

A close-up photograph showing a row of white binder rings, likely from a three-ring binder, resting on a light-colored wooden surface. The rings are arranged in a slightly curved line, and their metallic components are visible.



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Muhammara



Ingredients:

- ☐ 3 roasted red bell peppers
- ☐ ½ cup bread crumbs, fresh or store-bought
- ☐ ½ cup walnuts
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1½ tablespoons pomegranate molasses*
- ☐ garlic clove
- ☐ 1 teaspoon fresh lemon juice
- ☐ 1 teaspoon Aleppo pepper or ½ teaspoon red pepper flakes
- ☐ ½ teaspoon ground cumin
- ☐ Freshly ground black pepper
- ☐ Fresh mint, for garnish

Instructions:

1. In a food processor, place the red peppers, breadcrumbs, walnuts, olive oil, pomegranate molasses, garlic, lemon juice, Aleppo pepper, cumin, and several grinds of pepper. Pulse until creamy and season to taste.
 2. Garnish with fresh mint.
- *If you don't have pomegranate molasses, replace it with 2 teaspoons maple syrup and add an additional 2 teaspoons lemon juice.



Tzatziki

Ingredients:

- ☐ 1 cup natural yoghurt 3% fat
- ☐ ½ cup finely grated cucumber
- ☐ 1 tablespoon fresh lemon juice
- ☐ ½ tablespoon extra-virgin olive oil
- ☐ 1 garlic clove, grated
- ☐ ¼ teaspoon sea salt
- ☐ 1 tablespoon chopped fresh dill
- ☐ 1 tablespoon chopped fresh mint, optional

Instructions:

1. Grate the cucumber to give the sauce texture and plenty of green flecks.
2. Squeeze the water out of the grated cucumber. This step is essential for making a creamy tzatziki. Squeeze the cucumber directly over the sink, or press it lightly between paper towels.
3. Stir everything together! Chill until you're ready to use.

Hummus

Ingredients:

- ☐ Two 15.5 oz cans of unsalted chickpeas
- ☐ 3 garlic cloves, peeled
- ☐ Juice from 1 lemon
- ☐ 4 tablespoon tahini
- ☐ 6 tablespoons extra virgin olive oil
- ☐ 1 teaspoon coriander
- ☐ 2 teaspoons cumin
- ☐ 1 teaspoon salt



Instructions:

1. In a blender or food processor, add all ingredients and mix until the consistency you want. If you want a smoother consistency, slowly add water until it reaches the desired texture.



Baba Ghanoush

Ingredients:

- ☐ 3 medium eggplants, sliced in half lengthwise
- ☐ 2-3 garlic cloves, peeled and minced or run through a garlic press
- ☐ 3 tablespoons tahini
- ☐ ½ cup fresh lemon juice, from about 4 lemons
- ☐ 1 to 2 tablespoons fresh pomegranate seeds
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon of Extra virgin olive

Instructions:

1. Preheat oven to 350 F and line a baking sheet with parchment paper; slice eggplants and place them, cut side down, on the baking sheet. Roast in oven until soft, about 20 minutes, then let sit on the counter until cool enough to handle, about 10 minutes.
2. Peel off the covering of eggplants and puree the flesh, either in a food processor or using a potato masher in a medium sized mixing bowl.
3. Add garlic, tahini, lemon juice, and salt, and mix well.
4. Drizzle olive oil on top and serve with a few fresh pomegranate seeds.



These recipes are
provided by:



Naim Alkhouri
(AASLD Member)



Roasted Aubergine

Ingredients:

- ☐ 700g/ 1.2 lb eggplants (2 medium), aka aubergine
- ☐ 3 tbsp olive oil
- ☐ 1/2 tsp salt (kosher / cooking salt, or 1/4 tsp table salt)
- ☐ 1/2 tsp black pepper

Instructions:

1. Preheat oven to 240°C (450°F) or 220°C (fan).
2. Line a tray with parchment paper.
3. Cut eggplant into 3 cm cubes, toss with oil, salt, and pepper.
4. Roast for 20 minutes, turn, and roast for another 10 minutes until caramelized and soft inside.
5. Serve plain or with cottage cheese / ricotta. Top with Parsley, mint, and drizzle with olive oil, balsamic, or honey.



Roasted asparagus

Ingredients:

- ☐ 500g/1 lb asparagus
 - ☐ 1 1/2 tbsp extra virgin olive oil
 - ☐ 1/4 tsp each salt and pepper
 - ☐ 1 garlic clove , finely minced (knife or garlic press)
- Optional finishes:
- ☐ 2 tbsp lemon juice
 - ☐ 2 tbsp parmesan , freshly grated

Instructions:

1. Preheat oven to 220°C
2. Snap the woody ends off the asparagus
3. Pile onto tray. Drizzle with oil, sprinkle with salt, pepper and garlic. Toss, then spread out on tray.
4. Roast 7 minutes.
5. Remove from oven.
6. Toss with lemon juice, if using. Pile onto serving platter, grate over optional parmesan. Serve!

Roasted Artichokes

Ingredients:

- ☐ 3 large globe artichokes
- ☐ 3 tsp lemon juice
- ☐ Salt and black pepper
- ☐ Extra virgin olive oil
- ☐ 6 garlic cloves, peeled
- ☐ 1 small shallot, thinly sliced
- ☐ 1 tbsp capers
- ☐ Crumbled feta cheese to taste

For the Vinaigrette

- ☐ Same 6 garlic cloves roasted earlier with the artichoke
- ☐ 1/2 cup chopped fresh dill
- ☐ 1/4 cup fresh lemon juice
- ☐ 1 tsp honey
- ☐ Salt and Black Pepper

Instructions:

1. Preheat oven to 200°C
2. Clean artichokes. Cut off the stem/stalk. Peel off the tough outer layers. When you reach the softer layers, use a serrated knife to cut off about 3/4 inches from the top. Now, cut artichoke in half lengthwise. Using a spoon, remove the fuzzy choke on the inside.
3. Add 1/2 tsp lemon juice to cover the surface to prevent the artichoke from discoloring.
4. On a baking sheet, place each artichoke half in a piece of lightly-oiled foil paper that is large enough to fold around.
5. Season artichokes with salt and pepper, and nestle 1 garlic clove in the center of each artichoke half. Drizzle generously with olive oil. Close the foil around artichokes.
6. Roast in oven for 40 minutes.
7. Open the foil pouches using tongs. Remove the roasted garlic from the center of artichoke, and close the foils back until ready to serve. Let garlic cool.
8. In a small food processor, add the roasted garlic with the remaining vinaigrette ingredients. Pulse until smooth.
9. Remove the artichokes from foil. Generously drizzle the roasted garlic-dill vinaigrette. Top with shallots, capers and crumbled feta cheese.



