

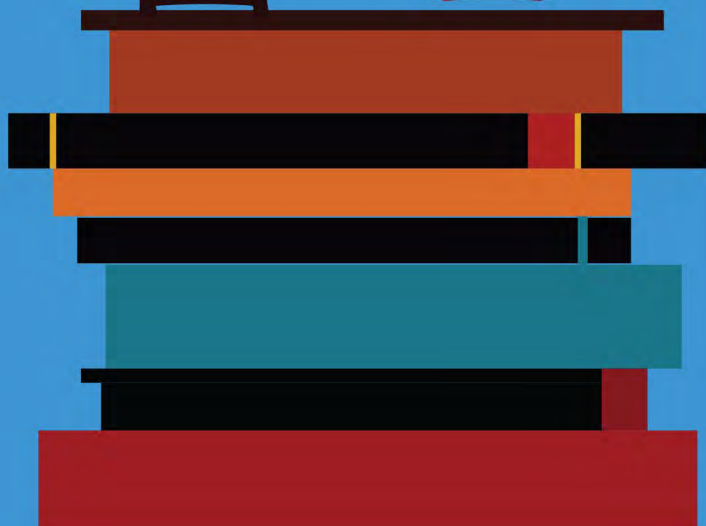
Experience the flavors of the world with this unique recipe book compiled by international students at BTU Cottbus-Senftenberg. From spicy curries to savory stews, these recipes offer a taste of diverse cultures and cuisines. Discover the stories behind each dish and the traditions that inspired them. With beautiful photography and easy-to-follow instructions, this book is perfect for anyone looking to expand their culinary horizons.



Cooking Hymns

with a teaspoon of

STORIES



Cooking Hymns

with a teaspoon
of

STORIES

An initiative by the students
of
Brandenburgische Technische Universität
Cottbus-Senftenberg



Brandenburg
University of Technology
Cottbus - Senftenberg

Cooking Up Connections:

How a Food Drive Inspired a Recipe Book

In the midst of the 2020 pandemic, as the world struggled to cope with unprecedented challenges, the students of Brandenburgische Technische Universität in Cottbus, Germany were hit particularly hard. Many were left jobless and struggling to make ends meet. But in the face of adversity, the local community rallied together to support these young scholars in their time of need.

One shining example was Quasimono, the beloved student bar in town, who stepped up to the plate and organized a food drive to provide warm meals for the students every Sunday. What started as a humble Christmas initiative quickly blossomed into a full-blown weekly tradition. Each week, students from different countries would come together to cook a speciality dish from their culture, sharing their heritage and creating a unique bond among the community.

Out of this inspiring initiative came the idea for a recipe book, a compilation of dishes from international students living in the BTU dormitories. We asked these talented young chefs to submit their favourite recipes along with a personal story about why they love this food or why they chose it. The result is a mouth-watering collection of recipes that not only showcase the incredible diversity of cultures represented on our campus but also reflect the deep emotional connections that these students have formed with their favourite dishes.

We are proud to present this recipe book, a testament to the resilience and spirit of our international student community. May these recipes bring you as much joy and comfort as they have brought us, and may they inspire you to try new flavours, embrace new cultures, and forge new connections with those around you.

- *Khandoker Upama Kabir*



Plates Without Borders

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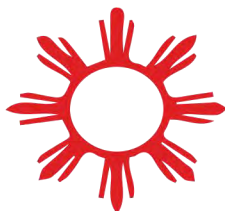
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Filipino

Ginataang Kalabasa

By Christian Richardson Escobia



I can't remember the first time I've eaten a Ginataan dish. We'd always have one form or another of this dish every week because of how available coconut milk and vegetables are where I come from. And according to my mother, the reason that it was so common in our home was because that was the only type of dish I had no difficulty when eating vegetables as a kid. Truly, the combination of coconut milk and squash cooked together is one of the best flavor profiles that I have ever eaten. Moreover, this dish is flexible as you can add whatever vegetable or protein you want. In my case, I usually add shrimp because it reminds me of the fresh shrimp we'd sometimes catch and eat as a Ginataan dish at home.



