

Cookbook

Bite The Hand



Food is the great conector. Food is culture! Food is the great conector.





Cookbook
Family Recipes



Conceptual Project:

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We all got to eat!
no matter where in the
world you come from.

Phil Rosenthal

Bite The Hand
<https://bitethehand.ie/>



Ireland, 2025

Every dish has a story.

A memory from home, a recipe passed down, a taste that brings someone back to where they came from.

In this kitchen, hospitality workers take a break from the fast-paced world of restaurants to cook something that means a lot to them. It might remind them of family, of growing up, or of starting over somewhere new.

As they cook, they share more than just food; they share who they are.

These are stories about culture, identity, and the journey behind every bite!

Alexia, Ana Rita
& Fernanda





Meet The Chefs



Sara Batista
Sous Chef, Boca Cafe



Matheus Mendonça
Chef de partie, Fagan's Pub

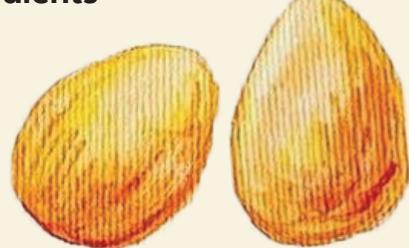


Sterfferson Jr.
Sous-chef, The Purty Kitchen

Food is the great connector. Food is culture! Food is cu...

Cida's Banana Muffin

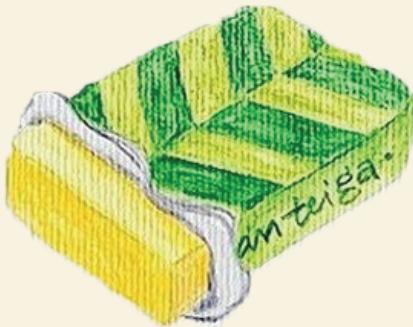
Ingredients



2 Eggs



250g
Bananas



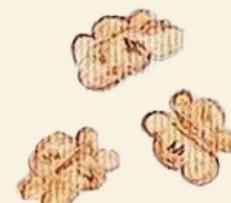
100g
Butter



Vanilla
Extract



40g
Yogurt



100g
Walnuts

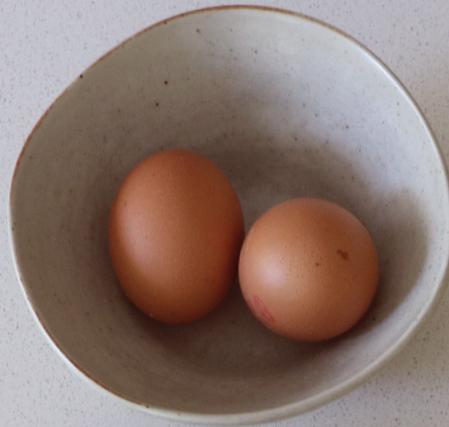


150g
All-Purpose Flour

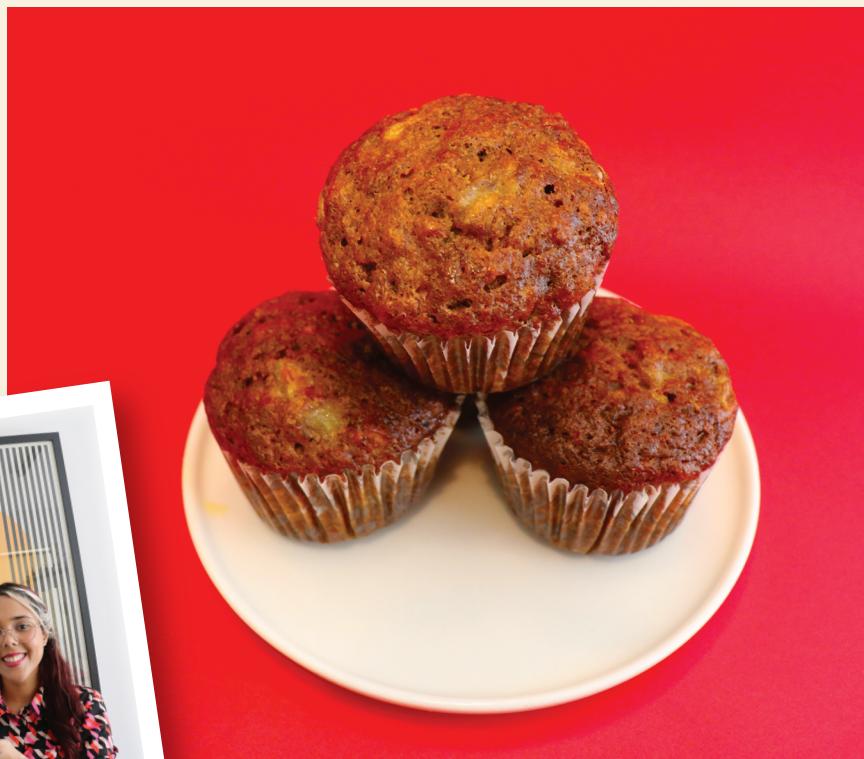


80g
Brown Sugar

5g Salt
10g Baking Soda
5g Cinnamon



Cida's Banana Muffin



How To Do It

To prepare banana muffins, start by preheating the oven to 175°C (350°F) and lining a muffin tin with paper cases.