Beetroot chips



Ingredients:

- ☐ 2 large beetroots
- ☐ 2 tbsp oil
- ☐ Salt, pepper
- ☐ fresh rosemary

Instructions:

1. Heat the oven at 200°C and line a baking tray with some baking paper
2. Cut two big beetroots into round slices (1/2 a cm thick)
3. Arrange them on a baking tray, drizzle with olive oil, salt, pepper, and rosemary.
4. Bake for 20 minutes.



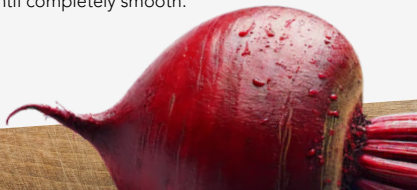
Beetroot smoothie

Ingredients:

- ☐ 2/3 cup beet roasted, chopped and frozen
- ☐ 2 cups strawberries frozen
- ☐ 1 tsp fresh or powder turmeric peeled and grated
- ☐ 1 tsp fresh ginger peeled and grated
- ☐ 1 cup unsweetened almond milk or non-dairy milk of choice
- ☐ 1/2 cup orange juice

Instructions:

1. Cut the beetroot into chunks, cover with aluminium foil, and bake in a pre-heated oven at 200°C for 15-20 minutes until soft
2. Allow it to cool, and then freeze for 2 hours
3. Add all ingredients to a blender and blend until completely smooth.



Vietnamese Summer Rolls



Ingredients:

- ☐ Rice paper (circle)
- ☐ Rice vermicelli
- ☐ 1 tbsp Fish sauce + salt
- ☐ Chives
- ☐ Korean chili powder
- ☐ Fried shallots (optional)
- ☐ 2 chicken breasts
- ☐ Cooked shrimps
- ☐ Lettuce
- ☐ 1 Julienned carrot
- ☐ 1 cucumber cut in batons
- ☐ Coriander + mint leaves



Instructions:

1. Boil chicken breasts for 20 minutes in unsalted water, shred, put in a bowl and add 1 tbsp fish sauce, 1 tsp korean chili powder and a pinch of salt
2. Cut shrimps in half lengthwise
3. Boil rice vermicelli as indicated on packet, rinse with cold water, add a generous amount of fried shallots + chopped chives.
4. Plunge 1 rice paper in a bowl with cold water for 5 seconds on each side, and lay it flat on a chopping board.
5. Add two lettuce leaves in the middle of the rice paper (cut the hard white parts in the middle)
6. On the leaves, add a small amount of rice noodles, generous amount of shredded chicken, some julienned carrot, 1-2 springs of coriander and 4 mint leaves
7. In the next row on the rice paper add a cucumber baton
8. In the next row on the rice paper add 4 halves of shrimps, lined up tightly, cut side up.
9. Roll from bottom upwards, pushing the filling down and towards you so the wrap is airtight
10. Fold side corners in once you reach the shrimp line. Keep rolling tightly.

Light & Flavourful Bagel

Equipment:

- Baking sheet
- Air Fryer or oven

Ingredients:

- ☐ 1 cup unbleached all-purpose flour, whole wheat, or gluten-free mix
- ☐ 2 teaspoons baking powder
- ☐ $\frac{3}{4}$ teaspoon kosher salt, use less if using table salt
- ☐ 1 cup non-fat Greek yogurt
- ☐ 1 egg white
- ☐ Optional toppings: sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes

Instructions: Oven

1. Preheat oven to 375F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
2. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
3. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).
4. Divide into 4 equal balls. Roll each ball into $\frac{3}{4}$ -inch-thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
5. Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.

Instructions: Air fryer

1. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
2. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
3. Divide into 4 equal balls. Roll each ball into $\frac{3}{4}$ -inch-thick ropes and join the ends to form bagels.
4. Top with egg wash and sprinkle both sides with seasoning of your choice.
5. Preheat the air fryer 280F degrees. Transfer in batches without overcrowding and bake 15 to 16 minutes, or until golden. No need to turn. Let cool at least 15 minutes before cutting.



This recipe is provided by:



Grace Su (AASLD Member)

Gluten-free Zucchini Pudding

Ingredients:

- ☐ 3 large zucchini
- ☐ 1 medium onion
- ☐ 3 eggs
- ☐ 2 cloves of garlic (minced)
- ☐ 20 grams of grated parmesan cheese
- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons of chickpea flour or rice flour
- ☐ 1 tablespoon dried oregano
- ☐ 1 cup low-fat milk
- ☐ Pinch of baking powder
- ☐ Pinch of salt



Instructions:

1. Prepare the zucchini: Peel the zucchini and cut it into small pieces. Cook in a pot with a small amount of water until tender, draining well.
2. Sauté the onion: Peel and dice the onion. Sauté in olive oil until translucent.
3. Combine ingredients: Mash the cooked zucchini with a fork. Add the sautéed onion, eggs, flour, parsley, garlic, salt, baking powder, milk, and grated cheese. Mix until well combined.
4. Bake: Grease a baking dish and pour in the zucchini mixture. Sprinkle with oregano and grated cheese. Bake in a preheated oven at 180°C (350°F) for approximately 30 minutes, or until golden brown.
5. Serve: Enjoy warm or cold.



**This recipe is
provided by:**



**Luis Antonio Díaz & Lucy
Piga (AASLD Members)**

Bajra Roti (Pearl Millet Flatbread) with Garlic Chutney (paste)



Ingredients:

For Flatbread

- ☐ 1 cup bajra (pearl millet) flour
- ☐ Warm water (as needed)
- ☐ Salt to taste

For Garlic Chutney

- ☐ 4-5 garlic cloves
- ☐ 2 dried red chilies
- ☐ 1 tsp sesame seeds
- ☐ ½ tsp cumin seeds
- ☐ 1 tsp lemon juice
- ☐ Salt to taste

This recipe is provided by:



Instructions:

1.Kneading the Dough

1. Take 1 cup of bajra flour in a mixing bowl.
2. Add a pinch of salt (optional).
3. Slowly add warm water and mix well. Knead into a soft dough.
4. Since bajra lacks gluten, the dough will be crumbly and harder to roll.
5. Let the dough rest for 10 minutes to absorb moisture.

2.Rolling & Cooking

1. Take a small ball of dough and flatten it using your hands.
2. If rolling is difficult, place it between two sheets of parchment paper and roll gently.
3. Heat a tawa (griddle) on medium flame.
4. Place the rolled-out roti on the tawa. Cook for 1-2 minutes until small bubbles appear.
5. Flip the roti and cook on the other side.
6. Use a cloth or spatula to press the roti for even cooking.
7. Remove from heat and apply a thin layer of ghee for extra flavor and nutrition.

3.Roasting the Ingredients for Garlic Chutney

1. Heat 1 tbsp oil in a pan.
2. Add cumin seeds and let them splutter.
3. Add garlic cloves and roast until light golden brown.
4. Add red chilies and sauté for another minute.

