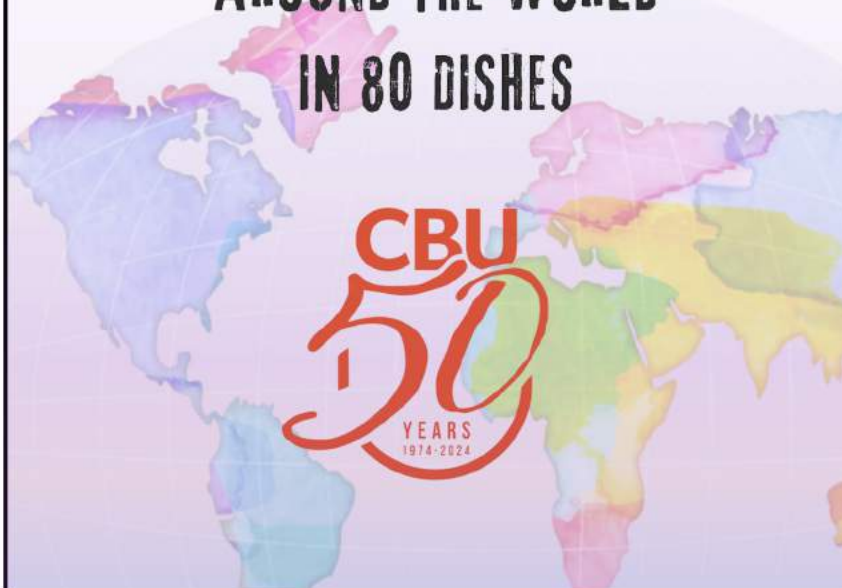


CAPE BRETON UNIVERSITY STUDENTS' UNION

MULTICULTURAL CELEBRATION

—
AROUND THE WORLD
IN 80 DISHES

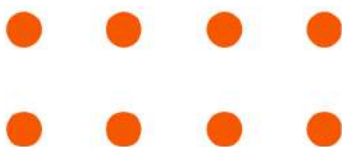


AUTHOR: MICHAELA MAYNARD

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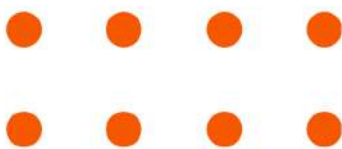
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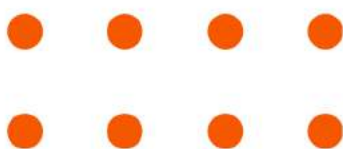
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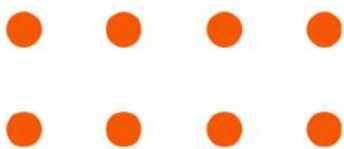
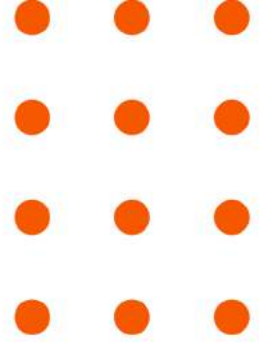
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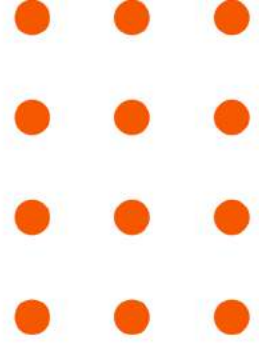
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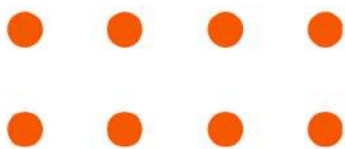


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EEL CHOWDER

EEL CHOWDER IS A TRADITIONAL DISH OFTEN EATEN THROUGHOUT INDIGENOUS NORTH AMERICA, AND REQUIRES ONLY THREE INGREDIENTS!



