

Cookbook

Bite The Hand





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



Cookbook

Family Recipes



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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 conector. Food is culture! Food is culture!

Cida's Banana Muffin

Ingredients



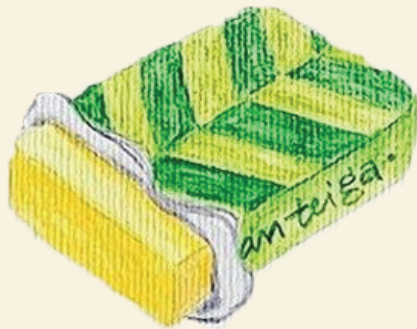
2 Eggs



250g
Bananas



80g
Brown Sugar



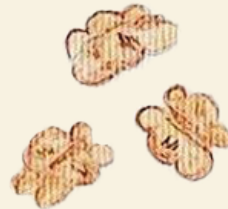
100g
Butter



Vanilla
Extract



40g
Yogurt

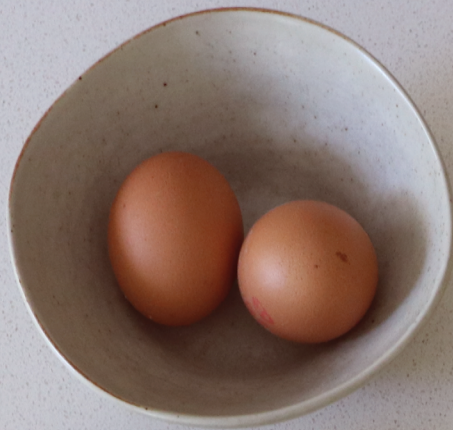


100g
Walnuts



150g
All-Purpose Flour

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.

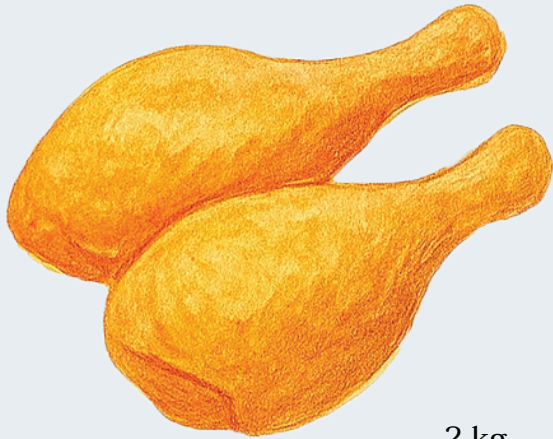
by Sara Batista





Beer Roast Chicken

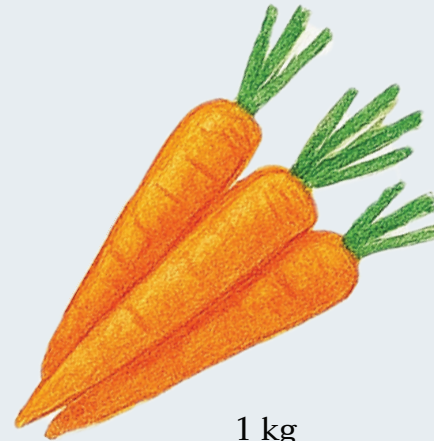
Ingredients



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

Broth

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

Chicken Marinade

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



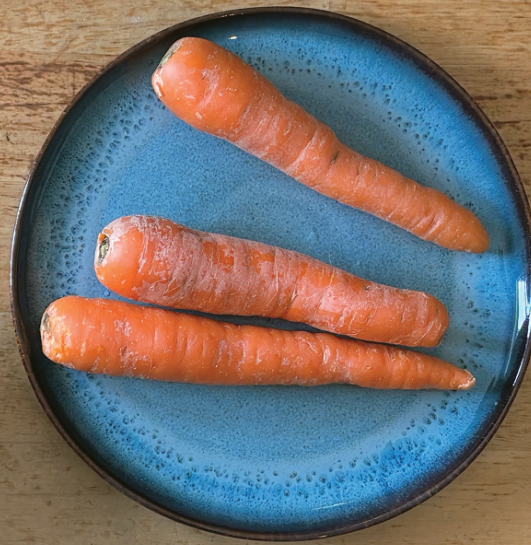
parmesan
cheese



2
onions



2 lemons



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 Stefferson
Junior*







**Enjoy! Bon Appétit! Bom Ap
e! Enjoy! Bon Appétit! Bom Ap**



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