

Tastes of travel

2023

Hyphen

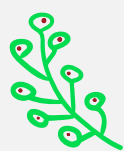


International lessons with a festive flavour

We are an international architectural practice, with over 200 employees from more than 30 countries. Working together as One Hyphen, we celebrate the diversity of our teams and feel enriched when we learn more about the different cultures within Hyphen.

We are also fortunate to have many foodies at Hyphen, so we invited our teams to share some of their local culinary favourites. Many of these dishes are steeped in tradition, coinciding with national days of celebration.

2023 has been another successful year of growth and learning. We also celebrated the opening of our new office in Mexico City. To conclude the year, we hope you enjoy learning a new festive recipe from our colleagues around the world.



Chilaquiles



Mexico

The origin of this dish can be traced back to prehispanic era when the Aztecs used "chilmulli" (chilli sauce in Nahuatl, the Aztec language) to dip and add flavour to old tortillas. The Aztec word for the recipe is "chilaquilli" which means chil(li) = chilli and aquilli = dipped in. Therefore, Chilaquiles are basically tortillas dipped in sauce, either being green or red chilli sauce.

Red sauce

- 6 ripe very red tomatoes
- 5 serrano chillies
- 1 small onion
- 1 garlic clove
- 2 fresh coriander stems, only leaves
- 1.5 litres of water or salt-free chicken broth (better taste)
- Vegetable oil
- Salt



Jimena (Mexico Office)



Method

Place the tomatoes, the chillies without stem and the onion in a pot with just enough water / broth to cover them. Boil until they have gone soft and have been cooked. Tomatoes should be losing their skins; chillies should be opaque green, and onions should be transparent. When vegetables are cooked, add the garlic clove and a pinch of salt.

Blend with the water they were boiled in and add water / broth if needed until it's a liquid, velvet sauce. In a casserole, or the same pot as before, heat the oil.

Once hot, add the sauce with the coriander leaves, stir and cover. Leave over medium heat and wait for the sauce to start boiling. Once the sauce changes colour to a bright red it is ready. Check salt and flavour.

Tortilla chips

- 400grams of corn tortilla chips. Must be corn, flour tortillas don't work. If you cannot buy the corn tortillas chips ready, you can fry the corn tortillas in oil until crispy, not brown.
- If the corn tortilla chips are store bought, check salt so when you add the sauce it is not salty.

Method

Add the tortilla chips to the sauce and stir very carefully as not to break them. Serve them right away so that the chips are soggy.

Decorate with heavy cream and grated fresh / white cheese and raw thinly sliced onions.



Puppy treats

Mexico

And since we get to enjoy our holiday festivities, this is a simple recipe for our puppies to enjoy during the holidays as well.

Please check if your pup can eat lactose in the yoghurt, and since it has fruit, it is recommended to be shared with the pups during the morning to avoid insulin spikes during the afternoon.

Ingredients

Equal measurements of:

- Greek sugar-free yoghurt
- Sugar free – no added sugar peanut butter
- Sugar free – no added sugar apple sauce

Method

Mix all ingredients together until well-integrated.

Use ice molds or puppy treat mold to freeze.



Saifa (Mexico)



Cola de Mono



Chile

The origin of this drink is not well known, but is also known as a spirit sold in bottles coming from Spain.

Ingredients

- 1 litre whole milk
- 3 tbsp sugar (may vary according to taste)
- 1 cup aguardiente (it can be brandy, vodka or pisco)
- 1 tsp vanilla essence
- 1 whole nutmeg
- 1 stick of cinnamon
- 5 cloves
- 1 tbsp orange zest (only the orange part)
- 3 tbsp instant coffee concentrate dissolved in a little water
- 3/4 cup of water

Method

Boil the milk with the sugar, water, vanilla, nutmeg, cinnamon, cloves and orange zest. Let it boil for 10 minutes and then let it cool.

Once cold, strain and mix with the dissolved coffee and the aguardiente, both to taste according to the colour and how smooth (or not so smooth) you want. Refrigerate and serve well iced.

Salú!



Maria (Santiago Office)



Baked Fennel on White Bean Purée



Germany

Ingredients

- 2 large fennels
- 2 garlic cloves
- Extra virgin olive oil
- Salt and pepper

White bean dip:

- 300g white beans
- 50g tahini
- 1/2 garlic clove
- Juice of 1 lemon
- Salt and pepper to taste
- 4 tbsp extra virgin olive oil
- 3 ice cubes

Method

Slice the fennels into quarters and place them on a lined baking tray.