Ingredients

750 g of squash peeled and cubed
500 g string beans cut into 7 cm length
500 ml coconut milk
7 cloves garlic
1 medium yellow onion cubed
3 tablespoons cooking oil
3 tablespoons of fish sauce
Salt and pepper to taste
3 Small chilis dried or fresh (optional)
500g of shrimp or chicken breast cubed (optional)

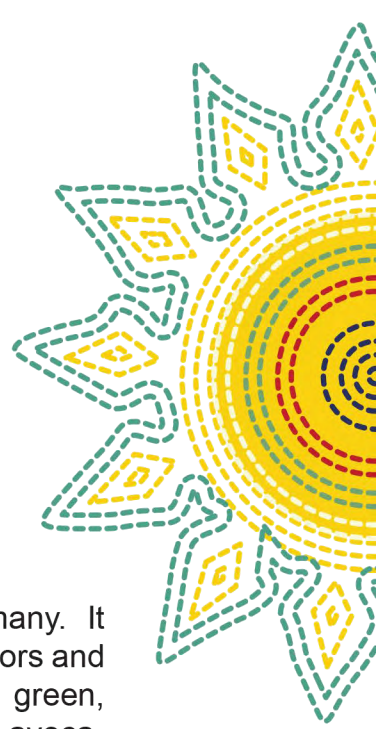
Directions

Heat oil in cooking pot
Saute garlic in oil until fragrant but not brown
Add the onions and cook until soft
Add the squash and cook for 3 minutes, constantly stirring so it doesn't stick
Pour in the coconut milk and fish sauce and cook for 8 to 12 minutes or until the squash is tender
Add the string beans. Cook for 2 to 3 minutes
(Optional) Add the chilis
(Optional) Add your shrimp and cook for 3 minutes, or add the cubed chicken breast and cook for 5 minutes
Add salt and pepper to taste
Transfer to serving plate and enjoy!

Pro Tip: We usually add coconut milk until we hear our ancestors say, "Tama na, anak. That's enough." But if you can't hear them, then just follow the instructions above.



© Christian Richardson Escobia



MEXICAN

Guacamole

Daniela Tavera Jimenez

Guacamole is my signature appetizer in Germany. It reminds of home (Mexico) because of its mix of colors and flavours. For those not aware, Mexico's flag is green, white and red. Guacamole's main ingredients are avocado, coriander and a vast amount of finely chopped onions and tomatoes, just like the colors in our flag. Also, Mexico is known for being the largest producer of avocado in the world. There is nothing in this dish that does not remind me of my beautiful country.



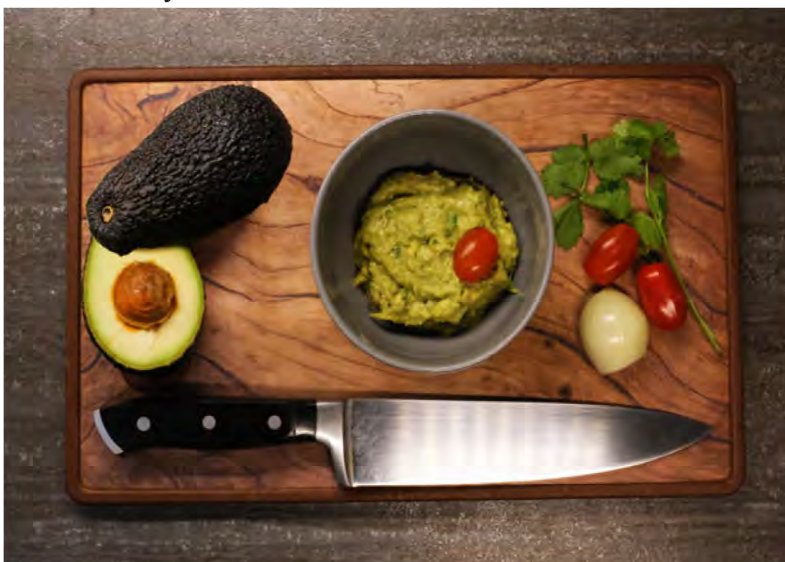


Ingredients:

- Avocadoes
- Fresh coriander
 - Onions
 - Tomatoes
 - Olive oil
 - Mayonase
- Salt and pepper

Directions:

Start off by cutting 3 avocadoes in half. When opening them, remove the big seed and toss it to the organic trash. Then take a table spoon and scoop out the avocado from the skin and put it into first medium sized bowl. Try to buy a soft and fresh avocado, so it is easier to smash, refer to next step. After all the avocadoes are scooped out in the medium sized bowl, take the fork and mash these until the appearance is almost like a pure. It can take up to 5 minutes of doing continuous mashing. As a next step, pour 1 table spoon of olive oil, 1 table spoon of mayon-nese, half a lemon, salt and pepper to the mashed avoca-does. Mix the ingredients together. Now, chop toma-toes, onion (small cubes) and coriander into very fine pieces. Add the chopped coriander, onions and tomatoes to the bigger sized bowl. Then pour the mashed avocado mix inside. Finally, with the spoon, combine all ingredients until it guacamole looks mixed enough. Taste it and if any salt or pepper is missing, add these as the last touch. Dip some nacho chips on that delicious guacamole and enjoy it with family and friends!