4.Grinding the Chutney

1. Transfer the roasted garlic and chilies into a blender.
2. Add salt, red chili powder, and lemon juice/tamarind paste.
3. Blend into a smooth paste (add a little water if needed).

5.Storing & Serving

1. Store in an airtight container in the refrigerator for up to 1 week.
2. Serve fresh with bajra roti for maximum health benefits.

Greek Salad



Ingredients:

- ☐ 1 medium red onion, thinly sliced into half moons
- ☐ 4 medium juicy tomatoes, sliced into bite-sized pieces or wedges
- ☐ 1 English cucumber, partially peeled to make a striped pattern and sliced into half moons
- ☐ 1 green bell pepper, cored and sliced into rings
- ☐ 1 handful pitted Kalamata olives
- ☐ 1 1/2 teaspoons dried oregano
- ☐ Kosher salt
- ☐ 1/4 cup extra virgin olive oil
- ☐ 1-2 tablespoons red wine vinegar
- ☐ 1 (7 ounce) block Greek feta cheese in brine, torn into slabs

Instructions:

1. Combine the veggies. Place the tomato, cucumber, bell pepper, and olives in a large serving dish. Remove the onions from the water and add to the dish with the rest of the vegetables.
2. Season. Sprinkle the vegetables with 3/4 teaspoon of oregano and a pinch of kosher salt. Add the oil and vinegar (to your liking) then give everything a gentle toss.
3. Finish and serve. Top the salad with slabs of feta and sprinkle with the remaining 3/4 teaspoon of oregano.

Tabbouleh



Ingredients:

- ☐ 2 bunches fresh parsley, coarsely chopped, about 4 cups
- ☐ 1/2 bunch fresh mint, coarsely chopped, about three-quarter cup
- ☐ 1 bunch green onions, finally chopped, white and light green parts only
- ☐ 1 tablespoon bulgur wheat, soaked in a small bowl of water until soft 10 to 15-minute
- ☐ 1/4 - 1/2 cup extra virgin olive oil
- ☐ 1/4 - 1/2 cup fresh lemon juice, from 3-4 lemons
- ☐ 1 teaspoon salt
- ☐ 1 medium tomato, coarsely chopped

Instructions:

1. Mix of all ingredients in a bowl and enjoy

**This recipe is
provided by:**



**Naim Alkhouri
(AASLD Member)**

Kale slaw Spring Salad

Ingredients:

- ☐ 5 cups chopped fresh kale
- ☐ 3 cups torn romaine
- ☐ 1 package (14 ounces) coleslaw mix
- ☐ 1 medium fennel bulb, thinly sliced
- ☐ 1 cup chopped fresh broccoli
- ☐ 1/2 cup shredded red cabbage
- ☐ 1 cup crumbled feta cheese
- ☐ 1/4 cup sesame seeds, toasted
- ☐ 1/3 cup extra virgin olive oil
- ☐ 3 tablespoons sesame oil
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons lemon juice
- ☐ 1/3 cup pureed strawberries
- ☐ Sliced fresh strawberries and walnuts

Instructions:

1. Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.
2. Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries and walnuts



Gomae- Japanese style spinach



Ingredients:

- ☐ 2 ½ tablespoons tahini
- ☐ 1 ½ tablespoons rice vinegar
- ☐ 1 ½ tablespoons reduced-sodium soy sauce
- ☐ 1 tablespoon water
- ☐ 2 teaspoons mirin
- ☐ 1 pound spinach, trimmed if necessary
- ☐ 1 teaspoon sesame oil
- ☐ Toasted sesame seeds for garnish

Instructions:

1. Put a large pot of water on to boil.
2. Meanwhile, whisk tahini, vinegar, soy sauce, water and mirin in a large bowl.
3. Cook spinach in the boiling water until it just turns bright green, 15 to 30 seconds for baby spinach, 45 seconds to 1 minute for mature spinach. Drain in a colander and rinse with cold water. Press or squeeze to remove excess water. Add the spinach to the dressing and toss to coat. Drizzle with sesame oil and sprinkle with sesame seeds, if desired.



Black radish salad

Ingredients:

- ☐ 1 black radish
- ☐ Juice of 1/2 a lemon
- ☐ 4 tbsp olive oil
- ☐ Sea salt
- ☐ Pink pepper
- ☐ Parsley

Instructions:

1. Cut the black radish in thin circular strips
2. Add olive oil, lemon juice, pinch of pink pepper and salt to taste,
3. Marinate in the fridge for 1 hour
4. Sprinkle chopped parsley



Olive Oil Artichoke (Zeytinyađlı Enginar)



Ingredients:

- ☐ 4 artichokes
- ☐ 1 carrot (chopped)
- ☐ 1 potato (chopped)
- ☐ 1 onion (chopped)
- ☐ 1 cup of peas
- ☐ 1/2 cup olive oil
- ☐ Juice of 1 lemon
- ☐ 1 tsp salt
- ☐ 1tsp sugar
- ☐ 2 cups water

Instructions:

Sauté the onion in olive oil until softened. Add the carrot and potato, and sauté for a few more minutes. Place the artichokes in the pot and fill the centers with the vegetable mixture. Add lemon juice, salt, sugar, and water. Cover the pot and cook on low heat. Serve cold.



**This recipe is
provided by:**



Umxhaxha

A Xhosa dish from the Eastern Cape, South Africa. This dish is a balanced blend of carbohydrates, protein, and vitamins, served hot or cold.

Ingredients:

- ☐ 400 g pumpkin, peeled and diced
- ☐ 200 g white mielies (corn), cut off the cob
- ☐ Salt to taste
- ☐ 1 tablespoon brown sugar

Instructions:

1. Place all ingredients in a medium saucepan and add enough water to cover.
2. Cook over medium heat for 10–15 minutes until the pumpkin is soft and the mielies are tender. Drain excess water.
3. Mash the pumpkin to form a rough purée. Serve warm or cold.



Gonré



Ingredients:

- ☐ 1 kg beans (soaked and peeled)
- ☐ Onion, garlic, ginger, salt
- ☐ Parsley, celery, and carrot
- ☐ Egg

Instructions:

1. Blend beans with seasonings to form a paste.
2. Cook the paste in a saucepan with water, oil, and salt until smooth.
3. Add the paste to small pots, top with half an egg, and steam for 45 minutes.
4. Serve with oil, chili, or onion sauce.



These recipes are provided by:



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Foxtail Millet Khichdi



Millet khichdi is a nutritious one-pot meal made with millets and lentils, cooked with mild Indian spices and vegetables. It is a healthy alternative to traditional rice, offering higher fiber.

