

A collage of four food dishes. Top-left: A bowl of rice with vegetables and meat. Top-right: A plate of beef and vegetable stew. Bottom-left: A bowl of shrimp and noodle soup. Bottom-right: A plate of stuffed grape leaves with lemon slices.

# THE EP UNIVERSITY FOUNDATION TRUST COOKBOOK

**OUR RECIPES CELEBRATING INTERNATIONAL NURSES DAY**





# AFRICA





# NIGERIA



## EBA (GARRI)

Eba is a staple type of swallow from Nigeria and the wider region of West Africa. It is a cooked starchy vegetable dish made from dried grated cassava (manioc) flour commonly known as garri. It is often eaten with rich soups and stews, with beef, stockfish or mutton.

Eba is a good source of slow carbohydrates and fiber. It is low in fat and salt.



Read the the full recipe [here](#) or scan the QR code



**Recommended by:  
Nurse Flora Ubong**

"Shout out to all nurses internationally. Thank you for the sacrifice of caring for people in need. You have shown bravery, love, care and compassion. Thank you EPUT for the opportunity to grow. God bless you all."



# NIGERIA



## JOLLOF RICE

This dish is a popular Nigerian favourite.

Very tasty and easy to cook, jollof rice is a staple in West African cuisine. It's made from rice, tomatoes, onions, peppers, and other seasonings. The dish is cooked in one pot. It's simple and easy to make at home—and the end result is absolutely delicious!



Read the the full recipe [here](#) or scan the QR code



**Recommended by:**  
**Ward Deputy Manager**  
**Lanre Olajumoke**

"I have the pleasure and the privilege to work in the NHS and EPUT, and be part of an amazing team. Thank you for being there for me every day. On this day we have to be proud that we are nurses!"



# BOTSWANA



## SESWAA

Seswaa is a simple pulled beef or goat dish, cooked mostly by men on special occasions such as weddings and public celebrations. Usually it is prepared in traditional three legged pots over an open wood fire where it is cooked for a very long time. This is an adopted UK version (still very good!)



Read the the full recipe [here](#) or scan the QR code



**Recommended by:**  
**Nurse Jacob Galebotse**

"My huge appreciation goes to the incredible team of professionals here in EPUT. You guys have a strong team and have made our stay here to be much better. Thank you and stay winning."



# ZIMBABWE



## SADZA AND CURRIED CHICKEN

Sadza is a traditional porridge from Zimbabwe consisting of cornmeal and water. The name sadza means meal, and it can be served at any time of the day, whether for breakfast, lunch, or dinner. Sadza is usually served hot as a side dish accompanying meat or vegetable stews. Interestingly, sadza is one of the first foods given to babies in Zimbabwe.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Debra Chaka**

"I would like to wish all the nurses a Happy Nurses Day. I am proud to be a mental health nurse because I chose to make a difference by putting back all those lovely smiles on my patient's faces."



# ZIMBABWE



## NYAMA BEEF STEW

Zimbabwean cuisine is all about simplicity and using natural organic ingredients. Nyama beef stew is a traditional Zimbabwean dish made with beef, vegetables, and spices. It is a hearty and flavourful dish that is perfect for any day.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Hazel Zimonte**

"Dear colleagues, thank you for your dedication, compassion, and hard work. You are the heart of the healthcare system and despite the hardship continue giving you best every day for our patients."



# ZAMBIA



## KAPENTA

Kapenta, (Tanganyika sardine, like an anchovy) is a very small tasty fish. They can be enjoyed both dry and fresh. Here is a recipe on how to cook dry kapenta the Zambian way. They can be eaten with sadza/nshima/nsima and any side vegetable like pumpkin leaves or kale.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Pamela Moonga**

"Dear fellow nurses all over the world, I want you to know that your commitment to the call of duty is nothing short of incredible. We use this day to thank and honour our fantastic workforce, the incredible effort and collaboration you provide."



# GHANA



## WAAKYE

Waakye is a Ghanaian dish of cooked rice and beans, commonly eaten for breakfast or lunch. Waakye is often sold by roadside vendors. It is then usually wrapped in a banana leaf and accompanied by Wele stew, boiled eggs, garri, shito, vegetable salad of cabbage, onions and tomatoes, spaghetti (which is called talia in Ghana) or fried plantain.



Check the full recipe [here](#) or scan the QR code.



### Recommended by: Nurse Bernard Adubofour

"I would like to say a very big thank you to the entire international team. You have been absolutely amazing. Congratulations to my fellow international nurses who have been through tough training and came out with flying colours."



# TANZANIA

## MATOKE

Matoke is a popular food in Tanzania and other African Great Lakes countries. It is a stew made with beef and green bananas. It is a delicious and nutritious food staple of the local diet. Easy to prepare but can fill you up for hours! Great for lunch or dinner.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Deputy Ward Manager Aida Ngeze**

"Happy International Nurses Day to all the amazing nurses who make a difference in the lives of others. You change the world for better every day."

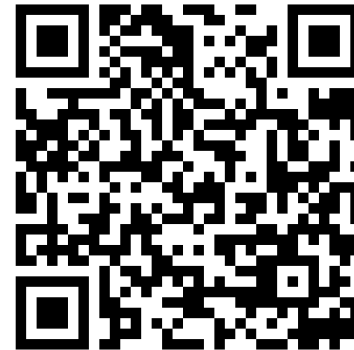


# MAURITIUS



## BOL RENVERSE

Bol renversé is one of the most famous Sino-Mauritian dishes, found in most local restaurants. In English the name translates as 'Upside Down Bowl', though it is also known as 'Magic Bowl'. It is very popular and easy to make.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse and Employee Experience  
Manager Yogeta Mohur**

"On this day, let us take the opportunity to say a huge thank you to our nurses. As a nurse myself I am very proud to have helped people in need and make a difference to their lives and help them on their way to recovery."