INGREDIENTS

3 MEDIUM EELS
1 ONION
4 POTATOS

INSTRUCTIONS

1. CUT SKINNED EELS INTO 1 INCH PIECES
2. DICE POTATOES AND ONIONS
3. BOIL EELS FOR 10 MIN
4. ADD POTATOES AND ONIONS
5. BOIL UNTIL COOKED

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: INDIGENOUS NORTH AMERICA

RECIPE PROVIDED BY BIGORRIN.COM

CLASSIC CANADIAN POUTINE

THE POUTINE CONSISTS OF CHEESE CURDS AND FRENCH FRIES COVERED IN BROWN GRAVY. IT FIRST APPEARED IN QUEBEC IN THE CENTRE-DU-QUÉBEC REGION IN THE LATE 1950S.



INGREDIENTS

FOR GRAVY:

3 TBSP CORNSTARCH
2 TBSP WATER
6 TBSP UNSALTED BUTTER
1/4 CUP UNBLEACHED ALL PURPOSE FLOUR
20 OZ BEEF BROTH
10 OZ CHICKEN BROTH
PEPPER, TO TASTE

FOR DEEP-FRIED FRIES:

2 LBS RUSSET POTATOES, (3-4 MEDIUM POTATOES)
PEANUT OR OTHER FRYING OIL

FOR TOPPINGS:

1 - 1 1/2 CUPS WHITE CHEDDAR CHEESE CURDS, (OR TORN CHUNKS OF MOZZARELLA CHEESE WOULD BE THE CLOSEST SUBSTITUTION)

INSTRUCTIONS

1. PREPARE THE GRAVY: IN A SMALL BOWL, DISSOLVE THE CORNSTARCH IN THE WATER AND SET ASIDE.
2. IN A LARGE SAUCEPAN, MELT THE BUTTER. ADD THE FLOUR AND COOK, STIRRING REGULARLY, FOR ABOUT 5 MINUTES, UNTIL THE MIXTURE TURNS GOLDEN BROWN.
3. ADD THE BEEF AND CHICKEN BROTH AND BRING TO A BOIL, STIRRING WITH A WHISK. STIR IN ABOUT HALF THE CORNSTARCH MIXTURE AND SIMMER FOR A MINUTE OR SO. IF YOU'D LIKE YOUR GRAVY THICKER, ADD A MORE OF THE CORNSTARCH MIXTURE, IN SMALL INCREMENTS, AS NEEDED, TO THICKEN. SEASON WITH PEPPER. TASTE AND ADD ADDITIONAL SALT, IF NECESSARY, TO TASTE. MAKE AHEAD AND RE-WARM OR KEEP WARM UNTIL YOUR FRIES ARE READY.
4. FOR DEEP-FRIED FRIES: PREPARE YOUR POTATOES AND CUT INTO 1/2-INCH THICK STICKS. PLACE INTO A LARGE BOWL AND COVER COMPLETELY WITH COLD WATER. ALLOW TO STAND AT LEAST ONE HOUR OR SEVERAL HOURS. WHEN READY TO COOK, HEAT YOUR OIL IN YOUR DEEP FRYER OR LARGE, WIDE, HEAVY COOKING POT TO 300° F.
5. REMOVE THE POTATOES FROM THE WATER AND PLACE ONTO A SHEET OF PAPER TOWEL. BLOT TO REMOVE AS MUCH EXCESS MOISTURE AS POSSIBLE.
6. ADD YOUR FRIES TO THE 300°F OIL AND COOK FOR 5-8 MINUTES, JUST UNTIL POTATOES ARE STARTING TO COOK BUT ARE NOT YET BROWNED. REMOVE POTATOES FROM OIL AND SCATTER ON A WIRE RACK. INCREASE OIL TEMPERATURE TO 375°F ONCE OIL IS HEATED TO THAT TEMPERATURE, RETURN THE POTATOES TO THE FRYER AND COOK UNTIL POTATOES ARE GOLDEN BROWN. REMOVE TO A PAPER TOWEL-LINED BOWL.
7. TO PREPARE POUTINE: ADD YOUR FRIED OR BAKED FRIES TO A LARGE, CLEAN BOWL. SEASON LIGHTLY WITH SALT WHILE STILL WARM. ADD A LADLE OF HOT POUTINE GRAVY TO THE BOWL AND USING TONGS, TOSS THE FRIES IN THE GRAVY. ADD MORE GRAVY, AS NEEDED TO MOSTLY COAT THE FRIES.
8. ADD THE CHEESE CURDS AND TOSS WITH THE HOT FRIES AND GRAVY. SERVE WITH FRESHLY GROUND PEPPER. SERVE IMMEDIATELY.

