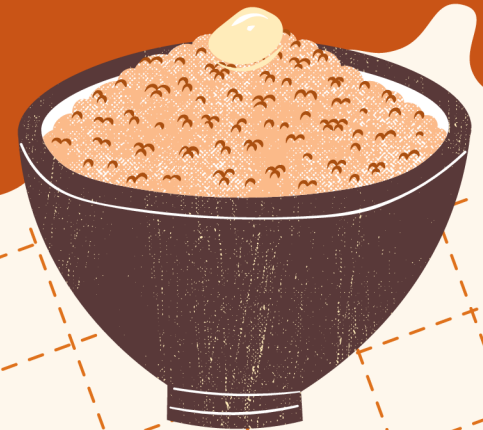
Add the rice to the milk, reduce the heat, and cook uncovered for 15–20 minutes, stirring frequently and scraping down the sides of the pot until the rice is fully cooked.

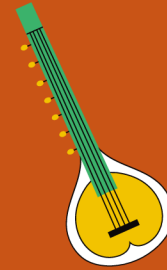
4

Stir in the cashews and raisins, then add the sugar once the rice is soft. Mix until the sugar dissolves, add the saffron, and cook until the mixture reaches a creamy, pudding-like consistency.

5

Remove from the heat and allow to cool. Serve chilled or lukewarm, garnished with rose petals.





Pakistan

پاکستان

Recipes Rooted in Tradition and Togetherness





پاکستان Pakistan



Food is at the heart of Pakistani culture, where meals are prepared with care, shared generously, and enjoyed together with family and friends. In the Punjab region, cooking is deeply connected to hospitality, tradition, and community, with recipes passed down through generations and prepared for both everyday meals and special celebrations.

For this recipe book, two traditional Punjabi dishes have been selected to represent the warmth and rich culinary heritage of Pakistan: Sarson da Saag with Makki di Roti and Gajar ka Halwa. These dishes reflect the importance of family, seasonal traditions, and the comforting flavours that remind many Pakistanis of home.



For Pakistani communities living abroad, preparing these familiar recipes is a way of preserving cultural identity and sharing their traditions with others. Through food, stories, and hospitality, they continue to celebrate their heritage while building connections with new communities. These recipes are about memories, family, culture, and the enduring feeling of home.





SARSON DA SAAG WITH MAKKI DI ROTI

سرسون دا ساگ مکئی دی روٹی کے ساتھ **A Taste of Punjabi Tradition**

Sarson da Saag with Makki di Roti is one of the best-known and most treasured dishes of Punjabi cuisine. Traditionally enjoyed during the winter months, it is prepared using mustard greens and served with corn flatbread, often accompanied by fresh butter, lassi, onions, or green chillies.

This hearty meal is closely associated with village life, fertile fields, and home-cooked family meals. It reflects the agricultural heritage of Punjab, where seasonal ingredients have long been transformed into nourishing dishes that bring families together around the table.

For many Pakistanis, the familiar flavours of Sarson da Saag evoke memories of winter gatherings, shared meals with loved ones, and the warmth of home. It remains a cherished symbol of Punjabi hospitality and tradition.



→ Recipe Fifteen



SARSON DA SAAG WITH MAKKI DI ROTI

سرسون دا ساگ مکئی دی روٹی کے ساتھ



Here are the 15 main ingredients you'll need:



- 1 bunch mustard greens
- 1 bunch spinach
- 1 small bunch bathua (lamb's quarters), optional
- 1 onion, chopped
- 2 tomatoes, chopped
- 2 green chillies
- 1 tablespoon ginger-garlic paste
- 2 tablespoons corn flour
- Salt, to taste
- 2 tablespoons ghee or oil
- Butter, for serving

Makki di Roti (*)

- 2 cups corn flour
- Warm water, as needed
- Salt, to taste
- Ghee or butter, for serving



INSTRUCTIONS

for Recipe Fifteen

1

Wash the greens well and chop them.

2

Boil the mustard greens, spinach, and bathua (lamb's quarters) with green chillies until soft.

3

Blend or mash the cooked greens.

4

In a pan, heat ghee or oil.

5

Add chopped onion and cook until light golden.

6

Add ginger-garlic paste and tomatoes.



7

Cook until the tomatoes become soft.

8

Add the mashed greens and mix well.

9

Add corn flour to thicken the saag.

10

Cook on low heat for 15–20 minutes.