A top-down view of various Asian dishes arranged on a dark wooden surface. The dishes include yellow rice with green peas, a bowl of mixed peppercorns, orange lentils, a red sauce, a bowl of yellow dumplings, a green curry with chicken, a bowl of orange sauce, a bowl of orange curry with chicken, a green sauce, a bowl of green curry with chicken, a bowl of orange sauce, a plate of grilled naan bread, a bowl of green curry with chicken, and a bowl of orange dumplings. The word "ASIA" is written in large white letters across the center of the image.

# ASIA



# PAKISTAN



## BIRYANI (KARACHI STYLE)

Al rehman biryani is among the world's most popular trending and searched dishes. It's simple, quick, and delicious. Its origins lie in the 'Kharadar' area, Karachi. The brains behind this successful venture is Chef Shahid Jutt. It has a unique Deghi flavour to it.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Komal Dayani**

"On this International Nurses Day, I would like to express my heartfelt appreciation and deep admiration for all my colleagues and fellow nurses, who tirelessly dedicate themselves to improving people's lives."



# PUNJAB, INDIA



## RAJMA CHAWAL

Rajma recipe is a lightly spiced, creamy, delicious Punjabi-style curry made with protein-rich kidney beans, aromatics like onions, ginger, garlic, fragrant spices, and tangy tomatoes.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Nisha Mathew**

"A big shout out to my wonderful colleagues. Your patience and kindness make working much easier here. Thanks for helping me grow and everything you do every day. Thank you from the bottom of my heart. Happy Nurses day all ♥."



# KERALA, INDIA



## CHICKEN BIRIYANI

Chicken biriyani is a favourite for many people. This Kerala style recipe is unique due to the wonderful combination of spices, pudina leaves and brown onions. A tasty amalgamation of crispy brown onions and the freshness of pudina leaves makes it a popular biriyani recipe.



Check the full recipe [here](#) or scan the QR code



**Recommended by:**  
**Nurse Bibin Keelakkattu - Joseph**

"Congratulations to all the nurses worldwide who work hard daily and care for all who need it. Your effort is changing lives, and our profession is more needed every day."



# THAILAND



## SHRIMP THAI TOM YUM

A very popular Thai tom yum soup recipe loved by many people worldwide. This soup is spicy, sour, healthy and full of Thai flavours. A perfect combination of prawns, chicken and herbs in one bowl. You can make this soup in less than thirty minutes.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Su Sharp**

"Being a nurse is a privilege and a duty. We are closer to the patients, and our professionalism is critical for their best outcome. I have been blessed with remarkable colleagues. I wish all of them a lot of happiness and professional success."



A still life composition of European food items. In the center, a copper pot is filled with a creamy potato soup, garnished with fresh green herbs. To the left, a round of salami is coiled in a woven basket. In the foreground, several slices of crusty bread are scattered, along with wedges of cheese, including a large wedge of Swiss cheese with holes. A whole potato sits to the right of the pot. In the background, a bowl of whole potatoes and a glass of red wine are visible. The entire scene is set on a rustic wooden surface.

**EUROPE**



# ENGLAND



## STEAK AND ALE PIE

A classic English recipe much loved by everyone and often added into the 'pub food' category popular as family dining at the weekends.

It takes a bit more time to prepare, but the result is a flavourful, mouth watering dish to treat yourself and your loved ones.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Ward Manager Brad Willis**

"Since I started with the NHS 22 years ago, I've met many outstanding professionals and wonderful colleagues. I am grateful to everyone who supported me, and I hope to pay back by helping young nurses to join the wards."



# BULGARIA



## MISH-MASH

Mish-mash is a simple, healthy and tasty dish. It is full of flavour and nutrients, needs no special cooking skills and can be done in minutes.

It is a great recipe for the summertime, full of plenty of fresh vegetables and a light, quick meal.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Student Nurse Daniela Ivanova**

"I am very happy I chose nursing as a profession. Nurses are a special type of people who deeply care about others. I want to thank those who inspired me and helped me take this road."



# TURKEY



## YAPRAK SARMA

If you are looking for a unique, flavourful, and fun snack idea or dinner recipe, then these yaprak sarma, Turkish-style vegetarian stuffed grape leaves or dolmas, are perfect for you! They're packed with mouth-watering Mediterranean flavours and a unique blend of spices that makes every bite better than the last!



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Nurse Betul Savas**

"Being a nurse gave me a lot of opportunities, including starting at EPUT. It has been an exciting journey, and I get so much positive feedback. It is a very rewarding profession but needs a lot of dedication."



# LITHUANIA



## CRISPY PASTRY RIBBONS

These delicious crispy pastry ribbons are impossible to resist!

These are very simple sweet pastries that require just a few ingredients, but the taste is so home-like, so cosy, that you could eat a whole plate at once...



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Interim Matron Alina Kutraite**

"I would like to thank all my nursing colleagues for their support during my journey with EPUT so far! You are all amazing, and keep up the amazing work you do every day for our patients!"



# ROMANIA



## SALATA DE VINETE

Very popular across the area, this smoky roasted eggplant/ aubergine dip is great to spread on toast or use with pita, chips and/ or assorted crispy vegetables. Lightly seasoned with salt and pepper and with tiny bits of onions and tomato, it lets the taste of smoky eggplant shine through.

Excellent addition to your summer menu.



Check the full recipe [here](#) or scan the QR code.



**Recommended by:**  
**Senior Community Nurse**  
**Roxana Pasamiuc**

"Congratulations to all community nurses who tirelessly provide care to their communities, helping people to live independent life and avoiding hospital admissions."



# COOKING OUR FAVOURITE FOOD TOGETHER



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