PREP TIME: 30 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1 HOUR

COUNTRY: CANADA

RECIPE PROVIDED BY SEASONSANDSUPPERS.CA

GULAB JAMUN

JAMUN IS A SWEET CONFECTION OR DELICACY THAT ORIGINATED IN THE INDIAN SUBCONTINENT.



INGREDIENTS

FOR JAMUN:

¾ CUP (100 GRAMS) MILK POWDER, UNSWEETENED
½ CUP (60 GRAMS) MAIDA / PLAIN FLOUR
½ TSP BAKING POWDER
2 TBSP GHEE / CLARIFIED BUTTER
MILK, FOR KNEADING
GHEE OR OIL, FOR FRYING

FOR SUGAR SYRUP:

2 CUP SUGAR
2 CUP WATER
2 CARDAMOM
¼ TSP SAFFRON / KESAR
1 TSP LEMON JUICE
1 TSP ROSE WATER

INSTRUCTIONS

1. FIRST, COMBINE ½ CUP MILK POWDER, ½ CUP MAIDA, AND ½ TSP BAKING POWDER IN A BIG BOWL. ONCE FULLY COMBINED, YOU HAVE HOMEMADE GULAB JAMUN MIX.
2. TO MAKE THE FLOUR MOIST, ADD TWO TABLESPOONS OF GHEE AND STIR THOROUGHLY.
3. ADD MORE MILK AS NEEDED AND BEGIN TO MIX. MIX THOROUGHLY TO PRODUCE A SOFT DOUGH. AVOID KNEADING THE DOUGH.
4. AFTER 10 MINUTES, COVER AND LET REST.
5. IN THE MEANTIME, MAKE THE SUGAR SYRUP WITH TWO CUPS OF SUGAR, TWO CUPS OF WATER, TWO CARDAMOM PODS, AND ONE-HALF TEASPOON OF SAFFRON.
6. AFTER THOROUGHLY MIXING, BOIL FOR FIVE MINUTES, OR UNTIL THE SUGAR SYRUP BECOMES STICKY. MAKE SURE TO ATTAIN A CONSISTANCY THAT IS NOT STRINGY.
7. AFTER TURNING OFF THE HEAT, STIR IN 1 TSP EACH OF LEMON JUICE AND ROSE WATER. TO KEEP THE SUGAR SYRUP FROM CRYSTALLIZING, LEMON JUICE IS ADDED
8. PLACE A LID ON AND SET THE SUGAR SYRUP ASIDE
9. ONCE THE DOUGH HAS RESTED FOR 10 MINUTES, BEGIN PREPARING THE MINIATURE JAMUNS THAT RESEMBLE BALLS
10. ENSURE THAT THE JAMUN IS FREE OF FRACTURES. THE LIKELIHOOD OF THE JAMUNS BREAKING DURING FRYING INCREASES IF THERE ARE CRACKS
11. DEEP FRY IN MEDIUM HOT OIL OR GHEE
12. STIR CONSISTANTLY AND FRY ON A LOW HEAT UNTIL THE JAMUNS TURN GOLDEN BROWN IN COLOR
13. AFTER FRYING, DRAIN THE JAMUNS AND TRANSFER THEM INTO THE SYRUP. COVER AND REST FOR 2 HOURS OR UNTIL THE JAMUNS HAVE DOUBLED IN SIZE AND ABSORB THE SUGAR SYRUP

PREP TIME: 10 MINS

COOK TIME: 30 MINS

TOTAL TIME: 40 MINS

COUNTRY: INDIA

RECIPE PROVIDED BY HEBBARSKITCHEN.COM



GUATEMALAN RICE

THIS DELICIOUS RICE DISH IS COMMONLY EATEN WITH CORN TORTILLAS, BLACK BEANS, AND SALSA IN GUATEMALA AND GOES WELL WITH PRACTICALLY ANY MEAL.

