



EMR COOKBOOK



CULINARY JOURNEYS

AROUND THE WORLD WITH OUR
RAILWAY COLLEAGUES



Welcome aboard a unique culinary journey that brings together the diverse tastes, traditions, and stories of our railway family.

Railways connect people, places, and cultures. In much the same way, food connects us to our heritage, our families, and each other. Through the dishes shared in this cookbook, we travel across continents, explore home kitchens, and discover flavours that represent not only where we come from but also who we are.

Created by East Midlands Railway's Race & Culture Equality Employee Network, this is a cookbook for everyone, offering an opportunity to celebrate our cultures and differences.

Each recipe in these pages has been generously contributed by colleagues from across our network. From cherished family recipes passed down through generations to personal favourites that bring comfort and joy, these dishes offer a taste of the world right from our own tables. Together, they reflect the richness of our cultural backgrounds and the power of inclusion in bringing us all closer.

Whether you are a seasoned cook or a curious beginner, we invite you to explore these recipes, try something new, and perhaps even start conversations about the stories behind the food.

Bon appétit and happy travels!

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A culinary journey by the RACE Network, created in collaboration with EMR employees, bringing together recipes from across the globe. The book's design and photography were crafted with care by the EMR Brand and Design Team.

EMR

VE Vegetarian **G** Gluten Free **V** Vegan

NIAMBIE'S GUYANESE PEPPERPOT

Niambie is a Retail Assistant at Loughborough and one of the Race & Culture Equality Network Leads. She shares a traditional dish, often enjoyed during festive seasons in Guyana

INGREDIENTS

2 lbs stewing steak (pork or beef) or brisket

2 pig trotters or cow's heels (optional: will make it gooey)

2 lbs oxtail

1 cup cassareep

2 red hot peppers

1 in x 1 in stick cinnamon

3 heads clove

2 oz. sugar

Salt to taste

2 stalks basil

1 bunch fine thyme

1 large chopped onion

3 cloves chopped garlic

INSTRUCTIONS

1. Rinse the **meat** thoroughly under cold running water.
2. Place the **heel or trotters** in a large covered pot with water and bring to a boil.
3. Skim off any foam that rises to the surface. When the heel is partially tender, add the **remaining meats** along with enough hot water to cover.
4. Add the remaining ingredients. Reduce the heat and simmer gently until the meat is tender.
5. **Season to taste** with salt and a touch of sugar, adjusting as needed before serving. *eosanisciam et magnis sitibus.*



SERVES

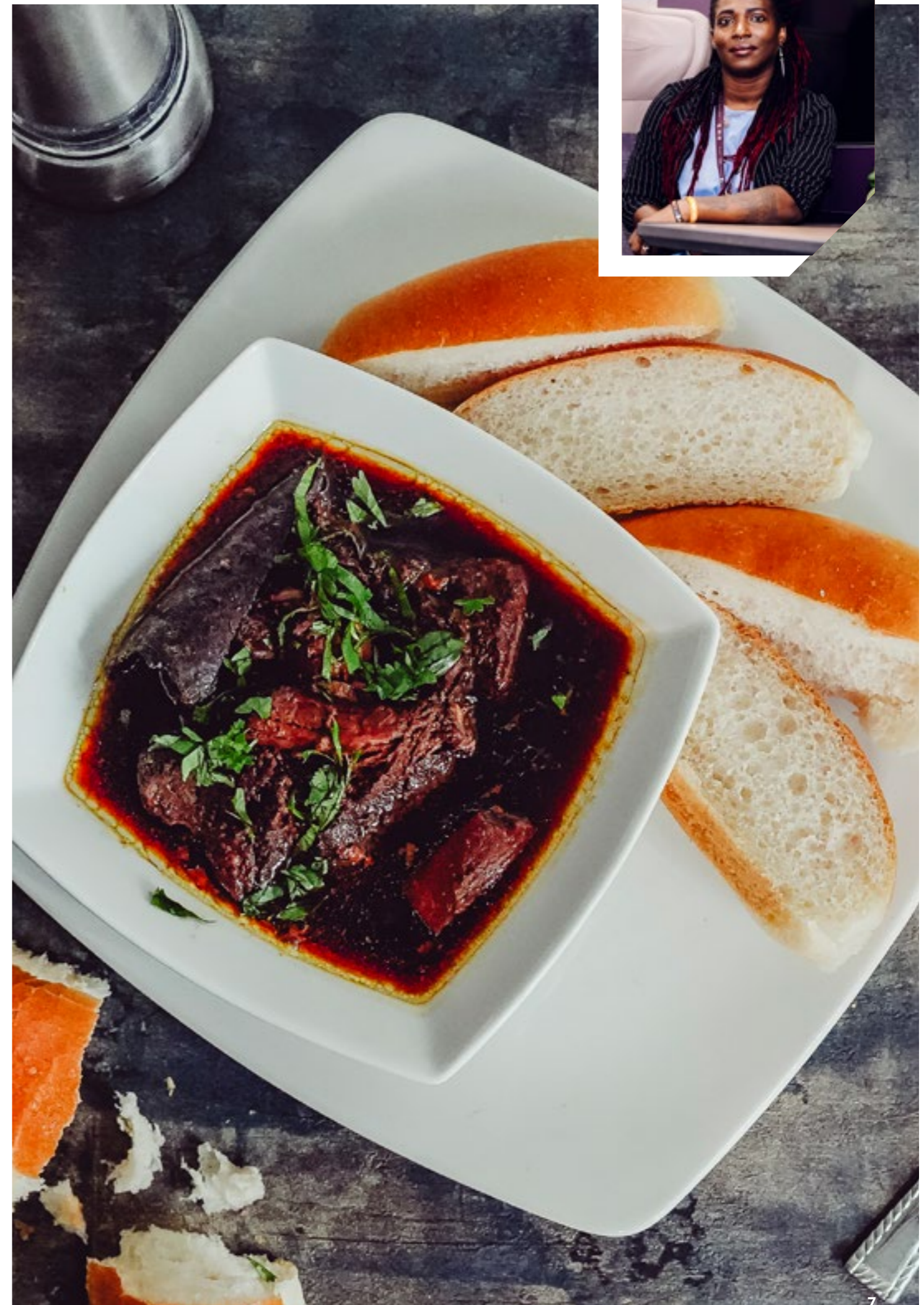
4 people



COOK'S NOTES

This dish develops a deeper, richer flavor when left to rest for a day or two.