15 minutes



Not spicy



people

Pro tip:
I bet you did not know that guacamole has a table spoon of mayon-nese. It gives it an extra creamy taste. Yummy !!



Bangladeshi

Ilish Dopeyaja (Hilsha with onions)

by Ibrat Sharif

The culinary delights of Bangladesh are flavourful, brimming with spices with amazing and hypnotizing taste. Being born and raised in the land of rice and fish, I ate different cuisines of 'Hilsha' (or 'Ilish' in Bangla), which is the national fish of Bangladesh. However, the dish I am describing today is very close to my heart as my 'Ammu' (mother) often cooked this. I can clearly remember how I used to get excited to see this dish in my lunch after coming from school. In the rainy season, sometimes classes were cancelled due to heavy raining. A very common scene of that day would be having a warm dish of 'Ilish dopeyaja' and rice with my family. Afterwards, we all used to have a cup of tea listening to our favourite music in the background and would enjoy the rain. To me, food is something that not only fills your stomach but your heart too. This dish not only represents the culture of my country but also it depicts the love and essence of a mother and whenever I have it, it makes me content.



মায়েৰ দোয়া



4
people

Ingredients:

- Hilsha Fish: 4 Pieces
- Turmeric Powder: 1 Tsp
- Red Chili Powder: 1 Tsp
- Coriander Powder: 1/2 Tsp
- Oil: 3 Tbsp (Mustard)
- Onion : 2-3 (sliced)
- Green Chili: 4
- Salt: to taste

30
minutes



Directions:

To prepare the fish dish, start by marinating the fish chunks with ½ teaspoon of turmeric and chili powder and ½ teaspoon of salt. Then, heat a pan over medium heat and add 2 tablespoons of oil. Once the oil is heated, slowly fry the fish chunks until they turn golden brown. Take out the fried fish from the pan and set it aside. In the same pan, add another tablespoon of oil and sliced onions, ½ teaspoon of red chili powder, turmeric powder, coriander powder, and salt. Stir fry the spices well for about a minute and add 2 tablespoons of water. Then, add the fish pieces and green chilies to the pan. Cook the fish for around 10 minutes, turning the pieces once halfway through and cooking for an additional 2-3 minutes. Once the fish is cooked through, serve it warm.

Pro Tip: Generally, mustard oil is used for cooking the whole recipe. However, it can be cooked in any other oil as well.





Japanese

Tonjiru -vegan version-

by Kazuki

This is a type of dish that is often made during winter time. My mom, who was always busy, used to cook this in a bulk so that she doesn't have to cook for the next few days and feed me and my 3 other sisters. The smell of the fish broth, miso paste, ginger and leek is so nice that it can take me home in a second. It is also a dish that is often provided at a regional events in my hometown. They also cook in a big amount and serve people, and this is actually the reason why I thought of cooking this at this volunteering project this time. Since I'm vegan now, I arranged the recipe into a vegan version



Ingredients

- 300 grams of Tofu
- 100 grams of Radish
- 100 grams of Carrot
- 300 grams of Potato
- 200 grams of Mushroom
- 18 grams of Ginger
- 90 grams of Miso Paste
- 50 grams of Deep-Fried Tofu
- 200 grams of Leek
- 18 grams of Kombu (or Kombu Broth Powder)
- 5 grams of Oil

Directions:

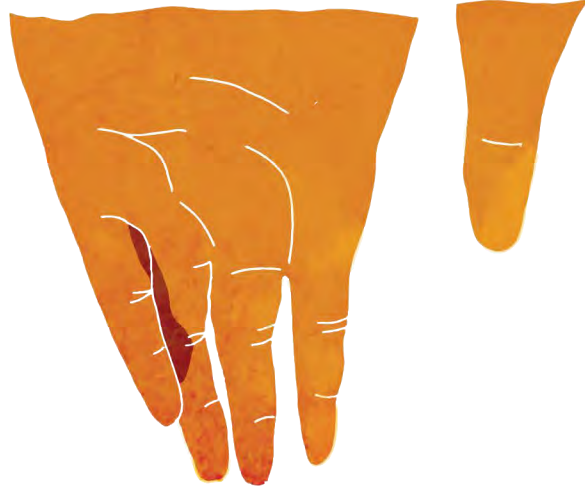
To make this flavorful vegetable miso soup, start by soaking kombu seaweed in water for at least 30 minutes, or use kombu broth powder if available. Slowly heat the kombu broth just before it reaches a boil and then remove the kombu, saving it for other dishes. Next, cut all the vegetables into bite-sized pieces, with the ginger shredded. Boil all the vegetables except for the leeks until they become soft, and then add half of the miso paste to the pot. Carefully taste the soup and adjust the seasoning as needed, being careful not to overcook the miso paste. Finally, add the leeks, the remaining miso paste, and oil, and cook until the leeks are soft. Your delicious vegetable miso soup is now ready to be served.