Ingredients:

- ☐ 1 cup foxtail millet (soaked for 2 hours)
- ☐ ½ cup moong dal (yellow lentils)
- ☐ ½ tsp turmeric powder
- ☐ ½ tsp cumin seeds
- ☐ 1-inch ginger, chopped
- ☐ 1 small carrot, chopped
- ☐ 1 tomato, chopped
- ☐ 1 tsp ghee/oil
- ☐ Salt to taste
- ☐ Water as needed
- ☐ Fresh coriander leaves for garnish



Instructions:

1. Heat ghee/oil, add cumin seeds and ginger.
2. Add chopped vegetables and sauté for a minute.
3. Add moong dal, foxtail millet, turmeric, and salt.
4. Pour 3 cups of water, close the lid, and cook for 10-15 mins.
5. Garnish with coriander and serve warm.

This recipe is provided by:



Ingredients:

- ☐ 1/2 kg fresh beans
- ☐ 1 / 2 white onion
- ☐ 1 tomato skinned, cut in half
- ☐ Salt and Pepper
- ☐ Olive oil

Fresh bean soup

Instructions:

1. Wash and open the fresh beans, put them inside a large pot, adding the half onion (cut in quarters) and tomato (cut in quarters). Cover all with water.
2. Bring to a boil and simmer for 30 - 40 minutes
3. Take a part of the beans and put to the side
4. Run the rest through a sieve, and put the pulp back into the water.
5. Add to the full beans that had put aside.
6. Add a spoonful of olive oil to garnish, and a pinch of salt.
7. If you want, add pastina into the soup and boil for the required time (maltagliati, anellini, gramigna, ditalini)

Greek Lemon Chicken Soup

Ingredients:

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion, diced
- ☐ 1 medium carrot, diced
- ☐ 2-3 celery stalks, diced
- ☐ 2-3 garlic cloves, finely chopped
- ☐ 2 bay leaves
- ☐ 2 chicken breasts (about 12 oz / 350 g total)
- ☐ 6 cups (1.5 liter) chicken stock
- ☐ ¾ cup (175 g) orzo
- ☐ Juice of 1 lemon
- ☐ 1 egg yolk
- ☐ A handful fresh dill
- ☐ Salt and freshly ground black pepper to taste

Instructions:

1. Heat the olive oil in a large stock pot or Dutch oven and cook the onion, carrot and celery for 8-10 minutes over medium heat until softened.
2. Add the garlic and cook for another minute, then add the bay leaves, chicken and chicken stock.
3. Bring to a boil, then lower the heat to medium-low, cover with a lid and simmer for 15 minutes.
4. Take out the chicken breasts and bay leaves. Add the orzo to the pot and continue to cook for 10 minutes.
5. Shred the chicken with two forks and add it back to the pot.
6. While the orzo is cooking, whisk the egg yolks and lemon juice in a bowl. Take out 1-2 ladles of soup and pour it over the egg-lemon mixture to temper it. Add this mix to the pot and continue to cook for 5 minutes.
7. Stir in the fresh dill, adjust the seasoning and serve immediately, with some extra fresh dill on top if you like.



Garlic Rasam

Garlic Rasam, known as "Poondu Rasam" in Tamil, is a traditional South Indian soup celebrated for its tangy flavor.



This recipe is provided by Prof. Shiv K Sarin, Chairman of APASL Steering Committee.

Ingredients:

- ☐ 1 tablespoon tamarind pulp
- ☐ 1 cup water
- ☐ 1 tablespoon ghee (clarified butter) or oil
- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 2 dried red chilies
- ☐ 10 cloves garlic, crushed
- ☐ 1 medium tomato, chopped
- ☐ 1/2 teaspoon turmeric powder
- ☐ 1 teaspoon black pepper powder
- ☐ Salt to taste
- ☐ 2 cups water
- ☐ Fresh coriander leaves, chopped (for garnish)
- ☐ Salt and black pepper

Instructions:

1. Prepare tamarind water:
 - In a bowl, mix tamarind pulp with 1 cup of water. Let it sit for 10 minutes, then strain to extract tamarind water.
2. Sauté aromatics:
 - Heat ghee or oil in a pan over medium heat. Add mustard seeds; when they splutter, add cumin seeds and dried red chilies.
 - Add crushed garlic and sauté until golden brown.
3. Cook tomatoes and spices:
 - Add chopped tomatoes to the pan and cook until soft.
 - Stir in turmeric powder, black pepper powder, and salt.
4. Combine with Tamarind Water:
 - Pour the tamarind water into the pan. Bring the mixture to a boil.
5. Add additional water:
 - Add 2 cups of water and let it simmer for 5-10 minutes.
6. Garnish and serve:
 - Garnish with chopped coriander leaves. Serve hot.





Gazpacho

Ingredients:

- ☐ 1 cup celery, sliced (2 celery stalks, sliced)
- ☐ 1 cup water
- ☐ 2 lb tomatoes
- ☐ 1 red bell pepper
- ☐ 8 ounces cucumbers, peeled into strips
- ☐ 1/3 cup red onion
- ☐ 2 garlic cloves
- ☐ 2-3 teaspoons red wine vinegar or sherry vinegar
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt, more to taste
- ☐ 1/2 teaspoon pepper
- ☐ 1/2 teaspoon cumin
- ☐ 1/8 – 1/4 teaspoon piment d'espelette (or cayenne or sweet paprika),
- ☐ 1/4 teaspoon coriander
- ☐ 1/2 cup fresh herbs, finely chopped (1/4 cup Italian parsley, 1/4 cup basil, mint, cilantro or dill)

Instructions:

1. Blend celery and water in a blender. Strain, reserving the celery juice.
2. Rough chop half the tomatoes, half of the cucumbers, half of the bell pepper, half of the onion, and both garlic cloves and add these to the blender with the celery juice and pulse repeatedly until uniformly chopped but not too smooth.
3. Finely dice the remaining tomato, cucumber, bell pepper, and onion and add to the gazpacho. Stir in the vinegar and salt (start light), pepper, spices and chopped herbs. Taste and adjust salt and vinegar. Top with a drizzle of olive oil.

Butternut squash soup

Ingredients:

- ☐ 1 medium butternut squash (peeled, seeded, and cubed)
- ☐ 1 small onion, chopped
- ☐ 1 stalk celery, chopped
- ☐ 1 medium carrot, chopped
- ☐ 2 medium potatoes, cubed
- ☐ 1 (32 fluid ounce) chicken or vegetable broth

Instructions:

1. Place all ingredients in the slow cooker.
2. Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
3. Blend with immersion blender, 1/4c heavy cream (optional), 1-2 tbsp sugar, salt, and white pepper to taste.



Turmeric Lentil Soup

Ingredients:

- ☐ 1 cup of red lentils
- ☐ 1 carrot (chopped)
- ☐ 1 onion (chopped)
- ☐ 1 teaspoon of turmeric
- ☐ 1 teaspoon of cumin
- ☐ 2 tablespoons of olive oil
- ☐ 5 cups of water
- ☐ Salt and black pepper

Instructions:

Sauté the onion in olive oil, then add the carrot and lentils. Add water and let it come to a boil. Add the spices and blend until smooth. Serve with lemon juice for added flavor.