If not stored under refrigeration, it must be brought to a full boil once daily to ensure it remains safe to eat.





LEE'S CREAMY PUMPKIN QUORN PASTA

This vegetarian dish was shared by Lee, a driver from Derby, who describes his passion for both travel and cooking. Inspired by a recipe passed on by a Belgian friend during a holiday in Italy, Lee adapted it into a hearty autumn favorite – a delicious way to celebrate the rich flavors of seasonal pumpkin.

VE

INGREDIENTS

500g diced pumpkin

3 cloves of garlic

Olive oil

250ml semi-skimmed milk

1 medium or 2 small red onions

300g Quorn mince

1/2 tsp mace

2 tsp smoked paprika

400g dried pasta - large tubes or papardelle work well

A handful of frozen peas

INSTRUCTIONS

1. Coat the **pumpkin** in a splash of olive oil and roast in the oven at 180C / Gas Mark 4 for 30-40 minutes or until the pumpkin is browned and tender. Add the garlic cloves after about 20 minutes so they don't burn. You can also saute the pumpkin in the oil over a low heat until it's tender, again adding the garlic after about 15 minutes.
2. When the pumpkin is tender, **allow it to cool a little before blending with the milk** using a stick blender in a saucepan or in a food processor. Warm gently as you move onto the next stage.
3. Thinly slice and saute the **red onion** in a frying pan or wok for 5 minutes, add the **Quorn mince** and continue cooking on a medium heat until it starts to brown. Add a pinch of salt, mace and the paprika and cook for a further 2-3 minutes.
4. While the Quorn cooks, cook the pasta as per the packet instructions
5. Just before the **pasta is al dente**, add it to the Quorn as well as the sauce and a ladle of the pasta cooking water. Add salt and pepper to taste, bring it up to temperature and add the peas.
6. Serve with a sprinkle of **parmesan cheese** and perhaps a drizzle of **pumpkin seed oil**.



SERVES

4 people



COOK'S NOTES

You can freeze peeled and cubed pumpkin for later use, though it may not brown during the first stage – it still tastes great!

For added texture, feel free to sprinkle with toasted seeds or nuts before serving.

IAN'S BUTTER CHICKEN (MURGH MAKHANI)

Ian, a Customer Welcome Host in Derby and lead of the Race & Culture Equality Network, shares a taste of his Indian heritage through this classic Butter Chicken recipe.

GF

INGREDIENTS

Chicken:

1.5 kg chicken thighs, skinless and boneless, cut into 1-inch (2.5 cm) cubes

Marinade:

½ cup (120 g) plain unsweetened Greek yogurt

2 Tbsp fresh lemon or lime juice

1 Tbsp grated garlic

1 Tbsp grated ginger

1 Tbsp garam masala

1 tsp ground Kashmiri chilli powder

1 tsp kasoori methi (optional)

½ tsp ground turmeric

½ tsp fine sea salt

½ stick (55 g) unsalted butter

Butter Chicken Sauce:

1 Tbsp vegetable oil

1 Tbsp Kashmiri chilli powder

2 tsp ground toasted cumin

2 Tbsp grated garlic

2 Tbsp grated ginger

2 tsp garam masala (homemade or store-bought)

3 green chillies (jalapeño, serrano, or Bird's eye), minced

¾ cup (180 g) tomato paste

1 cup (240 ml) heavy cream

1 Tbsp fresh lemon or lime juice

Fine sea salt to taste

4 Tbsp chopped coriander (tender stems and leaves)

2 Tbsp salted butter for garnish (optional)



SERVES

4–6 people



COOK'S NOTES

Serve hot or warm with basmati rice or naan.

Leftovers can be stored in an airtight container in the refrigerator for up to three days.



METHOD

1. Marinate the Chicken:

If using bone-in chicken thighs, make 2–3 deep cuts into the chicken pieces. Skip this if using boneless.

In a medium bowl, combine all marinade ingredients until smooth.

Fold in the chicken, ensuring it's fully coated. Cover and refrigerate for at least 1 hour, preferably overnight.

2. Roast the Chicken:

Preheat oven to 200°C

Arrange marinated chicken on a baking dish or roasting pan.

Roast until the internal temperature reaches 74°C. This takes about 30–45 minutes (20 minutes for boneless). Rotate the dish halfway through cooking.

Transfer the dish to the upper oven rack and broil for 2–4 minutes until the chicken begins to char in spots. Remove from oven.

3. Prepare the Sauce:

At the 20-minute mark of chicken roasting, start the sauce.

In a medium Dutch oven or saucepan, melt the butter over low heat. Add vegetable oil.

Stir in Kashmiri chilli powder, toasted cumin, garlic, ginger, garam masala, and minced green chillies. Cook until fragrant, about 30–45 seconds.

Add tomato paste and cook for 5–6 minutes until it turns light brown.

Pour in heavy cream, then add the roasted chicken along with any pan juices. Stir to coat well.

Add lemon or lime juice, season with salt, and bring to a boil over medium-high heat until the fat begins to separate from the sauce.

Remove from heat. Garnish with chopped coriander and optional salted butter.

