



SHINE

SHINE Cookbook

Celebrating Diversity at Sonepar



SHINE

Support, Honour,
Inspire, Nurture,
Empower

SHINE ERG is focused on empowering associates to honour their cultures in the workplace and create dialogue that inspires and nurtures further conversation on inclusion and visibility.

The SHINE cookbook has been curated to celebrate the positive impact of working for an organization where cultures and customs come together with a growing diverse workforce.

Enjoy reading and trying the recipes provided by associates .

SHINE

Bifanas

(Pork Sandwiches)



Serves
6 Adults



Preparation Time
10 minutes



Cooking Time
30 minutes



Tools needed

- Frying pan
- Mixing bowl
- Chopping Board
- Chopping Knife



History behind Bifnas

By land or sea, Portuguese food is backed by a long list of classic dishes with Mediterranean foundations but peppered with portions of African, Brazilian, and Spice Route pizzazz. Today, Portugal has cultivated this globalized mélange into one of the continent's most exacting and dynamic cuisines.

Ingredients :

- 2 Onions
- 3 to 4 Tablespoons Tomato Paste
- 10 - 12 Bifanas - (Pork Meat)
- All Seasoned Salt to taste
- Vinegar to taste
- 6 Tbsp Olive Oil
- 2 Tsp Garlic Powder (or to taste)
- Salt to Taste
- Cayenne Pepper to taste
- 3 Banana Peppers in strips
- 6 Portuguese Buns

How to Make Bifanas

- 1 In a bowl put seasoned salt & pork, mix around and let sit a bit or over night in the refrigerator.
- 2 In a frying pan put olive oil and fry the pork. Put in a deep oven dish. Set aside for now.
- 3 In a pot place sliced into circles onions in 2 to 3 tablespoons of olive oil and sauté.
- 4 When onions are starting to soften add tomato paste, garlic powder and the peppers. Add the vinegar and salt to taste.
- 5 Once this is done pour over the beefs/pork and put in the oven for about 1/2 hour at 300 Degrees Fahrenheit.
- 6 Serve in Portuguesee buns

**Serves**

4 Adults

**Preparation Time**

20 minutes

**Cooking Time**

60 minutes

**Tools needed**

- Measuring spoons
- Deep pot
- Chopping Board
- Chopping Knife
- Ladle
- Frying pan

**History behind Butter Chicken**

The result of a culinary experiment at a roadside restaurant, butter chicken quickly spread throughout India to become arguably the nation's favourite dish.

Butter Chicken

Ingredients :

- 4 to 6 Chicken breasts
- 6 tablespoons canola oil
- 4 pieces of garlic
- 2 tablespoons of Ginger
- 396ml Tomato paste
- 750ml water
- 1/4 tsp sugar
- 1/2 tsp black pepper
- 2 tablespoons Peacock Kasoori Methi
- 1 L whipping cream
- 2 cups 2% milk

How to Make Butter Chicken

- 1 Pour 4tbsp of canola oil in a deep pot
- 2 Add 4 pieces of garlic, 2 Tbsp of Ginger to the oil and fry until lightly brown
- 3 To the pot, add 396 ml tomato paste, 750 ml of water
- 4 Stir in 1/4 tsp sugar, 1/2 tsp black pepper, 1 tsp Cayan pepper and 1/2 tsp garam masala
- 5 Turn stove to medium heat and allow it to cook down to a paste. Add 1L whipping cream and 2 cups of milk
- 6 Turn heat to high, allow to boil and keep stirring the curry. In a separate frying pan, pour in 2 tbsps oil and lightly brown 4 - 6 chicken breasts. Add chicken after 20 minutes to the curry.
- 7 Add 2 Tbsp of "Peacock Kasoori Methi" and now allow the curry to boil for 20 minutes until the consistency is thick. Enjoy!
- 8 Enjoy with some Naan bread or rice!

**Serves**

4 Adults

**Preparation Time**

10 minutes

**Cooking Time**

30 minutes

**Tools needed**

- Bowl
- Whisk
- Chopping Board
- Chopping Knife

**History behind Quesillo**

The origin is Canarian, dessert known in the Canary Islands as Flan de Huevo, and was prepared with milk and sugar and not with condensed milk, since it was not invented until the beginning of the 19th century.

Quesillo (Venezulan Flan)

Ingredients :

- 1 cup white sugar
- 1 (14 ounces) can sweetened condensed milk
- 1 ¾ cups milk, or as needed
- 3 eggs
- 1 teaspoon vanilla extract

How to Make Quesillo

- 1 Preheat the oven to 350 degrees F (175 degrees C).
- 2 Prepare a bain-marie, or water bath, by filling a 9-inch heat-proof container with water.
- 3 Melt sugar in a nonstick pan over medium-low heat, stirring constantly until melted, 7 to 10 minutes; Pour sugar into a flan mold, coating the sides to ensure that the egg/milk mixture in the next step will not touch the container.
- 4 Pour sweetened condensed milk into a bowl. Fill the empty can with milk and add to the bowl; stir in eggs and vanilla extract. Blend well. Fold mixture with a spatula to remove air bubbles.
- 5 Pour milk mixture into the slightly cooled flan mold. Put the lid on and place inside the water bath.
- 6 Bake the quesillo in the bain-marie for 45 minutes. Pry lid open with a knife carefully; continue baking until set, about 15 minutes more.
- 7 Let quesillo cool to room temperature, at least 25 minutes; refrigerate 8 hours to overnight. Slide a knife around the edges of the mold to loosen and invert onto a plate.