11

Serve hot with butter on top.

(*)

Makki di Roti

1. Mix corn flour and salt in a bowl.
2. Add warm water slowly and make a soft dough.
3. Take a small portion and flatten it carefully.
4. Cook it on a hot pan from both sides.
5. Add ghee or butter before serving.



GAJAR KA HALWA گاجر کا حلوه

A Sweet Taste of Home

Gajar ka Halwa is one of Pakistan's most beloved traditional desserts. Prepared with fresh carrots, milk, sugar, ghee, and nuts, it is especially popular during winter when sweet red carrots are in season. Because it requires time and patience to prepare, Gajar ka Halwa is often made for family gatherings, Eid celebrations, weddings, and when welcoming special guests. The slow cooking process reflects the care and love that are central to Pakistani home cooking.

For many families, the aroma of carrots gently simmering with milk and ghee instantly brings back memories of home. It recalls evenings spent together after dinner, sharing warm bowls of halwa while talking, laughing, and celebrating life's special moments. More than a dessert, it represents comfort, generosity, and togetherness.

Together, Sarson da Saag with Makki di Roti and Gajar ka Halwa capture the essence of Punjabi food culture. They celebrate hospitality, family traditions, and the joy of sharing meals with others. Through these recipes, the flavours of Pakistan continue to preserve cherished memories, celebrate cultural heritage, and keep the feeling of home alive wherever they are enjoyed.

→ Recipe Sixteen



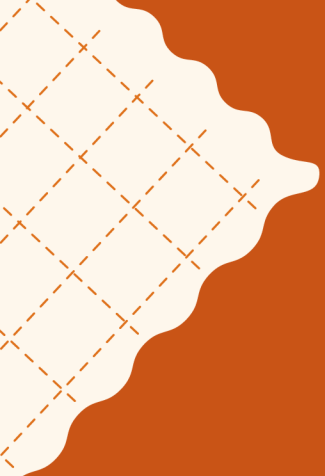
 گاجر کا حلوہ
GAJAR KA HALWA



Here are the 8 main ingredients you'll need:

- 1 kg carrots, grated
- 1 litre milk
- ½ cup sugar, or to taste
- 3 tablespoons ghee
- ½ cup khoya, optional
- 4 cardamom pods
- Almonds and pistachios, chopped
- Raisins, optional





INSTRUCTIONS

for Recipe Sixteen

1

Wash, peel, and grate the carrots

2

Add the grated carrots and milk to a large pot.

3

Cook on medium heat until the milk reduces.

4

Stir often so it does not burn.

5

Add sugar and cardamom.

6

Cook until the mixture becomes thick.



7

Add ghee and mix well.

8

Add khoya if using, and cook for a few more minutes.

9

Garnish with almonds, pistachios, and raisins.

10

Serve warm and enjoy





Philippines
Pilipinas



**Celebrating
Life, One Meal
at a Time**





Pilipinas

Philippines

Food is at the heart of Filipino culture, bringing family, friends, and communities together to celebrate life's special moments. Whether it is a birthday, wedding, holiday, or a simple family gathering, sharing a meal is a way of expressing warmth, hospitality, and care for one another. We chose Pansit (noodles) and Lumpia (spring rolls) because they are two of the most comforting and beloved dishes in the Philippines. Together, they represent the spirit of togetherness, generosity, and tradition that defines Filipino cuisine. These dishes are far more than everyday meals, they are woven into the memories and traditions of generations of Filipinos.

For many Filipinos, the aroma of garlic, onions, and freshly cooked pansit or sizzling lumpia instantly evokes memories of home, festive celebrations, and time spent with loved ones. These dishes are often the first to disappear from the table, a testament to how much they are enjoyed and to the joyful atmosphere they create. They are also a comforting reminder of home for Filipinos living abroad, helping them stay connected to their heritage while sharing their culture with others. Together, Pansit and Lumpia reflect the rich history of the Philippines, blending influences from different cultures while remaining uniquely Filipino. More importantly, they embody the values of family, hospitality, and community, making them enduring symbols of Filipino identity wherever they are enjoyed.





LUMPIA

Golden Rolls of Tradition and Togetherness

Officially called Lumpia, is a highly popular Filipino crispy spring roll. Stuffed with a flavorful mix of ground pork, minced carrots, onions, and seasonings, the filling is tightly rolled in a thin crepe wrapper and deep-fried until golden brown. These crunchy finger foods are incredibly popular as party appetizers, usually served bite-sized alongside a sweet and sour sauce or banana ketchup.