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Pro Tip: It's important to fill the soup with a lot of vegetables. It goes well with a bowl of rice :)





Chilean



people

Sopaipillas by Lenika



not spicy



30 - 60

minutes

The popular Chilean band "Los Jaivas" says in a song that "it rains when there are Sopaipillas". Although this is not scientifically proved, every time grandmother's knees hurt and the sky turns grey, people begin to knead the dough for "once" (tea with bread, cake, or other food served instead of dinner). To make Sopaipillas, cook some pumpkin and mix it with wheat flour, water and salt. For the sweet tooth, boil a piece of Chancaca (unrefined beet sugar), in a pot with water, orange peel and cinnamon. Roll out the dough on the table and cut some circles (better with the lid of a kettle). By the time you start deep frying the Sopaipillas, it will already be raining. Serve them with "pebre", mustard or avocado. If you want them sweet, leave a couple of minutes in the pot with Chancaca. If it's the rain or the Sopaipillas first, nobody knows yet. It is recommended to prepare a large portion because Sopaipillas also attract unexpected guests!





Ingredients:

Sopaipillas:

- 1 1/2 cup of pumpkin.
- 3 cups of plain flour.
- 1 tsp baking powder.
- 2 Tbsp oil.
- 1 Tbsp salt.
- Oil for frying.

Pebre:

- 1/2 cup coriander.
- 1/2 chopped onion.
- 1 chopped tomato.
- 1 Tbsp lemon juice.
- Salt.
- 1 chopped garlic clove.
- 1 Tbsp oil.

Chancaca:

- 200 gr. chancaca (can replace with panela).
 - Orange peel.
 - 3 cloves.
 - Cinnamon.
- 2 cups of water.
- 1 Tbsp corn starch.

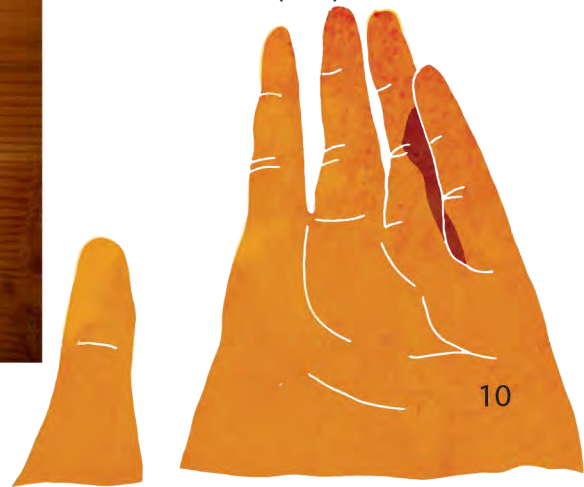
Directions:

Wash and cut the pumpkin in medium size pieces and cook in a pot with water and salt until soft. Mix the flour, baking powder, 2 Tbsp. of oil and the pumpkin in a bowl. Knead all the ingredients until you have a uniform dough. Stretch it until it is about 3mm thick and cut circles out. Pinch each circle 3 times with a fork. Heat the oil and fry until they are gold in both sides. Leave on paper for a couple of minutes before eating (to absorb the oil).

Pebre: Chop all the ingredients and mix together. Leave 5 minutes before eating.
Chancaca sauce: Mix water, chancaca, orange peel and spices in a pot with medium fire. When the chancaca is dissolved, add the corn starch previously dissolved in a bit of cold water. Stir until it start boiling. Put sopaipillas in the pot for some minutes and then serve them with the sauce.



Pro Tip: Save some for next morning. Toast them and eat for breakfast with mate (tea).





Colombian

Chicken Pastry

by Lina Carrero Bastos

This dish takes me back to my school days in Colombia. It was something my friends and I would buy and enjoy together in the crowded cafeteria. The aroma of the food brings back memories of carefree days filled with laughter and joy.

Even though years have passed and my friends have gone their separate ways, the memories we made together over this meal still warm my heart. It's a reminder of the connection and sense of belonging that comes with sharing a meal with loved ones.

As I take each bite, I am filled with gratitude for the memories that this dish has brought back to me. It's more than just food, it's a symbol of the love, laughter, and friendship that I will always cherish.