RICHARD'S HALLOUMI PARCELS WITH GARLIC SWEET POTATO MASH

Richard, a Train Running Supervisor based at London St Pancras and an active member of EMR's LGBTQ+ Employee Network, shares his signature dish – first created while on holiday with friends and a twist on a Cypriot staple. Wanting to adapt the recipe to his own tastes, he swapped out chilli and sesame seeds for plenty of garlic, a favorite ingredient of his. The result was an instant hit, and it has remained a firm favorite ever since. For Richard, the joy of this dish lies not just in its flavor but in cooking it for the people he cares about and watching them enjoy it.

VE

INGREDIENTS

2 tbsp olive oil, plus extra for brushing

2 tbsp garlic paste

Handful parsley, chopped

Zest of 1 lemon

2 x 250g packs halloumi, each cut into 12 slices

6 sheets filo pastry

1 egg, beaten

650g (about 4) sweet potatoes, peeled and cut into chunks

METHOD

1. Preheat oven to 200°C / 180°C fan / gas 6. Grease two baking trays with oil.
2. In a bowl, mix 1 tbsp garlic paste, olive oil, parsley, and lemon zest.
3. Add the halloumi slices and toss to coat (don't worry if some pieces break).
4. Cut each filo sheet in half to create 12 squares. Work with two at a time and keep the rest covered with a damp tea towel or cling film to stop them drying out.
5. Lightly brush each filo square with a little oil. Place two slices of halloumi at the top of each square, fold over the edges to enclose, and brush again with oil.
6. Fold into parcels, sealing the final edge with beaten egg.
7. Arrange the parcels on the baking trays, brush the tops with egg wash, and bake for 20 minutes, swapping trays halfway through for even browning.
8. Meanwhile, boil sweet potatoes for 10–12 minutes until tender. Drain, reserving a little cooking water, and let them steam dry.
9. In a food processor, blend sweet potatoes with remaining garlic paste, olive oil, seasoning, and (optional) a little butter for creaminess. Add reserved cooking water as needed to create a smooth mash.
10. Serve two halloumi parcels per person with a generous spoonful of mash. Drizzle with a little extra virgin olive oil.



SERVES

6 people



COOK'S NOTES

This recipe was adapted from *Sesame Halloumi Parcels with Sweet Potato Tahini Mash & Chopped Herb Salad (Good Food Middle East)*. The garlic version is absolutely delicious and a great substitute if you're not a fan of chilli or sesame.



CRISP HALLOUMI FILO PARCELS

CREAMY SWEET POTATO MASH

JANNIE'S CHU HOU BRAISED BEEF BRISKET

Chu Hou Braised Brisket is a classic Cantonese comfort dish made by slowly simmering beef brisket in a rich sauce flavoured with Chu Hou paste, a savoury blend of fermented soybeans, garlic, ginger, and spices. The long, gentle braise makes the beef tender and full of flavour, often served with daikon radish or noodles for a hearty, satisfying meal.

INGREDIENTS

Beef:

1.2–1.5 kg beef brisket, cut into large chunks (parboiled if not already cooked)

Aromatics:

3 cloves garlic, smashed

3 slices ginger

1 stalk spring onion, cut into sections

Sauce Mixture:

2 tbsp Chu Hou paste (柱侯醬)

1 tbsp hoisin sauce

1 tbsp oyster sauce

1 tbsp light soy sauce

1 tsp dark soy sauce (for colour)

1 tsp rock sugar (or brown sugar)

2 tbsp Shaoxing wine (Sometimes known as Chinese Cooking Wine)

Broth:

3–4 cups clear beef brisket broth

Optional:

Daikon, carrots, tofu puffs

METHOD

1. Sauté Aromatics:

- Heat a little oil in a pot and fry garlic, ginger, and spring onion until fragrant.

2. Add Sauces:

- Add Chu Hou paste and all other sauces. Stir-fry until the mixture caramelises.

3. Add Beef & Broth:

- Add beef chunks and coat well with the sauce. Pour in the clear beef broth to just cover the beef.

4. Simmer:

- Bring to a boil, lower the heat, and simmer covered for about 1.5 hours until the beef is tender. Add more broth if needed.

5. Finish:

- Taste and adjust seasoning. Thicken the sauce with a cornstarch slurry if you prefer a richer consistency.



SERVES

4–6 people



COOK'S NOTES

Serve with steamed rice, noodles, or blanched greens.



COOKING TIME

Approximately 1h 30m





MATT'S MARVELLOUS MONKFISH CURRY

This warming, flavorful dish comes from Matt, a Senior Conductor based in Norwich. It's simple to prepare yet full of character, with the heat easily adjusted by varying the amount of green chilli. For a plant-based alternative, the monkfish can be replaced with extra vegetables, making the recipe as versatile as it is delicious.

GF

INGREDIENTS

- 1 red onion
- 1 monkfish fillet
- 6 baby vine tomatoes
- 2 garlic cloves
- 1 green pepper
- 1 green chilli
- 1 tin coconut milk
- 1 teaspoon ginger
- 2 teaspoons mild curry powder
- 2 tablespoons vegetable oil

INSTRUCTIONS

1. Heat **vegetable oil** on medium heat (save two drops!) in a frying pan. Finely chop the **red onion** and **green pepper** and fry until the onion starts to brown (about 5–7 minutes).
2. Finely chop the **garlic cloves** and add to the pan with the **ginger**. Fry for another 3–4 minutes until beautifully fragrant.
3. In a small saucepan, heat **one drop of vegetable oil**, add the **curry powder**, and stir gently for about a minute.
4. Add the **vine tomatoes** to the saucepan and mix well. Chop the **green chilli** (add as much as you like for extra heat!) and stir it in. Pour in the **coconut milk** and simmer for 10 minutes on low to medium heat.
5. Add the contents of the frying pan to the saucepan and stir together. Put your final drop of vegetable oil into the frying pan and fry the **monkfish fillet** (cut into small cubes) for 6–8 minutes until the cubes are white, fluffy, and cooked through.
6. Serve the monkfish immediately and spoon the curry sauce over the top. Perfect with **rice** or a **jacket potato** if you're feeling extra hungry!