INGREDIENTS

1 ½ TABLESPOONS VEGETABLE OIL
1 CUP LONG-GRAIN RICE
1 TABLESPOON MINCED ONION
1 TABLESPOON MINCED TOMATO
2 CUPS WATER
2 TABLESPOONS CHOPPED CARROT
1 TABLESPOON CHOPPED CELERY
2 TEASPOONS CHICKEN BOUILLON GRANULES

INSTRUCTIONS

1. HEAT OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD RICE, ONION, AND TOMATO; COOK AND STIR UNTIL RICE TURNS LIGHT GOLDEN BROWN, 3 TO 4 MINUTES.
2. STIR WATER, CARROT, CELERY, AND CHICKEN BOUILLON INTO THE SKILLET. SIMMER UNTIL MOST OF THE WATER IS ABSORBED, ABOUT 8 MINUTES. COVER AND SIMMER UNTIL RICE IS TENDER, 5 TO 8 MINUTES MORE.

PREP TIME: 10 MINS

COOK TIME: 15 MINS

TOTAL TIME: 25 MINS

COUNTRY: GUATEMALA

RECIPE AND PHOTO PROVIDED BY ALLRECIPES.COM

JOLLOF RICE

LONG-GRAIN RICE, TOMATOES, CHILES, ONIONS, SPICES, AND OCCASIONALLY ADDITIONAL VEGGIES OR MEAT ARE COMBINED TO MAKE JOLLOF RICE, WHICH IS NORMALLY PREPARED IN A SINGLE POT.



INGREDIENTS

5 MEDIUM SIZED ROMA TOMATOES, ROUGHLY CHOPPED
1 RED BELL PEPPER, ROUGHLY CHOPPED
1 MEDIUM SIZED ONION, ROUGHLY CHOPPED, SET ASIDE
2 SCOTCH BONNET PEPPERS (HABANERO PEPPERS AS THEY ARE SOMETIMES CALLED)
1/4 CUP OF GROUNDNUT OIL
3 TBSP TOMATO PASTE
2 CUPS OF PARBOILED RICE
2 1/2 CUPS OF CHICKEN STOCK
1 TSP SALT TO TASTE
1/2 TSP CURRY POWDER
1/2 TSP THYME
1 TSP ALL PURPOSE SEASONING
1 KNORR STOCK CUBE
3 BAY LEAVES
WATER, AS NEEDED

INSTRUCTIONS

1. BLEND YOUR TOMATOES, RED PEPPER, SCOTCH BONNET PEPPERS IN A FOOD PROCESSOR OR BLENDER FOR ABOUT 45 SECONDS, MAKE SURE THAT EVERYTHING IS BLENDED WELL.
2. IN A MEDIUM SIZED POT, HEAT YOUR OIL ON MEDIUM-HIGH HEAT. ONCE THE OIL IS HEATED ADD THE ONIONS YOU SET ASIDE AND FRY JUST UNTIL THEY TURN GOLDEN BROWN. ONCE THE ONIONS, HAVE TURNED BROWN IN COLOR ADD THE TOMATO PASTE AND FRY FOR 2-3 MINUTES. THEN ADD THE BLENDED TOMATO MIXTURE (RESERVE ABOUT 1/4 CUP AND SET ASIDE) AND FRY THE MIXTURE WITH THE ONIONS AND TOMATO PASTE FOR ABOUT 30 MINUTES. MAKE SURE YOU STIR CONSISTENTLY SO THAT THE TOMATO MIXTURE DOES NOT BURN.
3. AFTER 30 MINUTES, TURN THE HEAT DOWN TO MEDIUM, AND ADD THE CHICKEN STOCK. MIX AND ADD YOUR SEASONINGS (SALT, CURRY POWDER, THYME, ALL PURPOSE SEASONING, AND THE KNORR STOCK CUBE). CONTINUE TO BOIL FOR 10 MINUTES.
4. ADD THE PARBOILED RICE TO THE POT. MIX IT VERY WELL WITH THE TOMATO STEW. AT THIS POINT IF YOU NEED TO ADD WATER SO THAT THE RICE IS LEVEL WITH THE TOMATO MIXTURE/CHICKEN STOCK GO AHEAD AND DO SO. ADD THE BAY LEAVES, COVER THE POT, AND COOK ON MEDIUM TO LOW HEAT FOR 15-30 MINUTES.
5. WHEN THE LIQUID HAS ALMOST DRIED UP ADD THE REMAINING TOMATO STEW, COVER, AND LET IT COOK FOR ANOTHER 5-10 MINUTES HEAT UNTIL THE LIQUID HAS COMPLETELY DRIED UP. TURN OFF THE HEAT, MIX THOROUGHLY, AND YOUR JOLLOF RICE IS READY TO BE EATEN!