Ingredients:

- 1 Chicken Breast
- 5 Potatoes
- Fresh Coriander
- 1 Little Capsicum
- Spring Onions
- 4 Garlic Chopped
- 3 Tomatoes
- Cheese in slides.
- Oil
- 1 Egg
- 2 Pastry layers
- Sesame Seeds (for Decorations)
- Cumin
- Coriander powder
- Chilli powder

Directions:

To make this dish, cook chicken breast and potatoes in boiling water with onion and salt. Pull the chicken apart with two forks and smash the potatoes. In a saucepan, cook tomatoes, capsicum, and spring onions with olive oil for 5 minutes, then add the pulled chicken and smashed potatoes. Add Tomatenmark, cumin, coriander, and chili powder, along with half a cup of chicken soup. Salt to taste and cook for 10 minutes. Preheat the oven to 200 Celsius, then place the chicken mixture on a layer of pastry. Add cheese and another layer of pastry, closing the corners. Brush with egg, add sesame seeds, and make holes with a fork. Bake for 25 minutes and serve.

Enjoy this delicious and comforting meal with your loved ones!



minutes



medium
spicy



people





Nepali

Momo

by Pratikshya Joshi



people



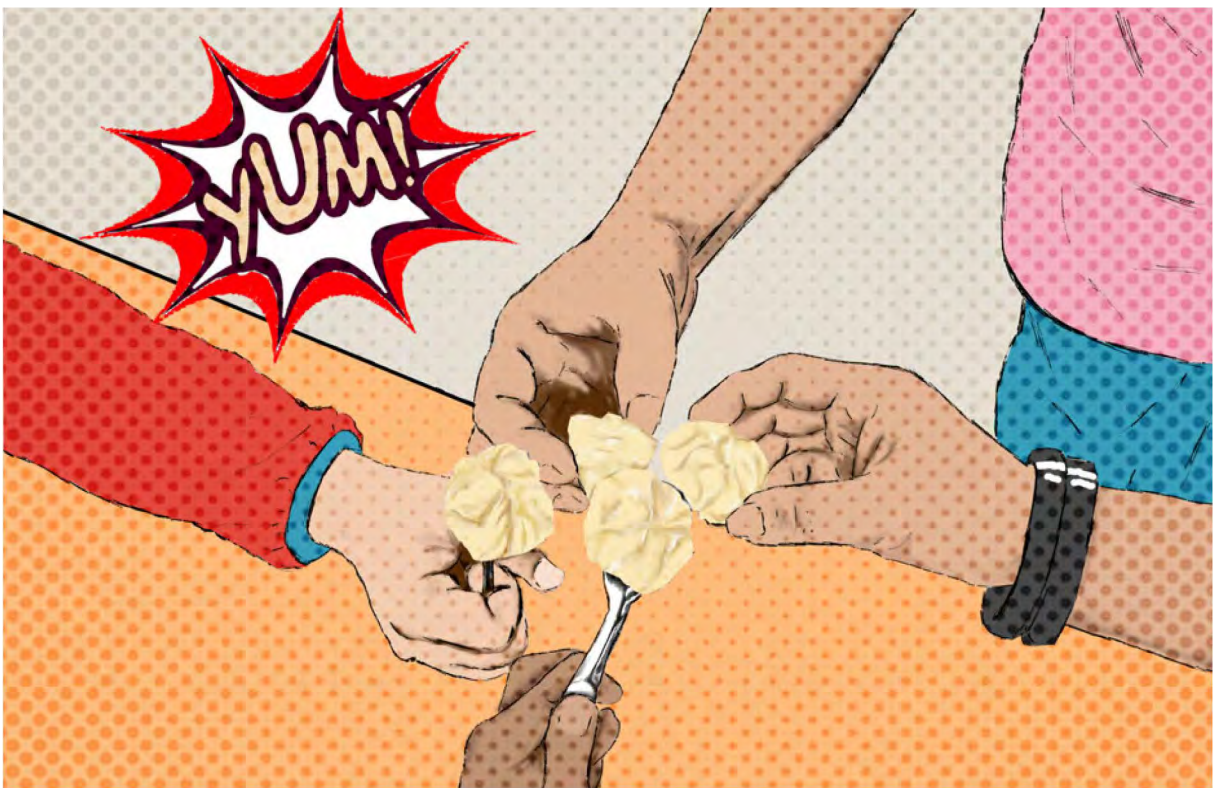
medium



1 hr 30

minutes

Momo is a typical street food found in Nepal. It is very easily available in every restaurant and every streets in Nepal. It is very special food to all the Nepalese. In Nepal, there was a ritual of making momo at my home with family every Saturday possible because everyone is free on Saturdays. But, mostly I used to eat momos with my friends in restaurants. And, when I came to Germany, It is not possible to find momos in every streets like in Nepal, so its necessary we make it ourselves. So, here in Cottbus, we make momos with friends. We get together once in a while and make momos and hangout. When someone asks me, what do you miss the most, my answer would always be local street MOMOS from Nepal.