SERVES

2 people



COOK'S NOTES

For a plant-based alternative, the monkfish can be replaced with extra vegetables, making the recipe as versatile as it is delicious.





COOKING TIME

Prep Time: 15 min
Cook Time: 45 min



SERVES

4 people



TOM'S CHICKEN, BACON & LEEK 'RISOTTO'

Tom, an engineer at EMR, learnt this favourite recipe from his mum while at university. Despite being called a 'risotto,' it's actually made with paella rice, and is a blend of different cultures in a dish. Tom always adds a splash of Henderson's Relish – a Sheffield staple that brings extra depth of flavour. The dish is naturally gluten-free, making it perfect for his coeliac wife, and if you can't find Henderson's, a gluten-free Worcestershire sauce works just as well.

GF

INGREDIENTS

3 chicken breasts

10 thick rashers of bacon, chopped

2–3 medium-sized leeks, sliced

2 teaspoons butter

1 teaspoon chopped garlic

1 teaspoon dried thyme

75g paella rice per person (300g total)

1 chicken stock pot

1 vegetable stock pot

750ml boiling water

1 teaspoon dried mixed herbs

1 teaspoon dried rosemary

5–8 shakes of Henderson's Relish

Salt & pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 180°C. Wrap the chicken breasts in foil with a bit of black pepper and lemon juice, then roast for 40 minutes.
2. While the chicken cooks, fry the chopped bacon in a large pan over medium heat until browned. Remove and set aside.
3. Lower the heat. Add the butter to the pan with the bacon fat, then stir in the leeks, garlic, and thyme. Cook gently for about 5 minutes until soft, stirring regularly to avoid browning.
4. Add the paella rice to the pan, season with salt and pepper, and stir for 1 minute to coat the rice.
5. Prepare the stock by dissolving the chicken and vegetable stock pots in boiling water.
6. Pour the stock into the pan with the rice. Add the mixed herbs, rosemary, and Henderson's Relish. Stir well, cover with a lid, and simmer on low heat for about 20 minutes, stirring regularly.
7. When the rice is nearly cooked, fold in the cooked bacon.
8. Chop the cooked chicken and add it to the pan. Ensure the rice is fully cooked and soft.
9. Adjust seasoning with salt and pepper to taste, then serve immediately.



COOK'S NOTES

If the rice isn't fully cooked when the chicken is ready, add a little more stock (¼ to ½ pint) as needed until the rice is soft and the liquid absorbed..

DAVID'S CHICKEN PAPRIKASH

David, from EMR's Fleet Team, shares this Hungarian classic: chicken paprikash. While goulash often takes the spotlight as Hungary's culinary icon, he believes this paprika-rich cousin is the true star – comforting in winter, light in summer, and easy to cook for any number of guests. For a meat-free twist, simply swap the chicken for potatoes and carrots and use olive oil with vegetable stock. Much like Budapest itself, with its rich history, vibrant nightlife, and relaxing baths, this dish offers something for everyone, and your guests will likely wonder how they'd never tried it before.

INGREDIENTS

Chicken:

8 bone-in, skin-on chicken thighs (or drumsticks if preferred)

Vegetables & Aromatics:

1 large or 2 medium white onions, finely diced

2 red peppers, finely diced

4–5 garlic cloves, minced (adjust to taste)

Other:

Lard (or alternative cooking fat)

Butter

400–500 ml chicken stock

150–200 ml soured cream

400–500 g nokedli (or spaetzle – Central European dumplings)

1 tbsp flour

Spices:

4 tsp sweet or smoked paprika

2 tsp hot paprika or cayenne pepper

Salt and pepper, to taste

Garnish (optional):

Chopped fresh parsley

METHOD

1. Preparation:

- Finely dice onions and peppers, and mince garlic. Prepare chicken stock and set aside.

2. Brown Chicken:

- Heat lard in a large pot over medium-high heat. Season chicken with salt and pepper, then brown on all sides. Work in batches if needed to avoid overcrowding. Remove and set aside.

3. Cook Vegetables:

- Lower heat to medium. Add onions and peppers to the pot, season with salt and pepper, and fry until onions are translucent and peppers are tender.

4. Add Garlic & Spices:

- Stir in garlic, sweet/smoked paprika, and hot paprika. Fry for another 2 minutes until fragrant.

5. Simmer:

- Return chicken to the pot, sprinkle over the flour, and stir well. Add chicken stock to cover the chicken. Simmer for 30 minutes.

6. Prepare Nokedli:

- Boil nokedli in salted water according to packet instructions. Once cooked, drain and season with salt, pepper, a knob of butter, and half the parsley. Stir to coat.

7. Finish Sauce:

- In a bowl, mix sour cream with a ladle of paprikash broth to temper, then stir this mixture back into the pot. Adjust seasoning to taste.

8. Serve:

- Serve hot with nokedli, garnish with remaining parsley, and enjoy!