This recipe is
provided by:



Miso soup with Tofu and Seaweed

Ingredients:

- ☐ 1 tablespoon white or red miso paste (choose organic, low-sodium for a healthier option)
- ☐ 2 cups dashi (Japanese soup stock) or water (for a lighter option)
- ☐ 100g tofu (silken or firm, cut into cubes)
- ☐ 1/4 cup dried seaweed (wakame or kombu)
- ☐ 1 small green onion, thinly sliced
- ☐ 1/2 teaspoon grated ginger (optional for added health benefits)
- ☐ 1 teaspoon sesame oil (optional, adds richness)
- ☐ A pinch of sea salt (if needed)
- ☐ A splash of soy sauce (optional)

Instructions:

1. Prepare the Seaweed:
 - If using dried wakame or kombu, rehydrate it by soaking it in a bowl of warm water for about 5 minutes. Once it softens, drain and set it aside.
2. Prepare the Dashi:
 - If you're using dashi powder, follow the package instructions to make the broth. Alternatively, you can use water for a lighter base. Bring it to a simmer over medium heat in a pot.
3. Add Miso Paste:
 - In a small bowl, mix the miso paste with a little bit of hot dashi or water to make a smooth slurry. This prevents clumping when adding it to the soup. Stir the miso slurry into the simmering dashi until it's fully dissolved.
4. Add Tofu:
 - Gently add the cubed tofu to the soup. Let it heat through for about 3–4 minutes.
5. Add Seaweed and Green Onions:
 - Add the rehydrated seaweed to the soup, followed by the sliced green onions. If you like, add a splash of soy sauce for extra umami or a drizzle of sesame oil for richness.
6. Finish with Grated Ginger:
 - Optionally, grate a little fresh ginger into the soup for its anti-inflammatory properties.
7. Taste and Adjust:
 - Taste the soup and add salt or soy sauce if needed. Serve the miso soup hot.



This recipe is provided by
Prof. Masao Omata, APASL
Steering Committee

Minestrone

Ingredients:

- | | |
|--|--|
| <input type="checkbox"/> 80 g Carrots | <input type="checkbox"/> 50 g Extra virgin olive oil |
| <input type="checkbox"/> 80 g Red onions | <input type="checkbox"/> 150 g Leeks |
| <input type="checkbox"/> 150 g White zucchini | <input type="checkbox"/> 300 g Cleaned cauliflower |
| <input type="checkbox"/> 330 g Potatoes | <input type="checkbox"/> 200 g Peas |
| <input type="checkbox"/> Salt to taste | <input type="checkbox"/> 1 sprig of rosemary |
| <input type="checkbox"/> Black pepper to taste | <input type="checkbox"/> 2 bay leaves |
| <input type="checkbox"/> 60 g Celery | <input type="checkbox"/> Water as needed |
| <input type="checkbox"/> 350 g Ripe tomatoes | <input type="checkbox"/> Extra virgin olive oil for dressing |
| <input type="checkbox"/> 200 g Borlotti beans | |
| <input type="checkbox"/> 250 g Cleaned pumpkin | |

Instructions:

1. Begin by washing and drying all the vegetables.
2. Peel the pumpkin using a large knife, remove the seeds and fibers inside with a spoon. Cut the pumpkin into even slices and then into cubes of about 1 cm.
3. Wash and trim the zucchini, then slice and cut them into cubes.
4. Cut the cauliflower in half, remove the central stem, and separate it into florets.
5. Remove the green outer layers of the leek, and slice it thinly.
6. Peel the potatoes, cut them into slices (not too thin), then cube them.
7. For the tomatoes, remove the stem and cut them into slices, then cube them.
8. For the sauté, finely chop the onion.
9. Peel and trim the carrots, then cut them into strips and chop them finely.
10. Also, finely chop the celery.
11. Tie the rosemary sprig and bay leaves together to form an aromatic bundle.
12. In a large pot with a lid, pour in the olive oil, then add the carrots, celery, onion, and leek. Sauté gently for about 10 minutes, stirring frequently.
13. Once the sautéed vegetables are tender, add the aromatic bundle.
14. Add the pumpkin, potatoes, cauliflower, and beans to the pot.
15. Cover the vegetables with water, put the lid on, and cook for 25-30 minutes after boiling.
16. After the time has passed, add the zucchini.
17. Also, add the peas, tomatoes, adjust the consistency by adding more water, and season with salt and pepper.
18. Continue cooking for another 5-10 minutes, depending on the desired consistency.
19. Remove the aromatic bundle.
20. The minestrone is ready! Serve it with a drizzle of olive oil and a sprinkle of black pepper to taste. Enjoy your healthy vegetable minestrone!



Sprouted fava bean soup

Sprouted Fava Bean Soup is a healthy and nutritious dish, an excellent choice for vegetarians and those looking for a protein-rich meal.

Ingredients

- ☐ 1 cup sprouted fava beans
- ☐ 1 onion, chopped
- ☐ 2 garlic cloves, minced
- ☐ 1 carrot, diced
- ☐ 1 potato, diced
- ☐ 4 cups vegetable broth
- ☐ Spices (salt, pepper, cumin)
- ☐ Lemon juice (optional), parsley for garnish

Procedure

1. Sauté onion, garlic, and vegetables in olive oil.
2. Add beans and broth, simmer until tender.
3. Season, blend (optional), and garnish with parsley. Serve hot with a squeeze of lemon.

Tips

- You can add other spices like coriander or paprika according to your preference
- The soup can be served with toasted bread or a side salad



**This recipe is
provided by:**



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Buckwheat risotto with pumpkin

Ingredients:

- ☐ 1 small pumpkin / butternut, cubed
- ☐ Olive oil
- ☐ 1 onion
- ☐ 1 garlic clove
- ☐ 250 gr buckwheat
- ☐ 500 ml vegetable stock
- ☐ Grated parmesan
- ☐ Spinach leaves / rocket salad
- ☐ Nutmeg (optional)
- ☐ Salt & pepper



Instructions:

1. Dice a butternut / small pumpkin in cubes, drizzle it with olive oil, and season with salt and pepper. Place in a baking dish and into a pre-heated oven at 220°C for 20-30 mins until soft.
2. In a pot, heat 2 tbsp of olive oil, and stir fry 1 onion and 1 garlic glove for 2 minutes on medium heat.
3. Add the buckwheat to the pot on high heat, stirring to make sure it is well coated with the oil.
4. Add 500 ml vegetable stock and simmer for 20 minutes
5. Add salt, pepper and grated nutmeg to taste
6. Once it is softened and the liquid reduced add the roasted pumpkin cubes, 2 spoons of parmesan, and top with fresh spinach / rocket salad leaves



Roasted broccoli, chickpea and quinoa bowl

Ingredients:

- ☐ 1 large head broccoli, cut into bite-size florets
- ☐ 1 (15 oz.) can chickpeas, rinsed and drained
- ☐ 1 cup uncooked quinoa
- ☐ ½ teaspoon smoked paprika
- ☐ 1 tablespoon olive oil