Directions:

Take the flour in a big bowl and add a bit of salt and the butter. Keep adding water slowly while mixing it with the flour until it is a round ball of soft dough.

Take the minced chicken in a different bowl with all the other ingredients and vegetables. Put butter to make the filling juicy. Mix all the ingredients well and the filling is ready. For the vegetarian option, filling can be made by adding some more vegetables.

Roll the dough in a circular motion with the help of a rolling pin on a surface spread with some flour. Cut the dough into several uniform circles.

Put 1 tbsp of filling in a dough circle and wrap it. Place the wrapped dumplings in a well-greased steamer. Steam the dumpling in high heat for around 8-10 minutes. The momo is ready to be served now.

For the sauce, add vegetable oil into the pan to fry the tomatoes. Add chopped green chillies and the other ingredients. Cover the pan with the lid and cook it for 15-20 minutes. Once it is cooked properly, use or blender or food processor turn it into a fine texture of sauce. Add chopped coriander to the sauce for garnishing and the dip is ready.



Ingredients:

• Dough

- 3 cups all purpose flour
- Pinch of salt
- 1½ tbsp of butter

• Momo Filling

- 1 kg minced chicken
- 1 tbsp of ginger
- 2 chopped red onions
- 1½ tbsp butter
- 150 g grated cabbage
- 2 tsp salt
- 1 tsp chilli powder
- ¼ tsp turmeric powder
- 5-6 chopped green chillies
- 6-7 stems of chopped coriander
- 1 bunch of chopped spring onions
- 2 tsp momo masala

• Sauce

- 2 tbsp vegetable oil
- ½ tsp turmeric powder
- 1 tbsp ginger garlic paste
- 2 tsp salt
- 3-4 chopped green chillies
- 6 tomatoes cut into 4 halves
- 3 tbsp roasted sesame powder
- 6-7 stems of chopped coriander



© Pratikshya Joshi



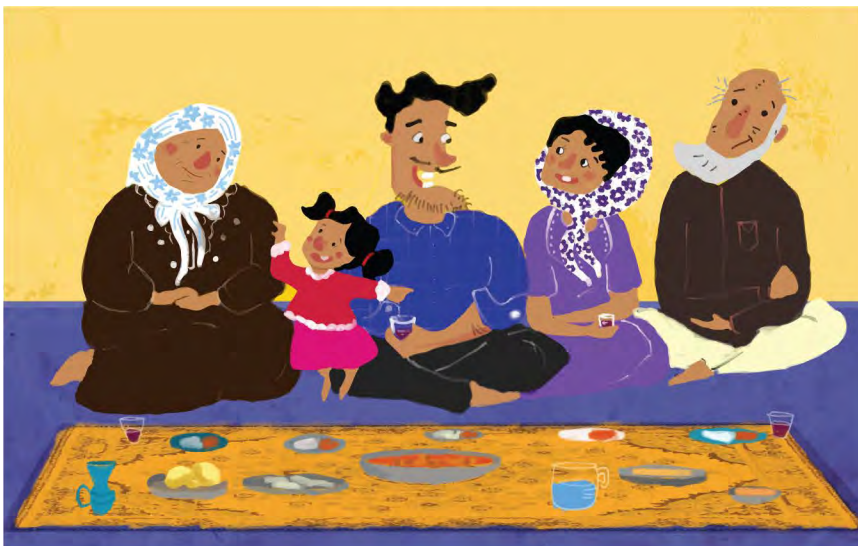
Iranian

Abgoosht (Dizi)

by Saghar Rezaeian



'Abgoosht', one of the most traditional dishes, an Iranian classic. It is a unique recipe which has been passed down from generation to generation by our Persian ancestors. No wonder it is considered to be one of the most popular meals in the Persian culture. Every Iranian has a story attached to it and I am no different. The aroma of 'Abgoosht' takes me directly back to my mother and grandmother's kitchen. The mesmerizing fragrance of mixed spices and freshly baked bread is what my childhood memory is filled with. Whenever my mom used to make it, it was like a family ritual with us and my grandparents, as we all sat together on Sofreh on the floor and savoured this glorious meal. It is a memory that is very close to my heart and I relive those special moments every time I make it.



Ingredients

- 5 Lamb Shanks
- 1 cup dried white beans, soaked overnight
- 1 cup dried chickpeas, soaked overnight
- 2 onions, finely chopped
- 3 garlic cloves
- 1 medium carrot, cut into large pieces
- 4 tomatoes, cut each one into 4 pieces
- 4 medium potatoes, peeled and cut into large pieces
- 5 dried limes (you can find dried limes at any Iranian store)
- 3 tablespoons tomato paste
- 1 ^{1/2} teaspoons ground cinnamon
- 2 ^{1/2} teaspoons turmeric powder
- Salt & pepper to taste

Directions:

At first, beans need to be drained.