COOKING TIME

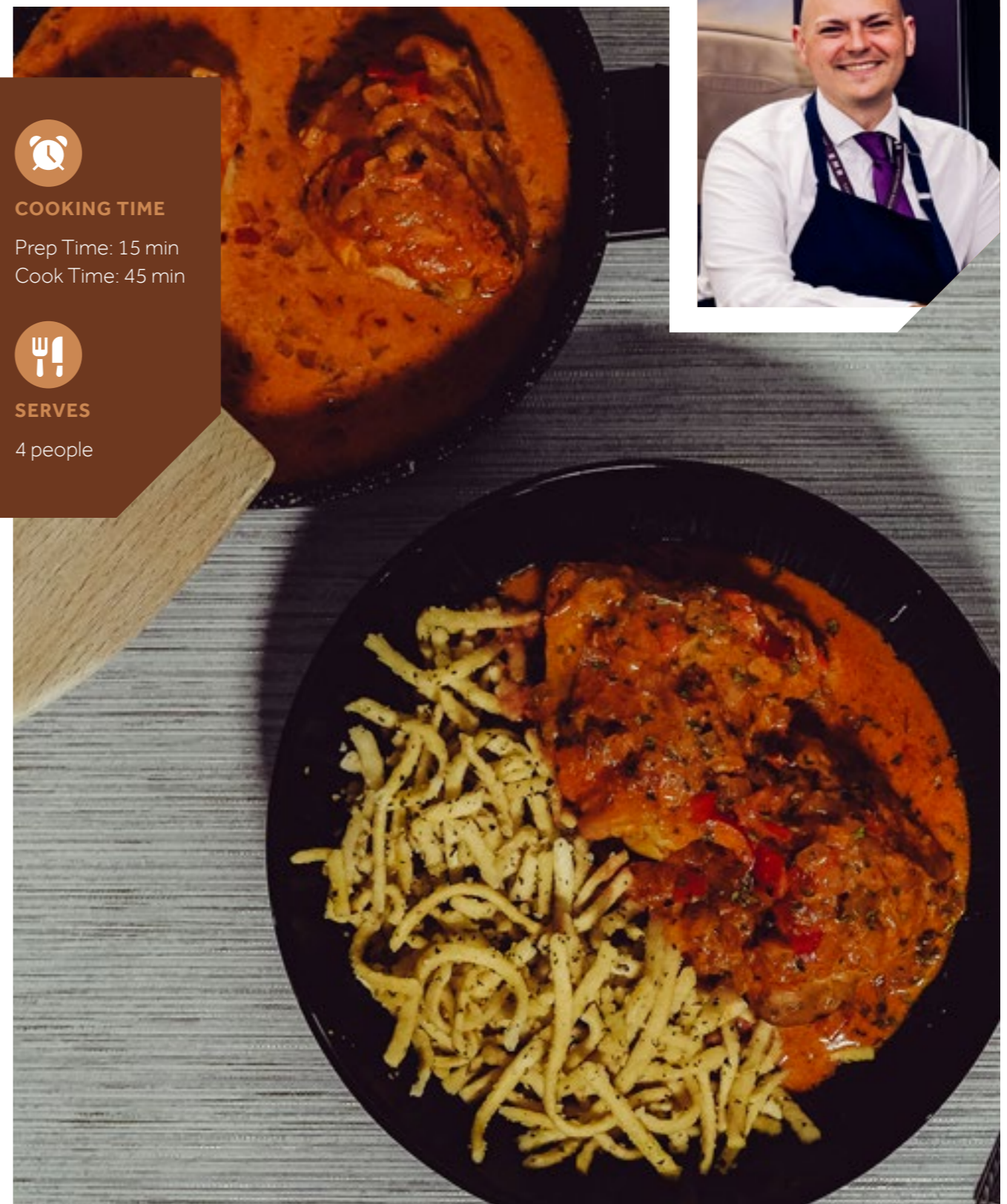
Prep Time: 15 min

Cook Time: 45 min



SERVES

4 people



COOK'S NOTES

For extra heat, add a teaspoon of Erős Pista (Hungarian chili paste) while simmering – available in most Eastern European shops. Nokedli can often be found in Eastern European grocery stores or sometimes in Lidl. Homemade versions are also an option.



BEN'S TOSSED RAINBOW SALAD WITH GINGER DRESSING

Ben, from EMR's IT team, shares an Australian favourite. No Aussie BBQ is complete without a snag, a stubby, and a refreshing Asian-inspired salad – and this recipe delivers just that. It's always a crowd-pleaser on hot summer afternoons and makes a vibrant, fresh accompaniment to heartier winter meals.



INGREDIENTS

Salad:

- 1 cucumber, peeled, diced and seeds removed
- 1 carrot, julienned
- 200g red cabbage, finely shredded
- 4 spring onion stems, finely sliced
- 1 red bell pepper, diced
- 250g cherry tomatoes, quartered
- 1 cup edamame, cooked
- ½ cup chopped coriander leaves (no stems)

Quinoa:

- 1 cup (180g) tricolour quinoa
- 2 cups water

Dressing:

- 5 tbs light soy sauce
- 2 tbs mirin
- 2 tbs rice wine vinegar
- 2 tbs sesame oil
- 2 ½ dressing oil (grapeseed or avocado)
- 2 ½ tbs Kewpie mayonnaise
- 2 ½ tsp white sugar
- 4 tsp ginger (about a thumb's length), freshly grated
- 1 garlic clove, minced

Topping:

- 1/3 cup wasabi peas, crushed to small chunks
- 2 tbs sesame seeds, toasted

INSTRUCTIONS

1. Toast the quinoa - Toast the quinoa by pre-heating an oven to 200c (180c fan), spreading over a baking tray and roast for 15 minutes until it smells nutty. Remove from oven once ready and run under cool water for 10 seconds in a fine-mesh sieve.
2. Cook the quinoa - Place the quinoa and water in a saucepan and cover with a lid. Bring to simmer, then reduce the heat to low and simmer for 15 minutes (or until water absorbed). Remove from the stove (keep the lid on!) and rest for 10 minutes. Fluff with a fork and allow the grains to fully cool before adding to the salad.
3. Dressing – Add all ingredients into a jar and vigorously shake. Taste and adjust seasoning as needed.
4. Toss the salad – Place the quinoa and salad ingredients in a large salad bowl. Lightly toss, then pour in the salad dressing. Toss with fervour to ensure even distribution of the dressing. Garnish with the topping and enjoy!