Peanut butter sauce

- ☐ ½ cup peanut butter
- ☐ 2 tablespoon tamari (for gluten-free) or soy sauce
- ☐ 2 tablespoon maple syrup
- ☐ 3 tablespoon fresh lime juice, about 1 lime
- ☐ 2 teaspoon rice vinegar
- ☐ 1 tablespoon water, for consistency
- ☐ 1 clove garlic, minced
- ☐ Pinch of red pepper flakes, optional

Garnishes (optional)

- ☐ 3 cups salad greens, optional
- ☐ 4 green onions, whites, and greens, chopped
- ☐ 3 tablespoon sesame seeds
- ☐ Fresh cilantro
- ☐ Lime wedges

Instructions:

1. Preheat oven to 425 degrees and line two baking sheets with parchment.
2. Pat broccoli and chickpeas dry. Place broccoli on one pan in a single layer and chickpeas on the other. If broccoli is too crowded on one pan, transfer some to the other pan. Use your hands to gently toss the broccoli and chickpeas in oil. Sprinkle with salt. Bake for 18 to 20 minutes, flipping the broccoli and stirring chickpeas at the halfway point.
3. While the broccoli and chickpeas are roasting, cook the quinoa according to package directions.
4. Combine the sauce ingredients in a small bowl. Whisk with a fork until smooth. Set aside.
5. When broccoli is slightly charred and barely fork tender, remove from oven. Remove chickpeas from oven and sprinkle with smoked paprika. Stir to coat. For crispier chickpeas, bake for another 5 to 7 minutes.
6. Spoon quinoa, broccoli, and chickpeas into individual serving bowls. May add optional garnishes and drizzle with sauce. Serve immediately.



This recipe is
provided by:



**Jennifer Margopulos-
Kelenske (AASLD
Member)**



Tswana Jolof Rice - Mosulthane

Utensils:

- Medium to large saucepan
- Strainer for rice/pasta
- Glass chopping board for meats and vegetables
- Cutter for garlic, chilli pepper
- Medium sized knife for cutting and chopping vegetables
- Side bowl for mixing in and seasoning meats with spices
- Side bowl for chopped vegetables
- Plastic spoon for mixing in ingredients
- Large deep cast-iron on stainless steel saucepan

Ingredients

- ☐ 2 cups mosutlhane for 5 cups water
- ☐ Pinch of salt
- ☐ ½ teaspoon of turmeric powder
- ☐ 1 tablespoon olive oil

Sautee

- ☐ 3 cloves of garlic cut into small pieces
- ☐ 1 fresh chili cut into small pieces
- ☐ 1 medium sized spring onion
- ☐ tablespoons of olive oil

Meat mix

- ☐ 1 teaspoon mustard paste
- ☐ 2 tablespoons of honey
- ☐ 1 large lemon squeezed to remove seeds and extract juice
- ☐ 1 teaspoon barbeque spice
- ☐ ½ teaspoon sea salt/aromat
- ☐ 1 chicken breast with skin, ligaments removed, washed to remove fat, blood and diced
- ☐ 1 palm sized piece of lean beef ligaments, fat removed and washed to remove blood
- ☐ 3 small lamb sausages cut into small pieces



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Vegetable Mix

- ☐ 2 peeled medium size carrots and cut into circles
- ☐ ½ head of broccoli chop heads and stems
- ☐ ½ head of cauliflower chop heads and stems 1 large red pepper cut into slices
- ☐ ½ cup of chopped button mushrooms
- ☐ 3 leaves of kale/chimolia remove stems and slice very thin into strips (five bean mix-optional)
- ☐ ½ minestrone soup/chicken broth

Instructions:

1. Take 2 cups mosuthane (dehulled sorghum or millet); wash with cold water 3 times to remove dirt and debris.
2. For each of cup of mosuthane add 2 ½ cups of water, a pinch of salt and boil for 20 minutes
3. Remove starch and wash with cold water until no more starch. Drain all the water and add tablespoon of extra virgin olive oil mixed in with ½ teaspoon of turmeric powder. Mix in thoroughly with rice and cook at low heat until soft.
4. Fry in a large deep cast iron pan; garlic, fresh pepper, spring onion in 2 tablespoons of olive oil till soft.
5. Add all the meats seasoned with mustard, barbeque spice, honey and lemon juice. (for vegans/vegetarians use a 410g can of 5 beans in brine or make your own 5 bean mix with cow peas, red kidney beans, stripped sugar beans, black beans and butter beans)
6. Sautee together until well mixed and juicy. Lower heat and add all the vegetables and cover tightly.
7. Allow vegetables to steam and soften in the meat juices and low heat. Stir occasionally to mix in flavours.
8. Once vegetables are soft and tender, add the mosuthane and mix in with the meat and vegetables (you may mix off the heat and serve cold as a salad OR add ½ cup of minestrone soup/chicken broth and allow to cook for another 10 minutes to mix in the flavours).



Ethiopian Shiro Wat

Ingredients:

- ☐ ½ cup oil
- ☐ ½ cup chickpea flour
- ☐ 2 medium onions pureed
- ☐ 1 tomato pureed
- ☐ 4 cloves of garlic chopped
- ☐ 2 tablespoons niter kibbeh (Ethiopian spiced clarified butter, optional)
- ☐ 2 to 2 ½ cups of water
- ☐ 3 tablespoons berbere spice
- ☐ 1 teaspoon garlic powder
- ☐ Salt to taste
- ☐ 1 jalapeno chopped (optional)

Instructions:

1. Heat a heavy-bottom stockpot over medium heat. Add pureed onions to the dry pan and sauté until they become dry and start to color, about 4–5 minutes.
2. Add oil and berbere spice. Sauté for 1–2 minutes until fragrant.
3. Add pureed tomato and chopped garlic. Sauté for 2–3 minutes more.
4. Whisk in half of the chickpea flour and gradually add about 1 cup of water. Whisk in the remaining chickpea flour and another 1 cup of water until smooth. Add an additional ½ cup of water if a thinner consistency is desired.
5. Heat until the mixture begins to simmer. Add niter kibbeh, garlic powder, sugar, and salt to taste, stirring until combined.
6. Simmer for 5–10 minutes over low heat until flavours combine, and oil slightly separates from the Shiro.
7. Garnish with chopped jalapeno if desired. Serve with fresh injera.