Making lumpia is traditionally a communal activity. Family members often gather around a table to help roll dozens—or even hundreds—of wrappers together before a major event. Lumpiang Shanghai is deeply embedded in Filipino culture. It is the ultimate Filipino party food, widely considered a staple centerpiece for birthdays, Christmas, fiestas, and casual get-togethers.



→ Recipe Seventeen

LUMPIA



Here are the 15 main ingredients you'll need:



- 1 lb ground pork
- 1 medium onion, finely minced
- 1 medium carrot, finely grated or minced
- 3 tablespoons soy sauce
- 1 tablespoon garlic powder or minced fresh garlic
- 1 teaspoon freshly ground black pepper
- 1 large egg (to bind the mixture)
- 25 - 50 thin spring roll/lumpia wrappers (available in Asian grocers)
- Cooking oil for deep frying



INSTRUCTIONS

for Recipe Seventeen

1

In a large bowl, mix the ground pork, onion, carrot, soy sauce, garlic, pepper, and egg together using your hands until thoroughly combined.

2

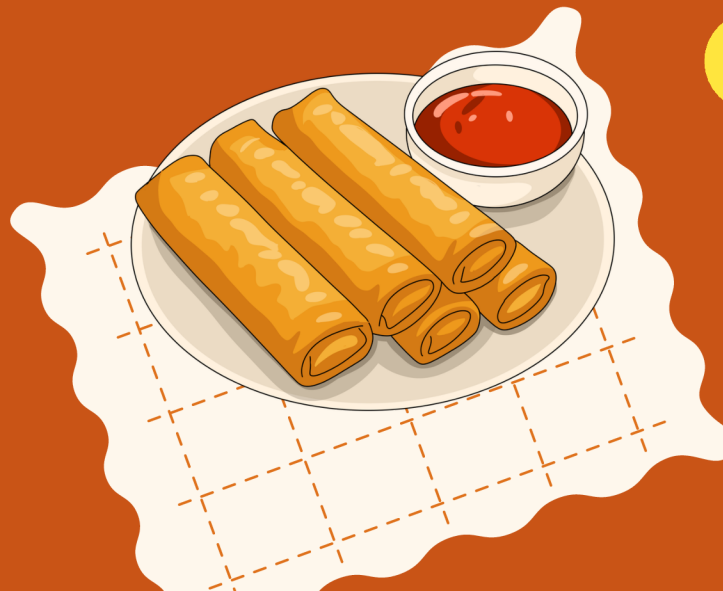
Lay a wrapper flat. Place about 1 to 1.5 tablespoons of the meat mixture in a thin line across the center. Fold the bottom edge over the meat, fold in the left and right sides, and roll tightly into a thin cylinder. Use a dab of water or beaten egg on the top edge to seal it.

3

Heat cooking oil in a pan or deep fryer to 375°F (190°C). Fry the rolls in batches for 3 to 4 minutes, or until they are golden brown and the meat is fully cooked inside.

4

Drain the excess oil on paper towels, slice into bite-size pieces, and serve hot





PANSIT

A Symbol of Long Life and Prosperity

Pansit is a general term for a variety of traditional Filipino noodle dishes. The different types are often named according to the noodles used, cooking method, place of origin, or key ingredients. Most varieties are served with calamansi, which adds a fresh citrus flavour. Introduced by Chinese immigrants and later shaped by local and Spanish influences, pansit has become a beloved part of Filipino cuisine, with regional variations found throughout the country.

In Filipino culture, pansit is closely associated with celebrations, family traditions, and cultural identity. Its long noodles symbolise long life, good health, and prosperity, making it a popular dish at birthdays and special occasions. Often served at fiestas, family gatherings, and holidays, pansit is meant to be shared, bringing people together and fostering a sense of community. For many Filipinos, it is also a comforting reminder of home, evoking memories of loved ones, celebrations, and cherished family traditions.