COOK'S NOTES



Other grains can be used as a substitute. I like to reserve ¼ cup of cooked quinoa for another dish as two cups can be dominating.

For the carrot; a julienne peeler works well. Otherwise, use a mandolin to slice a half-length into thin slices, followed by thin knife cuts. For the cabbage; use a mandolin.

Light soy sauce and 'normal' soy sauce have roughly the same sodium content, however regular

soy sauce will stain the colour of your lovely rainbow. Dark soy sauce is too intense, do not use.

Found at most Asian grocers (Oriental Mart, Asiana, etc.). Regular whole-egg mayonnaise works as a substitute, but I like the sweetness of Kewpie!

Aversion to mayonnaise or vegan. Substitute the mayo for 1 ½ tbs dressing oil and add 1 tsp of Dijon mustard for emulsion.

SAM'S FILIPINO CHICKEN ADOBO

A cherished staple of Filipino cuisine, Chicken Adobo is a flavourful dish that beautifully represents the rich diversity of the Philippines. Sam, who works in EMR's Property team caring for our station infrastructure, shares this beloved recipe as a delicious way to introduce others to his heritage. "Adobo is a globally recognized Filipino dish. It's a gateway to understanding our culture - if you don't know Adobo, you don't truly know Filipino food!"

INGREDIENTS

2 lbs chicken
3 dried bay leaves
4 tablespoons soy sauce
6 tablespoons white vinegar
5 cloves garlic, crushed
1½ cups water
3 tablespoons cooking oil
1 teaspoon sugar
¼ teaspoon salt (optional)
1 teaspoon whole peppercorns

METHOD

- 1. Marinate:** Combine chicken, soy sauce, and crushed garlic in a bowl. Marinate for 1 to 12 hours (3 hours is ideal) to infuse the flavours deeply. You may also add vinegar to the marinade if preferred.
- 2. Prepare** for cooking: Remove chicken from the marinade, reserving the liquid for later use.
- 3. Pan-fry:** Heat oil in a pan and fry the chicken for 1 to 1½ minutes on each side until the skin firms up. This helps keep the chicken intact during stewing.
- 4. Simmer:** Pour the reserved marinade and water into a pot. Add bay leaves and peppercorns, then bring to a boil. Add the chicken pieces.
- 5. Cook:** Reduce heat and simmer for 20–25 minutes, or longer for tender meat. Add the vinegar at this stage (if not already in marinade) and continue cooking uncovered for 10 minutes.
- 6. Season & finish:** Taste and add sugar and salt as needed. Cook uncovered if you prefer less sauce and more concentrated flavours. Serve hot, traditionally with steamed rice.



SERVES

3-4 people



COOK'S NOTES

Marinating longer enhances flavour absorption.

The vinegar gives Adobo its characteristic tang, balanced by soy sauce's saltiness and garlic's aroma.

Some enjoy Adobo with sauce; others prefer it drier—cook accordingly.

This dish reflects Filipino hospitality and heritage in every bite.



NOVEEN'S JAMAICAN OXTAIL STEW WITH STEAMED VEGETABLES

Noveen works in EMR's IT team and shares a favourite dish from her childhood. The longer the oxtail stews, the richer and more flavourful it becomes! Substitute oxtail for jackfruit or large portobello mushrooms for a veggie version.

Oxtail

INGREDIENTS

3 lbs oxtail pieces, washed and fat trimmed

1 tsp salt

1 tsp black pepper

A few dashes of browning

Fresh thyme

2 tbsp all-purpose seasoning

1 tsp garlic powder

1 onion, chopped

3 spring onions, chopped

2 garlic cloves, minced

1 beef stock cube or liquid beef stock

1 whole scotch bonnet pepper (optional, for heat)

Cornflour (optional, for thickening)

1 can butter beans, drained

Cooking oil



SERVES

4–6 people



COOKING TIME

Approximately 3h

INSTRUCTIONS

1. Preparation:

- Wash oxtail pieces with lemon and water.

2. Season:

- Season oxtail with salt, pepper, thyme, all-purpose seasoning, garlic powder, and a few dashes of browning. Mix well and marinate overnight for best flavour.

3. Brown the Oxtail:

- Heat oil in a large pot over medium heat. Brown the oxtail pieces for around 10 minutes, then remove and set aside.

4. Sauté Aromatics:

- In the same pot, add a little more oil and sauté onions, spring onions, and garlic until soft.

5. Simmer:

- Return oxtail to the pot, add fresh thyme, and pour in enough water to cover the meat. Add beef stock and scotch bonnet pepper. Cover and simmer on low to medium heat for at least 3 hours, stirring occasionally. Add cornflour to thicken the sauce if desired.

6. Add Butter Beans:

- Five minutes before serving, stir in butter beans and simmer until heated through.

7. Serve:

- Best enjoyed with fried plantain, white rice, and steamed vegetables (see below).



Steamed Vegetables

INGREDIENTS

½ white cabbage, shredded

• 2 carrots, thinly sliced

• 1 onion, sliced

• 4 spring onions, chopped

• Mixed bell peppers, sliced

• 1 tsp sea salt

• 1 tsp black pepper

• 1 tsp thyme

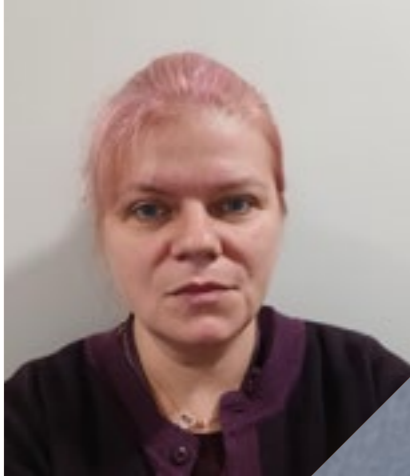
• A drizzle of olive oil

• 1 tbsp butter

• A splash of water

INSTRUCTIONS

1. Heat olive oil in a large frying pan over high heat.
2. Add sliced carrots and cook for 2 minutes.
3. Add cabbage and cook for another 2 minutes, stirring often.
4. Stir in onion, spring onions, and bell peppers. Continue cooking until softened.
5. Season with salt, pepper, and thyme. Mix well.
6. Add butter and a splash of water. Reduce heat and simmer for 10 minutes or until vegetables are tender.