Mix olive oil and grated garlic in a small bowl. Massage over the fennels, top with salt and pepper and roast at 180 degrees until charred.

Blend the white bean dip ingredients, serve the fennel on a bed of the dip and fresh rocket, and top with balsamic glaze and crushed almonds.



Anne (Berlin Office)



Karen (Winchester Office)

Winter salad

United Kingdom

Perfect for a quick mid-week meal or as a starter to a festive feast.

Ingredients

- Selection of root vegetables: parsnip, carrots, celeriac and butternut squash work well
- Red onion
- Cloves of garlic
- Packet of pre-cooked beetroot
- Packet/tin of pre-cooked puy lentils
- Feta cheese chopped
- Olive oil
- Lemon juice
- Fresh parsley – chopped.
- Salt and pepper

Method

Roughly chop the root vegetables and red onion, add to a baking tray with the whole (unpeeled) cloves of garlic. Add olive oil, salt and pepper and season roast in a pre-heated oven at 180 degrees for around 40 mins.

Meanwhile make the dressing by combining 100ml good quality olive oil and 100ml of freshly squeezed lemon juice.

Heat the lentils according to their packaging. Add the beetroot to the baking tray for the last 5 mins of cooking to warm it through.

Remove the tray from the oven, mix through the lentils and dressing. Finish by sprinkling with chopped feta cheese and freshly chopped parsley.

Enjoy!



Loukoumades

Greece - Cyprus



Loukamades holds an ancient legacy that dates back centuries. Originating in Ancient Greece, these delectable golden puffs were initially crafted as offerings to the gods during special celebrations and religious festivals. Known as “honey tokens,” these crispy dough balls symbolized gratitude and reverence to the divine.

Ingredients

- 1 tbsp of yeast
- 1 tsp of thyme honey
- 1 cup of mashed potatoes
- 1 tsp salt
- 4.5 cups of flour, hard
- 2 cups lukewarm water (add more if you need)
- 2 1/2 cups Sunflower oil

Syrup

- 1 cup honey
- 1 cup sugar
- 1 cup water
- 1 slice of lemon
- 1 stick of cinnamon



Method

In a bowl dissolve the yeast with water and honey. Let it sit until bubbly.

Add the flour, salt, and the potatoes to the yeast mixture. Mix with hands, until combined. Place a damp towel over the top of the bowl, and let rest until doubled in size.

To fry the loukoumades, make sure you have a glass of cold water with a spoon inside.

Use 2 teaspoons of dough and drop into the oil. (I use 1 spoon with cold water, to prevent the dough from sticking on the spoon.)

Prepare the syrup. In a medium pot, add all ingredients over medium heat. Simmer for ten minutes, then remove from heat.

Once loukoumades are ready, ladle them over a plate lined with a paper towel, to drain the oil.

Add the syrup over the loukoumades, and dust with cinnamon and toasted almonds. Serve warm!!



Nikoletta (London Office)



Orange Cardamom Cake

United Kingdom

A spiced winter staple in our house is vegan orange cardamom cake. Its great with a cup of tea or mulled wine/cider. We used it as our son's first birthday party in the woodlands at a local pizza oven. Super, hearty and homely.

Glaze

- 120g powdered sugar
- 4 ½ tsp fresh orange juice
- ½ tsp fresh lemon juice

Cake

- Cooking spray
- 275g plus 1 tbsp all-purpose flour
- 400g sugar
- 1 tbsp baking powder
- 1 ¾ tsp ground cardamom
- ½ tsp ground cinnamon
- ½ tsp salt
- 175ml fresh orange juice
- 155ml rapeseed oil/canola oil
- 1 tbsp grated orange rind
- 2 tsp grated lemon rind
- 1 tsp vanilla extract
- 3 large eggs [we use Oggs/aquafaba to make it vegan following their conversions for the ratio]



Method

Preheat oven to 180°.

To prepare cake, coat a 10-inch tube pan or Bundt pan with cooking spray; dust with 1 tablespoon flour. Set aside.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, cardamom, cinnamon, and salt in a large bowl. Make a well in center of mixture.

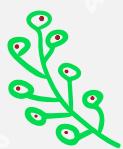
Add orange juice, canola oil, orange rind, lemon rind, vanilla, and eggs to flour mixture; beat with a mixer at low speed until well combined, scraping sides of bowl occasionally.

Spoon batter into prepared cake pan, spreading evenly. Bake at 180° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan.