→ Recipe Eighteen



PANSIT



Here are the 15 main ingredients you'll need:

- 1/2 lb pancit bihon
- 1/2 lb pancit canton
- 1/2 lb pork belly, sliced
- 1 cup carrot
- 1/2 small cabbage, chopped
- 1 onion, chopped
- 1/2 tbsp garlic, minced
- 1/2 cup parsley, chopped
- 1 Maggi Magic Chicken Cube
- 1/4 cup soy sauce
- 2 tablespoons oyster sauce
- 4 cups water
- 3 tbsp cooking oil



INSTRUCTIONS

for Recipe Eighteen

1

Cook the noodles according to the package instructions. Drain, rinse lightly, and set aside.

2

Heat oil in a large pan or wok. Sauté the garlic and onion until fragrant and softened.

3

Add the chicken (or pork) and cook until done. Stir in the carrots, cabbage, and green beans, and cook for a few minutes until tender-crisp.

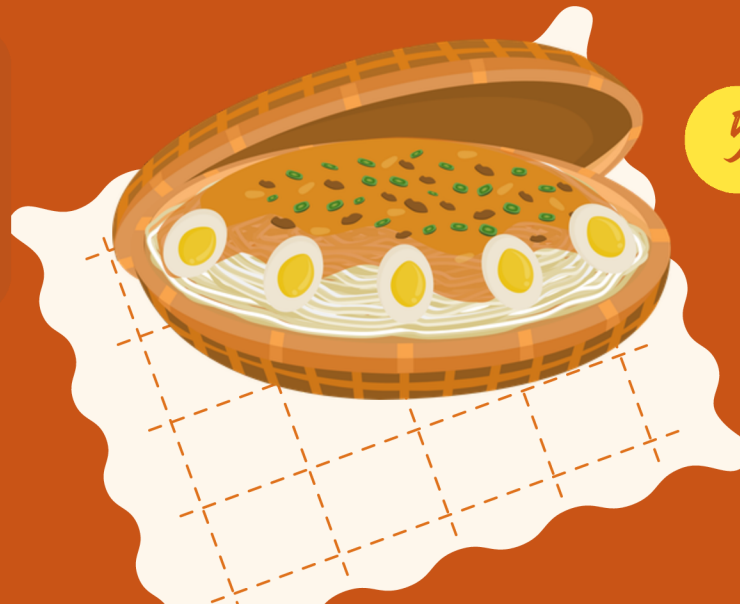


4

Add the soy sauce, oyster sauce (if using), and chicken stock. Bring to a gentle simmer, then add the cooked noodles. Toss well until the noodles are evenly coated and heated through.

5

Transfer to a serving platter and garnish with spring onions. Serve hot with calamansi wedges on the side for a fresh citrus flavour.





Србија
Serbia

Stories, Traditions, and Shared Meals





Србија Serbia

In Serbia, cuisine reflects the country's rich heritage, shaped by its location at the crossroads of East and West. Serbian dishes bring together influences from Balkan, Mediterranean, Central European, and Ottoman culinary traditions, creating a unique combination of flavours and customs.

For Serbian people, food represents much more than nourishment. It is a way of welcoming guests, celebrating important milestones, preserving family traditions, and bringing generations together around the same table. Meals are often connected to memories, stories, and moments shared with loved ones.

For this recipe book, three traditional Serbian dishes have been selected to represent important aspects of Serbian identity: Pogača, Sarma, and Ćevapčići. Together, these dishes reflect the values of hospitality, family, tradition, and togetherness. For Serbian communities living abroad, these familiar flavours provide a connection to their homeland, helping preserve cultural heritage while creating new connections with other communities.





POGAČA Погача

The Bread of Welcome and Tradition

Pogača is one of the oldest and most symbolic foods in Serbian culture. More than just bread, it represents hospitality, unity, and respect for guests. Offering freshly prepared pogača is considered one of the warmest expressions of welcome in Serbian tradition.

It is commonly prepared for family gatherings, celebrations, religious holidays, and especially Slava. The unique Serbian Orthodox tradition of honouring a family's patron saint. During Slava, pogača is blessed and shared among family and friends as a symbol of gratitude, faith, continuity, and togetherness.

The tradition of breaking and sharing pogača by hand has been passed down through generations and remains an important part of Serbian cultural identity. This simple act represents connection, generosity, and the importance of sharing with others.



→ Recipe Nineteen



Погача **POGAČA**

Here are the 15 main ingredients you'll need:

- 500g all-purpose flour
- 7g dry yeast (or 20g fresh yeast)
- 250ml warm milk
- 100ml warm water
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 eggs (1 for the dough, 1 for brushing)
- 50ml vegetable oil or melted butter
- Sesame seeds (optional, for decoration)



INSTRUCTIONS

for Recipe Nineteen

1

In a small bowl, combine warm milk, warm water, sugar, and yeast. Leave for 5–10 minutes until the yeast becomes active.