Serves
4 Adults



Preparation Time
10 minutes



Cooking Time
15 minutes



Tools needed

- Bowl
- Whisk
- Chopping Board
- Frying Pan
- Chopping Knife



History behind Red Vietnamese Fried Rice

The concept of frying rice along with other things as dish in itself is believed to have started in China during the Sui dynasty (581 to 618 AD). The dish originally consisted of rice fried with vegetables and meat, flavoured with soy sauce, garlic and seasoning.

Red Vietnamese Fried Rice

Ingredients :

- 30g / 2 tbsp unsalted butter
- 3 garlic cloves , finely minced
- 1/2 cup diced ham (Ipre-chopped)
- 1 cup frozen peas
- 2 1/2 cups day-old cooked jasmine rice
- 2 tbsp tomato paste
- 2 tsp fish sauce
- 2 tsp soy sauce (all purpose or light)
- 1/4 tsp white sugar
- 2 eggs , whisked

How to Make Red Vietnamese Fried Rice

- 1 Melt most of the butter in a large non-stick skillet over high heat (save a dab for scrambling eggs).
- 2 Add garlic, cook for 10 seconds.
- 3 Add ham, stir for 30 seconds.
- 4 Add rice and tomato paste, cook for 2 minutes.
- 5 Add fish sauce, soy and sugar, cook 1 minute to get a bit of nice caramelisation on the tomatoey rice.
- 6 Push rice to one side of the pan. In the cleared space, melt reserved butter then pour in the egg and scramble until just set.
- 7 Toss cooked egg through the rice. Serve!



Serves
4 Adults



Preparation Time
10 minutes



Cooking Time
30 minutes



Tools needed

- Frying pan
- Mixing bowl
- Chopping Board
- Chopping Knife



History behind Pazham Pori

Banana Fritters are a popular sweet snack enjoyed in Kerala, India especially during the monsoon season . This traditional dish is a perfect blend of ripe bananas, a hint of spices, and a crispy golden coating. The aroma wafting from the street vendors' carts is enough to entice anyone's taste buds.

Pazham Pori (Banana Fritters)

Ingredients :

- 2 to 3 medium to large ripe bananas
- 1/2 cup all purpose flour
- 1 tablespoon Rice Flour
- 1 pinch turmeric powder
- 1 pinch baking soda
- 1/3 cup water or add as required

How to Make Pazham Pori

- 1 In a mixing bowl, add both flours, 1 tablespoon sugar (optional), a pinch of turmeric powder and a pinch of baking soda. Then add 1/2 cup water.
- 2 Mix to a smooth batter without any lumps. The batter consistency is slightly thick so that it coats the banana slices very well. Keep aside.
- 3 Peel two large bananas. Then first slice them in half or quarters. Then slice each piece vertically in two equal parts.
- 4 Heat oil for deep frying pan. When the oil becomes hot, then the banana fritters can be fried.
- 5 Dip each slice in the batter and coat it well with the batter.
- 6 Fry till both sides are light golden. Stop once the bananas start oozing out moisture into the oil and the oil begins to splutter too much.
- 7 Remove from oil and serve

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Mexican Pasta Gratin



Serves
4 Adults



Preparation Time
15 minutes



Cooking Time
45 minutes



Tools needed

- Bowl
- Large Pot
- Chopping Board
- Chopping Knife



About Mexican Pasta Gratin

This Mexican Pasta recipe is a vibrant, spicy twist on a classic comfort food. Infused with traditional Mexican spices and topped with cheese

Ingredients :

- 500gr sliced hot Italian Sausages
- 250gr sliced chorizo salami
- Olive Oil for sauteing
- 1 sliced onion
- 1 diced green pepper
- 2 diced tomatoes
- 1 Tbsp Tex-Mex blend
- 2 Tbsp crushed chili/red pepper
- 1 canned tomato sauce
- 400gr dried pasta [Penne or fusilli]
- Small quantity of Mexican cheese
- Salt

How to Make Mexican Pasta Gratin

- 1 Heat a pan at medium heat and add 1 Tbsp of Olive oil.
- 2 Add sausage and chorizo pieces and sauté to get a golden color. Remove from pan and set aside
- 3 Add sliced onion and diced green pepper into frying pan. Sauté for 5 minutes or until softened. Add Tex-Mex blend and stir for a minute.
- 4 Add salt, diced tomatoes, tomato sauce, chili pepper, sausage and chorizo pieces that were put aside. Keep sauce at gentle simmer.
- 5 In a separate pot, boil pasta according to package directions. Drain and add pasta to sauce. Transfer into baking dish and add cheese
- 6 Remove and serve



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