SERVES

6–8 people
Makes approximately
30 cabbage rolls



**SERVED WITH
CREAMY POLENTA**

ELENA'S ROMANIAN CABBAGE ROLLS (SARMALE)



Elena, a Customer Host at EMR who provides First Class service to hundreds of customers each day, shares her mom's traditional Romanian recipe for cabbage rolls, known as Sarmale. Filled with pork and rice, layered with bacon, and baked in a rich tomato sauce, Elena has been making them for years – and insists they're the best cabbage rolls you'll ever taste.

GF

INGREDIENTS

- 2 tablespoons vegetable oil*
- 1 large onion, chopped*
- 100 g long grain rice, uncooked*
- 900 g ground pork*
- 15 g fresh parsley, chopped*
- 15 g fresh dill, chopped*
- Salt and pepper, to taste*
- 1 head sour cabbage (approx. 1 large cabbage) or use fermented cabbage (sauerkraut)*
- 15 slices bacon, chopped*
- 1 litre tomato juice*
- Water, as needed*



COOK'S NOTES

If using fresh cabbage: Core the cabbage and blanch it in salted boiling water for 5–8 minutes until the leaves soften. Cool quickly in cold water.

Freezer method: Alternatively, wrap a fresh cabbage tightly in plastic wrap and freeze for a couple of days. Once thawed, the leaves will be soft and pliable.

Leftovers keep well in the fridge for 3–4 days.

INSTRUCTIONS

1. Soak the sour cabbage in cold water overnight, or for at least 1 hour before using. If short on time, rinse the cabbage thoroughly under cold water. Carefully remove each leaf, cutting out the core, and cut large leaves in half.
2. Heat the oil in a skillet over medium heat. Add the onions and cook until softened and translucent. Add the rice and cook for another minute.
3. In a large bowl, mix the ground pork, salt, pepper, parsley, dill, and the onion-rice mixture. Be careful not to oversalt, as the sour cabbage is naturally salty.
4. Preheat the oven to **190°C (375°F)**.
5. Place about **¼ cup of the pork mixture** in each cabbage leaf and roll, tucking in the sides as you go. Repeat until all the filling is used.
6. Chop any leftover cabbage and spread it over the bottom of a large Dutch oven. Place a layer of cabbage rolls on top of the chopped cabbage. Generously scatter some chopped bacon over the rolls.
7. Add another layer of cabbage rolls, more bacon, and a final sprinkle of chopped cabbage. Season with a little more ground pepper if you like.
8. Pour the tomato juice over the cabbage rolls. Add enough water to ensure the rolls are fully covered in liquid.
9. Cover the Dutch oven with a lid or foil and bake for **2 hours**. Remove the lid and continue baking for **another 1 to 1.5 hours** to reduce the sauce and develop flavour.
10. Serve hot with polenta and a generous dollop of sour cream.

HALIM'S DORO WAT (ETHIOPIAN SPICED CHICKEN)

This spicy Ethiopian chicken stew was shared by Halim who works at Derby Station. Typically served with injera, it's slow-cooked in a fragrant base of caramelized onions and Berbere spice, sometimes including hard-boiled eggs. Rich, fragrant, and budget-friendly, this is a perfect dish for family meals or batch cooking.

INGREDIENTS

1.5kg chicken thighs, cut into 1-inch pieces, or 3 chicken breasts cut into ½-inch pieces

2 tablespoons fresh lemon juice

2 tablespoons niter kibbeh (Ethiopian spiced butter)

2 tablespoons extra virgin olive oil

3 cups yellow onions, finely minced or pureed chunky in a food processor (about 450g)

3 tablespoons butter

1 tablespoon finely minced garlic

1 tablespoon finely minced ginger

¼ cup Ethiopian berbere spice blend

1½ teaspoons salt

120ml Tej (Ethiopian honey wine), or white wine mixed with 1 teaspoon honey

240ml cup chicken stock

4 hard-boiled eggs, pierced all over with a fork about ¼ inch deep

METHOD

1. Place the chicken pieces in a bowl, pour over the lemon juice, and let sit at room temperature for at least 30 minutes.
2. Heat the niter kibbeh or butter along with the olive oil in a Dutch oven. Add the onions, cover, and sauté over low heat for 45 minutes, stirring occasionally.
3. Add the garlic, ginger, and 1 tablespoon butter. Continue to sauté covered for another 20 minutes, stirring occasionally.
4. Stir in the berbere and the remaining 2 tablespoons butter. Sauté covered over low heat for another 30 minutes, stirring occasionally.
5. Add the chicken, chicken stock, salt, and wine. Bring to a boil, then reduce heat to low, cover, and simmer for 45 minutes, stirring occasionally.



COOKING TIME

Prep Time: 15 min

Cook Time: 45 min



SERVES

4 people



ATIS' LATVIAN CLASSIC COLD BEETROOT SOUP

Atis, Customer Welcome Host at Derby shares his refreshing and easy-to-prepare cold soup, perfect for hot weather. All you need is a sharp knife and a sturdy chopping board!