Take a large pot and place the lamb shanks into the pot with onion, chickpeas, white bean and tomatoes. Add turmeric and cinnamon powder. Add 9-10 cups of water and bring it to boil. Cover the pot with lid and simmer stew for 2 hours at medium heat.

When the meat is almost cooked, add the tomato paste, salt and pepper.

Cover the pot again and continue simmering for another 2 hours.

Add potatoes and cook at low heat until the meat and potatoes are completely tender.

Season with salt and pepper and the dish is ready to serve !



© Mohammad Akib Hasan

Serve it with fresh persian bread (sangkan) and Persian relishes. The bread is torn into pieces and soaked into the broth before having this.



mild



3-4 hours





Nepali

Alu Kakro Achar

by Sanju Shrestha

Whenever we wanted to add up savory taste in the food usually Daal Bhat Tarkari (Rice, Lentils and curry) or our tongue wanted to get enlightened my mom used to make it for us. I used to help her with cutting the ingredients cucumber and peel the potatoes. It helped me to prepare by my own when I came to Germany. It is one of the common dish people make it more often in Nepal. It is simple and delicious.





Ingredients:

- 4 Boiled potatoes
- 1 Cucumber
- 1 Carrot
- 4 Table spoon grinded sesame seed
- ½ Table spoon fenu-greek seed
- 4 Tablespoon mustard oil/any oil you prefer)
- ½ Turmeric
- ½ Tablespoon Salt
- ½ Lemon
- 1 Green chilli



Directions:

Boil the potato until its cooked properly. When the potato are boiling give a gentle heat to the sesame seed in a pan for 1min and grind the sesame seeds. Cut the cucumber and carrot into square shape. Put them in the bowl where you can add all the necessary ingredients later. Add the grinded sesame seed and salt into same bowl. Squeeze the lemon into the mixture. Heat the the oil in the pan and after oil is heated high add the fenugreek seed it will turn into black within less than minutes. After removing the pan from heat add the turmeric powder into same pan and now pour into the same bowl with all ingredients. Mixed them well either with your hand or with spoon anything you prefer but make sure potato are not over smashed.