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Oven-baked Salmon & potatoes

Ingredients:

- ☐ 4 salmon fillets (150g)
- ☐ 2 tbsp lemon juice
- ☐ 2-3 garlic cloves, finely chopped
- ☐ 700 gr baby potatoes
- ☐ 1 tbsp olive oil (15g)
- ☐ 600gr cherry tomatoes
- ☐ 100gr kalamata olives + 100gr green olives
- ☐ 2 spring onions (120 gr)
- ☐ Pepper, italian herb mix, salt
- ☐ Juice and zest of a lemon
- ☐ 1 tbsp freshly chopped parsley

Instructions

1. Season the salmon with lemon juice, salt and pepper and let it marinate (covered and in the fridge) for 30 min.
2. Chop the garlic in thin slices
3. Wash the potatoes and cut them in halves or 1/4 and pre-cook them in a pan with the garlic + 1 tbsp of olive oil for 10-15 minutes, mixing regularly. Lightly salt them and put them in a baking dish.
4. Pre-heat the oven at 180 C.
5. Chop the cherry tomatoes in half, cut the spring onions. Add these and the olives to the potatoes. Add salt and pepper and mix of herbs.
6. Place the salmon fillet on top, add zest and juice of a lemon, and drizzle with 2 tbsp of oil.
7. Cover the baking dish with aluminium foil & put in the oven for 15 min.
8. Remove the aluminium and continue cooking for 5-10 min longer.
9. Garnish with parsley.



**This recipe is
provided by:**

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Rice-cooker Hainanese Chicken Rice



Ingredients:

- ☐ 2 cups jasmine rice
- ☐ 2 spring onions (scallions), trimmed, cut in half
- ☐ 3 slices ginger, skin-on
- ☐ 2 garlic cloves, finely chopped
- ☐ 2½ cups chicken stock
- ☐ 4 chicken drumsticks
- ☐ 4 small skin-on boneless chicken thigh fillets
- ☐ sambal oelek, to serve
- ☐ sliced cucumber, to serve

Spring onion sauce

- ☐ 1 cup finely sliced spring onions (scallions)
- ☐ 1 tsp sea salt
- ☐ 4 tbsp vegetable oil
- ☐ 2 tsp sesame oil

Instructions:

1. Place the rice, spring onion, ginger, garlic and chicken stock in the bowl of a rice cooker. Nestle the chicken pieces into the rice. Close the lid and select the Automatic setting on the rice cooker, then press Start. Leave until the rice cooker automatic function finishes and the rice and chicken are cooked through.
2. For the spring onion sauce, use a mortar and pestle to bruise the spring onion and salt until it forms a rough paste. Place the vegetable oil and sesame oil in a small saucepan over high heat. Heat until a chopstick or wooden spoon placed in to the oil sizzles. Then carefully pour the hot oil over the spring onion paste. Stir until combined. Spoon out into a small serving bowl or dish.
3. To serve, transfer the chicken to a chopping board. Slice the thigh pieces. Serve with the rice, spring onion sauce, sambal oelek and cucumber.



Grilled miso tuna

Ingredients:

- ☐ 1 tuna filets
- ☐ 2 tsp miso paste
- ☐ 1 tsp mayonnaise
- ☐ 1/4 tsp dashi stock
- ☐ 1 tbsp water
- ☐ 1/2 tsp sugar



Instructions:

1. Remove any bones from the tuna fillets, season with salt and pepper, and mix miso paste, dashi stock, water, and sugar for the marinade.
2. Grill the tuna on a hot, oiled grill plate for a few minutes on each side.
3. Pour the miso marinade over the cooked fish, let it infuse, then finish with a dollop of mayonnaise before serving.

Steamed Cod with Ginger and Scallions



This recipe is provided
by APASL's President
Prof. Lai Wei

Ingredients:

- ☐ 1 fresh cod fillet (about 200g)
- ☐ 1-inch piece of ginger, julienned
- ☐ 2 scallions, julienned
- ☐ 1 tablespoon low-sodium soy sauce
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon Shaoxing wine (optional)
- ☐ ½ teaspoon honey (optional)
- ☐ A pinch of white pepper

Instructions:

1. Prepare the Fish:
 - Rinse the cod fillet and pat it dry with a paper towel.
 - Place it on a heatproof plate suitable for steaming.
2. Seasoning:
 - Drizzle Shaoxing wine (if using) over the fish.
 - Sprinkle white pepper and half of the julienned ginger on top.
3. Steaming:
 - Set up a steamer with boiling water.
 - Place the plate inside, cover, and steam for about 8–10 minutes (depending on the thickness of the fish).
4. Final Touch:
 - Remove the fish from the steamer and discard excess liquid from the plate.
 - Heat olive oil and sesame oil in a small pan.
 - Add the remaining ginger and scallions, stir-fry for a few seconds, then pour over the fish.
 - Drizzle low-sodium soy sauce and a tiny bit of honey (if using) for balance.
5. Serve:
 - Enjoy with steamed rice and sautéed leafy greens.



Şevketi Bostan Dish

Ingredients:

- ☐ 500 g şevketi bostan (Centaurea benedicta)
- ☐ 250 g lamb meat (optional)
- ☐ 1 onion (chopped)
- ☐ 1 tablespoon of flour
- ☐ 1 tea glass of olive oil
- ☐ Juice of 1 lemon
- ☐ 2 cups of water
- ☐ Salt and black pepper

Instructions:

1. Clean and chop the şevketi bostan.
2. Sauté the onion in olive oil, then add the meat and continue sautéing.
3. Add the flour and stir well, then add water and the chopped şevketi bostan.
4. Cook on low heat until tender.
5. Add lemon juice before serving.



This recipe is
provided by:



Spicy Tuna Poké Bowl



Ingredients:

For the tuna

- ☐ 1/2 pound sushi grade tuna, cut into 1/2-inch cubes
- ☐ 1/4 cup sliced scallions
- ☐ 2 tablespoons reduced sodium soy sauce or gluten-free tamari
- ☐ 1 teaspoon sesame oil
- ☐ 1/2 teaspoon sriracha

For the spicy mayo

- ☐ 2 tablespoons light mayonnaise
- ☐ 2 teaspoons sriracha sauce

For the bowl

- ☐ 1 cup cooked short grain brown rice or sushi white rice
- ☐ 1 cup cucumbers, peeled and diced 1/2-inch cubes
- ☐ 1/2 medium avocado sliced
- ☐ 2 scallions, sliced for garnish
- ☐ 1 teaspoon black sesame seeds
- ☐ Reduced sodium soy or gluten-free tamari, for serving (optional)
- ☐ Sriracha, for serving (optional)

Instructions:

1. In a small bowl combine the mayonnaise and sriracha, thin with a little water to drizzle.
2. In a medium bowl, combine tuna with scallions, soy sauce, sesame oil and sriracha. Gently toss to combine and set aside while you prepare the bowls.
3. In 2 bowls, layer 1/2 the rice, 1/2 the tuna, avocado, cucumber and scallions.
4. Drizzle with spicy mayo and sesame seeds and serve with extra soy sauce on the side, if desired.