VE

INGREDIENTS

- 1.5 l kefir
- 0.5 l pickled beets
- 1 long cucumber or several short ones
- 2 hard-boiled eggs
- 1 tablespoon sugar
- 1 teaspoon Russian mustard
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons chopped dill

INSTRUCTIONS

1. Peel and finely chop the cucumber.
2. Boil the eggs, then chop them.
3. In a large bowl, mix the kefir with mustard, sugar, salt, and ground black pepper until well combined.
4. Add the chopped dill, beets, eggs, and cucumber. Mix thoroughly.
5. Place the soup in the refrigerator to chill before serving.



SERVES

4 people



COOK'S NOTES

Add sliced boiled potatoes and good quality boiled sausage for a heartier dish.





WILL'S WONDERFUL OVERNIGHT OATS

Will Rogers is EMR's Managing Director, and overnight oats are his go-to breakfast to kickstart the day. This simple, healthy recipe can be switched up for variety and gives a great boost of energy to fuel your morning.

VE

INGREDIENTS

- 50 g or ½ cup whole rolled oats
- 1 tbsp chia seeds
- ½ tsp maple syrup (or honey)
- 60 g or ¼ cup Greek yoghurt
- 160 ml or 2/3 cup milk (any type you prefer)

VARIATIONS

Fruit, Seed & Nut

Add frozen fruit (raspberries and blueberries work well) to the base mix the night before. In the morning, top with sunflower seeds, pumpkin seeds, and walnuts. Adjust amounts to taste.

Carrot Cake

Add the following to the base mix the night before:

- 25 g grated carrot
- 15 g raisins
- ½ tbsp chopped walnuts
- ½ tsp ground cinnamon
- ⅛ tsp ground ginger

INSTRUCTIONS

1. Mix all the base ingredients in a container or jar.
2. Cover and refrigerate overnight (or for up to 5 days).



COOK'S NOTES

Multiply the recipe to make several portions in advance. Store in one large container in the fridge and simply decant when ready to eat.

Swap some of the Greek yoghurt for kefir to give your gut health an extra boost.

NATHALIES' INDULGENT LIME MOUSSE

Nathalie, EMR's Brand Designer, brings us a refreshing taste of Brazil with her easy-to-make lime mousse. A family favorite back home, it has now won over her Spanish in-laws too— becoming their go-to dessert for New Year's Eve and other special gatherings.

VE

INGREDIENTS

3 or 4 limes depending on size, enough for 125ml of juice or to taste

3 egg whites

1 tin of condensed milk (approx 400g)

600ml double cream

Lime zest

INSTRUCTIONS

1. Grate lime and set aside the zest.
2. Beat the double cream, slowly adding the lime juice to help it reach stiff peaks. Once thickened, gently fold in the condensed milk.
3. In a separate clean, dry bowl, beat the egg whites until they form stiff peaks and the mixture pulls cleanly away from the sides of the bowl.
4. Carefully fold the beaten egg whites into the cream mixture, making sure not to deflate them – this will keep the mousse light and airy.
5. Stir in a little lime zest for extra zing.
6. Spoon into individual portions or transfer to a large serving dish. Decorate with additional lime zest on top.
7. Refrigerate overnight before serving.



COOKING TIME

20 min



SERVES

6-8 people



COOK'S NOTES

Freezing & Serving: You can freeze it in advance and take it out about 2 hours before serving. Keep it refrigerated until ready to eat.

Sweetness Adjustment: If you prefer a sweeter taste, beat the double cream with a tablespoon of icing sugar.

Indulgent Variation: For an extra treat, freeze in individual portions and top each with a layer of chocolate ganache. Finish with a sprinkle of lime zest for decoration.



RIFKI'S DEVILLED CHICKEN



Customer Service Officer Rifki shares a flavourful Sri Lankan dish that is a firm favourite. Sri Lankan devilled chicken recipe that everyone craves and a dish that one should certainly try.

INGREDIENTS

To marinate chicken

500 g Chicken cut into pieces

1.5 tsp chili powder

1 tsp Black pepper powder

1 tsp turmeric powder

2 tsp lemon/lime juice

1 tsp salt (adjust to your taste)

2 teaspoons oil

Other ingredients

4 garlic cloves finely chopped

1.5-inch ginger finely chopped

1 tsp chili paste

1.5 tsp chili flakes

Half cup ketchup / chili sauce (add more if you want more gravy)

¼ cup water (add more if you want more gravy)

½ tsp sugar

salt (if needed)

2 Banana peppers (cut into diagonal pieces)

½ red onion (cut in to big pieces or rings)

1 tsp corn starch dissolve in 2 tbsp of water (optional)



SERVES

4 people



COOKING TIME

Prep Time: 15 mins

Cook Time: 20 - 30 mins

METHOD

1. Mix all the ingredients from the marinade list above with chicken pieces. Leave it aside for 30 minutes to 1 hour 30 minutes.
2. Now air-fry them until chicken pieces are golden. It takes about 15 minutes on 390F in a Ninja air fryer. You may need more or less time than this depending on your air fryer and the size of your chicken pieces. Please do not overcrowd the air fryer pan and flip them once to get even browning.
3. Heat a wok or pan & add some oil and let it heat up. When the oil is hot, add your finely chopped ginger and garlic pieces and stir.
4. Then add chili flakes and chili paste & mix everything well together and add ketchup and mix.
5. Now add ¼ cup of water, mix and let it come to simmer. (You can add more if you want more gravy)
6. When the sauce is simmering you add sugar. Taste and adjust salt if needed & add your fried chicken pieces and mix well, then add your peppers and onions & mix well.
7. (Optional) Add the cornstarch slurry. This will add a nice glossy look to the sauce and chicken pieces. Also, if you have some gravy, this will thicken that up. You can also add large chunks of tomatoes too at the end.





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AROUND THE WORLD WITH OUR
RAILWAY COLLEAGUES



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