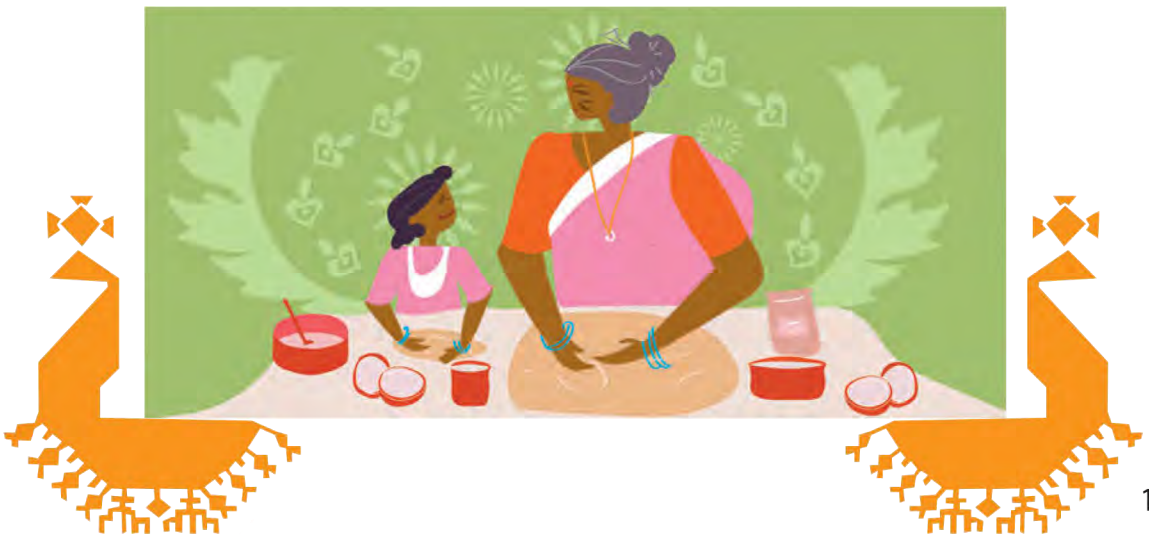


Indian

Pathiri with sweetened coconut milk

by Shahar Ban Karyaparamban

The word “Pathiri” originated from the Arabic word “fateerah”. It is part of cuisine among Mappilas of North Malabar in Kerala of Southern India, my homeland. This cuisine takes me into my childhood memories of iftar party during Ramadan fasting. My grandma prepares it in very traditional way. Today, the baking smell of “Pathiri” brings the memory of my grandmother, she passed away in last year. I learned the preparation of “Pathiri” from her, because I used to help her in the kitchen and observe how she turn the rice powder to flat white smooth and thin bread, magic!!!...Having it with sweetened coconut milk after long day fasting always soothened my body. As a kid, I was so excited to make the perfect round shape, however, I failed most of the time. Sometimes, dough get stuck on the roller and rolling board ‘Pala’ which is made from wood. However, grandma used to encourage me. We kids competed with each other, who makes more perfect shape. During that time, no stow or electrical cooking facilities. Grandma prepared fire from wood and place the flat iron plate over it and wait for until it turns hot. Then the “Pathiri” kept on the hot plate, which resembles for me as a lot of moon in the dark sky. Grandma gave me some tips to bake it... she advised to wait until the first steam comes out and then should flip over, until it fills the steam inside and puffs up. For me it was a wonder, how it blows like a balloon? The baking smell would be in the air, from every other home and we kids eagerly wait for the Magrib aazaan to break our fasting.





Ingredients:



Rice flour - 4 cups
Water - 4 cups
Salt - Two pinch
Coconut milk - 3 cup
Sugar - 2 Tablespoon



Directions:

Boil the water, add the rice flour and salt. Stir constantly until rice flour mixed and half cooked. Transfer it into a flat plate and knead thoroughly with hands until turns to smooth dough. Cut the dough into small portions and make small balls. Flatten each ball into thin round shape with help of roller. Sprinkled dried rice powder to avoid sticking on both sides of pathiri and keep aside in a plate. Heat a pan and place each pathiri on it and wait until the first steam comes out and flip over to puffs up. Store it in aluminum foil to keep warm. Serve with sweetened coconut milk.



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Bringing the Vision to Life: Meet the Team



“ As the graphics designer, and editor of this cookbook, it was a pleasure for me to bring the stories and recipes of students to life through my art. I enjoyed researching and incorporating different illustration styles and symbols to create unique pages for each country. I hope I did justice to the wonderful submissions and brought their flavors and cultures to the table.”

Khandoker Upama Kabir
Graphics Designer and Editor
HCSM
BTU Cottbus-Senftenberg

“ Immersed in a flavourful endeavour, I embarked on a culinary adventure, joining forces with a passionate team for this remarkable cookbook project. As a culinary explorer, from curating recipes to meticulously recreating dishes for the lens, this journey was a feast for the senses. Collaborating with a passionate team, we wove together the tapestry of international students' food memories, crafting a cookbook that celebrated unity through diverse flavours.”

Md. Fuhad Anwar Sinha
Project Coordinator
ERM
BTU Cottbus-Senftenberg

“ During the lockdown of COVID-19, the initiative of quasimono in the cold winter was a blessing for the students. A warm home meal and the cuisines of all over the world filled our hearts. It was not only sharing food or recipes, it was more like a wave of strength that gave us the message that we are not alone. This is why this journey and cookbook will always be very special to me.”

Ibrat Sharif
Project Coordinator
ERM
BTU Cottbus-Senftenberg

Credits

An initiative by the students of BTU Cottbus-Senftenberg

Food Photography by:

Mohammad Akib Hasan

Environmental and Resource Management, BTU.

Other Photo Contributors:

Christian Richard Escobia

Lenika

Sanju Shrestha

Pratikshya Joshi

Mohammad Fuhad Anwar Sinha

Culinary Contributors:

Christian Richard Escobia, Philippines,
Power Engineering, BTU.

Daniela Tavera Jimenez, Mexico,
Environmental and Resource Management, BTU
Ibrat Sharif, Bangladesh

Environmental and Resource Management, BTU.

Kazuki, Japan

Environmental and Resource Management, BTU.

Lenika, Chile

Heritage Conservation and Site Management, BTU.

Lina Carrero Bastos, Colombia,
Environmental and Resource Management, BTU.

Pratikshya Joshi, Nepal,
Environmental and Resource Management, BTU.

Saghar Rezaeian, Iran,
World Heritage Studies, BTU.

Sanju Shrestha, Nepal,
Environmental and Resource Management, BTU.

Shahar Ban Karyaparamban, India
Environmental and Resource Management, BTU.

Recipe Recreator:

Mohammad Fuhad Anwar Sinha



Special Thanks to:

Josephine Kahle,
Social Media,
BTU

Claudia Eckert,
Head of Finance Department
BTU Alumni.

Christian Mewes,
Machine Engineering,
BTU Alumni.

&

Our Biggest fan and helper!

MINA!!