To prepare glaze, combine powdered sugar, 4 1/2 teaspoons orange juice, and lemon juice in a small bowl, stirring well with a whisk. Drizzle glaze over warm cake; cool cake completely on wire rack



Charlotte
(Winchester Office)



Natilla and Buñuelos



Colombia

We travel to Colombia for Little Candles Day, as our Graphic Designer Luisa Sosa shares her recipe for Natilla and Buñuelos.

Buñuelos

- 1 lb white cheese
- 1 1/2 cups corn-starch
- 2 eggs
- 2 tablespoons of panela or brown sugar
- 1/2 teaspoon salt

Method

Grind the cheese very finely.
Mix the cheese with the corn-starch, eggs, panela (or brown sugar), and salt. Make balls with your hands and drop them into hot oil and fry slowly. After a few minutes increase temperature and fry until they are golden.
Remove and place on absorbent paper.



Natilla

- 3-4 cups semi-skimmed milk
- 1 1/2 cups corn-starch
- 3/4 lb Panela or brown sugar
- Cinnamon sticks or cinnamon powder



Luisa (London Office)

Method

In a cooking pot, dissolve the corn starch in the milk.

Add the panela or brown sugar.

Cook over medium-low heat, stirring constantly. When the sugar is melted and begins to thicken, add the cinnamon.

Continue to cook for about 15 minutes, stirring constantly.

After 15 minutes, take out the cinnamon sticks (if used), and pour the Natilla onto a not too deep bowl to cool slightly.

Eat the Natilla and Buñuelo together to have a better experience.



Fried Carp with Potato Salad

Czechia

We cross the Atlantic to central Europe, in landlocked Czechia (also known as the Czech Republic), where Jan Melichar, Hyphen Architect and Associate shares a traditional Christmas recipe – fried carp with potato salad.

Typically served on Christmas Eve, this traditional dish dates back centuries and involves catching carp from a local pond, river or lake and keeping it in a bathtub for a couple of days before it is cooked. Jan shares his recipe along with childhood memories.

Fried carp

- Ingredients
- 2 carp (caught traditionally from a local pond, river or lake)
- flour
- 2 eggs
- breadcrumbs
- oil for frying

Method

Wrap the carp in flour, whip the eggs and breadcrumbs and fry on a medium heat for 12 minutes.



Potato salad

There are hundreds of versions of the potato salad. A typical version may include:

- 1kg potatoes
- 1 large onion
- 4 hardboiled eggs
- 4 carrots
- 150g gherkins
- 100g peas
- 100-150g mayonnaise

Method

Start the day before by boiling unpeeled potatoes in water and wait until they cool down. Boil the eggs until they are hardboiled. Peel and dice the potatoes and remove the shells from the eggs. Finely chop the carrots, gherkins, and onions. Cook the vegetables in salted water for 10-15 minutes. Then mix all the ingredients together, add the mayonnaise and stir.



Jan (London Office)



Tortellini in brodo



Italy

We next travel south to Italy. We spoke to Laura Vatteroni, an architect and associate from our office in Milan, who gives us an insight into Italian festive food. Laura just happens to have a food blogger in the family, her mother, [@nonnatuttofare_](#), who has kindly shared her recipe for Tortellini in brodo. Popular in Northern Italy, tortellini in brodo (broth) is often served as a first course at Christmas.

Beef Broth

- 1 big potato
- 1 big carrot
- 1 big onion
- 1 stalk of celery
- A few sprigs of parsley
- Water
- A pinch of salt
- 1-2 pieces of beef on the bone

Method

Wash and peel the potato, carrot and onion, leaving everything whole.

Put meat and vegetables in a cold pot with a pinch of salt, turn on the hob and cover until boiling. When it starts to boil, lower the heat and let it cook slowly for over 2 hours. Add the tortellini and cook for 3-4 minutes, until they start to raise to the surface.



Laura (Milan office)

Tortellini

- 600g semolina flour and a handful to dry the pasta and stop it sticking to the work surface
- 6 eggs

For the filling:

- 300g ground beef
- 50g Parma ham
- 4 tbsp grated Parmesan
- 2 eggs
- Nutmeg

Method

Prepare the filling by putting all the ingredients together in the food processor and blending well.

To knead the dough, you can use the planetary mixer or you can do it by hand on a pastry board. Mix the eggs and the flour until a soft and elastic, non-sticky dough is obtained. Sprinkle with semolina and let it rest covered for half an hour.