2

In a large bowl, combine the flour and salt. Add the yeast mixture, one egg, and oil or melted butter.

3

Knead the dough until smooth and elastic, around 10 minutes.



4

Cover the dough and leave it in a warm place for approximately 1 hour, or until it doubles in size.

5

Shape the dough into a round loaf or create traditional decorative patterns by dividing and arranging pieces of dough.

6

Place the shaped dough into a greased baking tray and allow it to rest for another 20–30 minutes.





ĆEVAPČIĆI Ћевапчићи

Serbia's Favourite Street Food

Ćevapčići are among the most popular grilled specialties in Serbia and are enjoyed by people of all generations. These small grilled minced-meat sausages are simple yet full of flavour, making them a favourite choice for casual meals, festivals, family gatherings, and celebrations.

Traditionally served in somun, a soft and slightly chewy flatbread. Ćevapčići is usually accompanied by chopped onions and ajvar, a beloved roasted red pepper spread found throughout the Balkans. Whether enjoyed from a street-food kiosk, a local grill restaurant, or during a family barbecue, ćevapčići bring people together through the shared enjoyment of good food.

The combination of smoky grilled meat, warm bread, fresh onions, and rich ajvar creates a taste that is instantly recognisable and deeply connected to Serbian culinary tradition. No matter where life takes people, the flavours of home remain a connection to their roots, memories, and the people they love. In Serbian culture, sharing food means sharing a part of oneself.



→ Recipe Twenty



Ћевапчићи ĆEVAPČIĆI



Here are the 15 main ingredients you'll need:



- 500g minced beef (or a mixture of beef and pork)
- 2 cloves garlic, finely minced
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon baking soda (optional, for tenderness)
- 2 tablespoons sparkling water
- Oil for grilling

To Serve:

- Somun bread or flatbread
- Fresh chopped onions
- Ajvar (roasted red pepper spread)



INSTRUCTIONS

for Recipe Twenty

1

Place the minced meat in a bowl and add garlic, paprika, salt, pepper, baking soda, and sparkling water

2

Mix thoroughly until the ingredients are well combined.

3

Cover and refrigerate the mixture for at least 2 hours (overnight is even better).

4

Shape the mixture into small finger-sized sausages, approximately 5–8cm long.



5

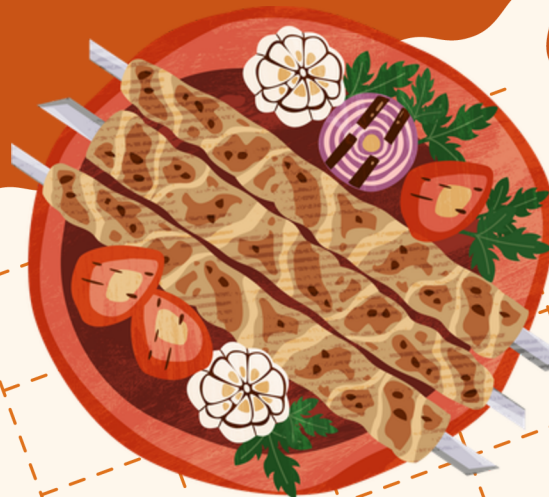
Grill or cook on a hot pan for around 8–10 minutes, turning regularly until browned and cooked through.

6

Serve warm inside somun bread with chopped onions and ajvar.

7

Enjoy as a shared meal with family and friends.





THANK YOU

Our heartfelt thanks to the migrant communities who shared their recipes, traditions, and stories, bringing these pages to life and enriching this collection with the flavours of home.



**The Filipino
Community**

Supporting Pre-Integration Governance (SPRING) is a co-funded EU project under the Asylum Migration and Integration Fund (AMIF) dedicated to support Third-Country Nationals (TCNs) in their early integration process. The aim is to ensure the effective integration and inclusion of TCNs in Maltese society. The strategic vision of this project is Malta's Integration Strategy and Action Plan (2025-2030) – a bold approach to successful integration governance.

SPRING play's a critical role in the implementation of the Strategy's main objective which is to mainstream and improve integration-related services and policies that creates and fosters more cohesive communities and meets the country's and migrant's socio-economic needs.