In a large bowl, mash three ripe bananas until smooth, then mix in melted butter, sugar, a beaten egg, and a little vanilla extract. Sprinkle in baking soda, a pinch of salt, and flour, and gently fold everything together until just combined—be careful not to overmix.

Spoon the batter into the muffin tin, filling each cup about three-quarters full, and bake for 18 to 22 minutes, or until golden and a toothpick inserted into the center comes out clean.

Let the muffins cool slightly before serving, though they're especially delicious when still warm.

by Sara Batista



Beer Roast Chicken

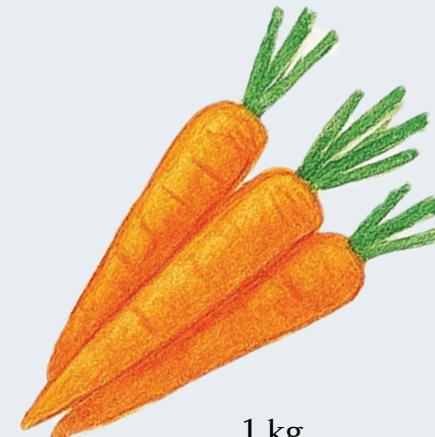
Ingredients



2 kg
chicken thighs



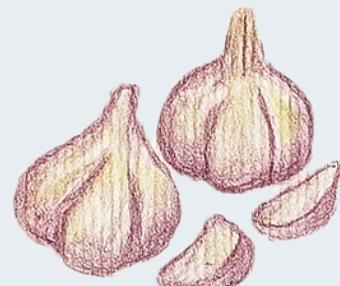
1 can
of beer



1 kg
carrots



thyme



4 garlic cloves



2 kg
potatoes



6 onions



Beer Roast Chicken



How To Do It

1. Place the chicken in a baking dish along with the vegetables, beer, salt, pepper, and seasonings.
2. Cover the dish tightly with aluminum foil.
3. Bake in a preheated oven at 180 °C (350 °F) for 50 minutes, covered.
4. Remove the foil and continue baking for about 30 minutes, or until the chicken is golden brown.

Serve with white rice and a salad (Lettuce, onion, tomato and rocket leaves).

by Mathews Mendonça



Chicken with Okra

Ingredients



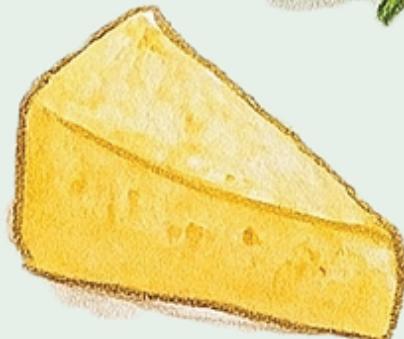
1 kg
chicken breast



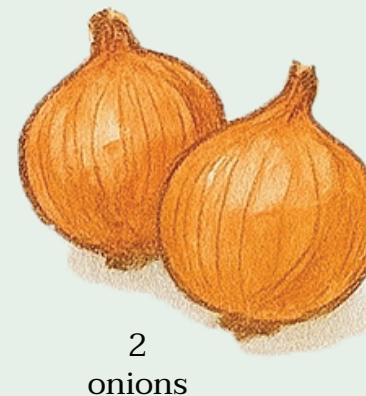
300 g
okra



500 g
polenta



parmesan
cheese



2
onions



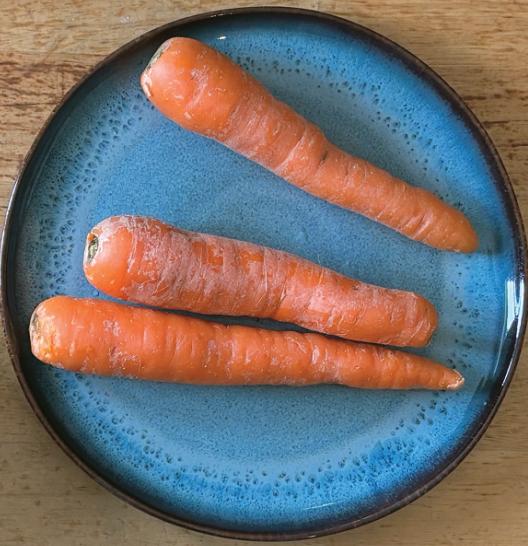
2 lemons

Chicken Marinade

- 5g cumin
- 5g paprika
- 2g Tabasco
- 10g Dijon mustard
- 10g soy sauce
- Salt

Broth

- 3 carrots
- 3 bay leaves
- 2g black peppercorns
- Parsley stems
- 2 garlic cloves



Chicken with Okra



How To Do It

Sauté the vegetables until lightly golden, then pour in 1.5 liters of water, add the aromatics, and let simmer until the broth develops a rich flavor.

Polenta

Bring the strained broth to a simmer in a pot and gradually whisk in the polenta, stirring continuously to avoid lumps. Finish with butter and Parmesan to taste, this is what gives the polenta its creamy texture.

Chicken & Okra

After marinating for 30 minutes, sear the breasts in a very hot skillet and cook for about 12 minutes. Set aside to rest, and in the same skillet, sauté the okra.

*by Charles Jefferson
Junior*







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