Divide the dough into smaller pieces and using the rolling pin (or the pasta machine) make them as flat as you can, dusting the pieces of pasta with semolina to avoid stickiness. Cut the sheets of dough into squares of 7x7 cm. Place 1 pea of filling in the middle of each square, then fold the square into a triangle. Finally, roll up the triangle and join the angles, creating the typical shape of the tortellini.



Eddie (London office)



Christmas Pudding Ice-cream



United Kingdom

We head west to the rolling hills of the UK, as CEO at Hyphen, Eddie Miles shares his original Christmas Pudding Ice-Cream.

Ingredients

Start a couple of days in advance with the following ingredients:

- 20g mixed peel
- 50g mixed fruit
- 50g sultanas
- 20g currants
- Juice of 1 orange
- 3 tbs brandy
- ½ tsp cinnamon
- ½ tsp mixed spice

Method

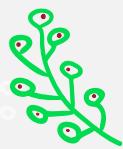
Mix the ingredients in a pan, bring briefly to the boil and leave to cool overnight in a fridge

Prepare ice-cream in an ice-cream machine using the following ingredients:

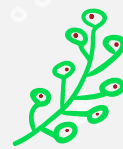
- 1 egg beaten
- 3/8 cup sugar
- 1 cup double cream
- ½ cup semi-skimmed or full-fat milk

As the ice-cream begins to solidify gently introduce the chilled flavouring until it is thoroughly mixed through.

Store in the freezer and enjoy with a mince pie!



Osechi Ryori

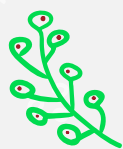


Japan

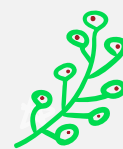
We travel next to the East Asia, to Japan, as one of our architects, based in London, shares a traditional New Year's Day dish from her homeland. Each dish symbolises a wish for the coming year and it is usually served in lacquer boxes.

Dishes

- Datemaki - represents academic success, due to its similarity to a scroll of parchment
- Kuri Kinton - to bring good luck and prosperity
- Tazukuri - a bountiful harvest
- Kuromame - the ability to perform productive, hard work
- Namasu - red & white are celebratory colours in Japan
- Kikka Kabu - the chrysanthemum represents longevity and rejuvenation
- Su renkon - the holes of the lotus root are a symbol of an unobstructed view of the future
- Tataki Gobo - to bring good luck
- Chikuzenni - various wishes depending on its ingredients (lotus: good foresight in the coming year)
- Ebi no umami - wishes for a long life: the shrimp's moustache (antennae) and bent back symbolise the long beard and appearance of an old man
- Kobumaki - has an association with the word yorokobu, meaning joy.
- Kamaboko - the colour and shape are reminiscent of Japan's rising sun.



Roscón de reyes



Spain

Back west to Europe and to Spain, as Eva Diego, our director in Iberia, shares her recipe for a Roscón breakfast – a dish traditionally served in Spain after the opening of the presents that the Three Wise Kings left at home the night before.

Ingredients

- 400 g strong flour
- Butter at room temperature 70 g
- Sugar 100 g
- Eggs 2
- Rum (liquor) 20 ml
- Water 100 ml
- Milk 30 ml
- Orange zest 1
- Compressed yeast 20 g
- Half tsp of orange flower water
- Salt
- Sliced almonds
- Candied fruit
- Granulated sugar



Method

Start by putting 350 g of flour in a large bowl, making a hole in the centre and adding the sugar, the yeast dissolved in lukewarm water, the rum, the milk, the orange zest, the orange flower water and the butter. Mix lightly and add one of the eggs and a pinch of salt and knead.

When all the ingredients have been combined, put the dough on a floured surface and continue kneading until the dough is elastic and doesn't stick to the surface. If necessary, add flour little by little, although we should not let the dough get too dry but rather sticky.

Form a ball with the dough and make a hole in the centre. With care, stretch and enlarge shaping the roscón.

Place it on a baking tray, in a warm place and let it rise for at least an hour.

Place the roscón in the preheated oven and bake at 180°C for 30 minutes or until golden.



Eva (Madrid office)

**Merry Christmas
and a Happy New Year!**

☆ **Nollaig Shona agus
Athbhliain faoi
mhaise daoibh**

**Frohe Weihnachten
und ein
glückliches neues Jahr!**

* **¡Feliz Navidad y
próspero Año Nuevo!**

**Buon Natale ☆
e Felice Anno Nuovo!**

🍷 **Joyeux Noël
et Bonne Année!**

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