Savoy cabbage rolls



Ingredients:

- ☐ 1/2 a Savoy cabbage (larger leaves only)
- ☐ 2 chicken breast fillets
- ☐ 1 egg
- ☐ 3 slices mortadella (optional)
- ☐ 1/2 onion
- ☐ Olive oil
- ☐ Salt and pepper
- ☐ Grated parmesan
- ☐ 4 tbsp tomato sauce (passata)

Instructions

1. In a pot, boil some water with 2 tsp sea salt
2. Carefully cut the Savoy cabbage leaves one by one leaving them whole. *The bigger leaves will be used to wrap the filling in.
3. Boil one leaf at a time in the pot (ca 2 minutes for each), then extract and pat dry with paper towel
4. In a blender, blend chicken breast, 1 egg, 3 slices of mortadella (optional), 1 tsp salt, and 3 spoons of grated parmesan cheese. Blend until smooth.
5. Take 1-2 tbsp of the chicken filling and wrap it tightly in 1 boiled cabbage leaf (it doesn't need to be perfect!) Repeat until all the filling is stuffed in the cabbage leaves.
6. In a large pan with 2 tbsp olive oil, stir fry diced onion until soft.
7. Add the cabbage rolls to the pan, and top with 4 tbsp of tomato sauce.
8. Put a pan on the lid and cook covered at medium to low heat for 20 minutes.



Algerian couscous with vegetables

Ingredients

Couscous

- ☐ 2 cups medium-grained couscous
- ☐ Water, salt, vegetable oil
- ☐ 6 tablespoons unsalted butter

Sauce

- ☐ 3 tablespoons oil
- ☐ 1 medium onion, chopped
- ☐ 1 plum tomato, halved
- ☐ Salt, pepper, cinnamon, cayenne, paprika
- ☐ 1 tablespoon butter
- ☐ 1/4 cup lentils, dried fava beans (soaked), and dried chickpeas (soaked)

Various vegetables

carrots, cabbage, potatoes, celery, cardoon, turnip, zucchini

Procedure

Couscous

1. Wash, drain, and rest couscous in a strainer for 10 minutes.
2. Spread couscous in a shallow pan, coat with oil, and steam in a couscoussier for 15 minutes.
3. Rehydrate with salted water, rest, and steam again. Add butter before serving.

Sauce

1. Sauté onion, tomato, and spices. Add water, lentils, fava beans, chickpeas, and vegetables (except zucchini).
2. Cook for an hour, then add zucchini and cook for 30 minutes more. Serve over couscous.



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N'Domba

N'domba, a dish of fish or meat stewed with spices in banana leaves, is a specialty from the forest region of central and southern Cameroon. This dish is cooked in its own juices, making it a healthier option with minimal oil and fat.



Ingredients:

- ☐ 1 kg fish (catfish or silurid fish)
- ☐ 3 spicy slices
- ☐ 3 pebe nuts
- ☐ Djansan
- ☐ A small piece of éssèssè (four sides)
- ☐ 1 branch of Odzom (ginger leaf)
- ☐ 3–4 Osim leaves (small-leaf basil)
- ☐ 3 Mesep leaves (wild basil)
- ☐ 1 onion, 1 garlic clove
- ☐ 3 tomatoes
- ☐ Hot pepper, salt, pepper, and Maggi cube (optional)
- ☐ Banana leaves or aluminium foil

Instructions:

1. Clean the fish and season with salt and pepper.
2. Toast the spices (spicy slice, djansan, pebe) in a pan and let cool.
3. Crush all the spices with tomatoes, onion, and garlic, then mix with the fish.



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Breakfast Acai bowl

Ingredients:

- ☐ 200 gr Frozen acai puree
- ☐ 1 Frozen banana
- ☐ 1 cup frozen red berries or
1/2 strawberries + 1/2 cup blueberries
- ☐ 1/2 cup plain yoghurt 0% fat

Toppings:

- ☐ Oats
- ☐ Strawberries, blueberries, goji (any red
berries of your choice)
- ☐ Chia and flax seeds
- ☐ Walnuts

Instructions:

1. Freeze the fruit overnight. Slice your banana and transfer it to a small baking sheet or plate lined with parchment paper. To the same plate, add the blueberries and strawberries (store-bought frozen fruit will work just as well). Transfer tray or plate to the freezer and allow fruit to freeze completely.
2. Once the fruit are frozen, add the yoghurt to the bowl of a large, high-speed blender with a tamper. Add the frozen blueberries, strawberries, banana, and broken up acai purée. With the blender on low, use the tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed.
3. Assemble. Divide the smoothie into two bowls and top with all your favorite toppings.



Yoghurt Panna Cotta

Ingredients:

- ☐ nonstick cooking spray
- ☐ 3 tablespoons 1% fat milk
- ☐ 1 1/4 cups 1% fat milk
- ☐ 1/2 tablespoon unflavored gelatin
- ☐ 6 tbsp sugar, divided
- ☐ 1 cup plain 0% Greek yogurt
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups mixed berries, blackberries, raspberries and sliced strawberries
- ☐ 8 small mint leaves, for garnish



Instructions:

1. Spray 8 (4-ounce) ramekins with nonstick cooking spray.
2. Pour 3 tablespoons of milk into small bowl and sprinkle the gelatin over top; let it stand 10 minutes.
3. Meanwhile, heat remaining 1 1/4 cup milk and 5 tablespoons sugar in small saucepan over medium heat. Add the gelatin mixture and stir until sugar and gelatin are completely dissolved (do not boil).
4. Remove from heat and let cool slightly. Whisk in yogurt and vanilla until smooth.
5. Divide mixture, about 1/3 cup each equally among prepared ramekins, cover with plastic wrap, and chill until firm, at least 6 hours or overnight.
6. About 30 minutes before serving, combine berries with the remaining 1 tablespoon of sugar in a medium bowl; stir occasionally with rubber spatula until juicy, at least 10 minutes.
7. Unmold each panna cotta onto small plate; top each with 1/2 cup berries.
8. Garnish with fresh mint leaves if desired.

Overnight Oats

Ingredients:

- ☐ 1 cup quick cooking oats, rolled oats work too
- ☐ 1 tablespoon chia seeds
- ☐ 1/2 cup plain Greek yogurt
- ☐ 1 cup milk, any kind, we used unsweetened almond milk
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons maple syrup, or honey



Instructions:

1. Place all of the ingredients for the base recipe into a large container and mix until combined.
2. Cover and refrigerate for at least 2 hours, or overnight (preferred)
3. When you're ready to eat, stir your overnight oats. Add more milk, as desired. Some people like it super thick, and others do not.
4. Top your overnight oats with more flavor toppings and enjoy cold.

Buttermilk (Chaach) with mint & ginger

Ingredients:

- ☐ ½ cup fresh curd
- ☐ 1 cup water
- ☐ ½ tsp roasted cumin powder
- ☐ ½ inch grated ginger
- ☐ 3-4 mint leaves
- ☐ Salt to taste

Instructions:

1. Whisk the curd with water until smooth.
2. Add roasted cumin powder, ginger, mint, and black salt.
3. Blend well and serve chilled or at room temperature.

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