PREP TIME: N/A

COOK TIME: 1 HOUR 30 MINS

TOTAL TIME: N/A

COUNTRY: NIGERIA

RECIPE PROVIDED BY EVSEATS.COM



MANGO POMELO SAGO

MANGO POMELO SAGO PUDDING IS A LIGHT SWEET DESSERT WITH A COCONUT BASE THAT IS REFRESHING, FRUITY, AND CHEWY BECAUSE IT CONTAINS LITTLE TAPIOCA OR SAGO PEARLS. IT TASTES GREAT WHEN COLD AND HAS A STRONG MANGO FLAVOR.

INGREDIENTS

1/2 C SMALL TAPIOCA PEARLS
3 C WATER
2 TABLESPOON GRANULATED SUGAR + ADDITIONAL TO TASTE
1/2 CAN (200ML) COCONUT MILK, DIVIDED CANNED
2 LARGE FRESH MANGOES PEELED AND DICED INTO SMALL CHUNKS, RESERVE SOME FOR GARNISH
1 C WHOLE MILK OR EVAPORATED MILK
1 C ICE
A FEW POMELO SEGMENTS

INSTRUCTIONS

1. IN A SMALL SAUCEPAN, ADD 3 C OF WATER AND THE SMALL TAPIOCA PEARLS. BRING TO A BOIL OVER HIGH HEAT, AND THEN TURN OFF THE HEAT.
2. COVER WITH A LID AND LET IT SIT FOR 10-15 MINUTES, UNTIL PEARLS ARE TRANSPARENT (OR ALMOST TRANSPARENT), STIRRING INTERMITTENTLY.
3. ONCE THE TAPIOCA PEARLS ARE TRANSLUCENT, DRAIN THE TAPIOCA PEARLS IN A COLANDER AND RINSE UNDER COLD RUNNING WATER.
4. DRAIN AND TRANSFER THE TAPIOCA PEARLS TO A BOWL AND STIR IN 2 TABLESPOON OF SUGAR ALONG WITH 100ML OF COCONUT MILK.
5. ADD ABOUT 3/4 OF THE DICED MANGOES TO A BLENDER, ALONG WITH REMAINING 100ML COCONUT MILK, MILK, ICE AND BLEND UNTIL SMOOTH. TASTE TO SEE IF IT'S SWEET ENOUGH TO YOUR LIKING. IF NOT, ADD SUGAR TO TASTE AND BLEND AGAIN.
6. ADD THE PUREED MANGO COCONUT MILK MIXTURE INTO YOUR SERVING VESSEL.
7. LAYER WITH THE COOKED TAPIOCA PEARLS, DICED MANGO, POMELO SEGMENTS, AND TOP WITH ADDITIONAL COCONUT MILK IF YOU WISH. REPEAT WITH THE REMAINING.
8. SERVE CHILLED.

PREP TIME: 20 MINS

COOK TIME: 5 MINS

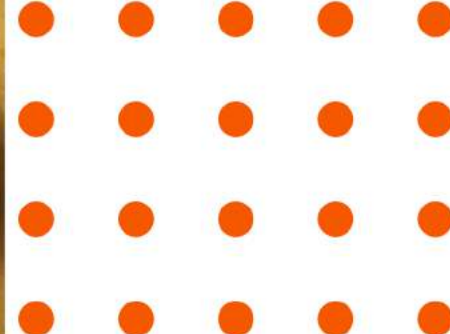
TOTAL TIME: 25 MINS

COUNTRY: CHINA

RECIPE PROVIDED BY SIFTANDSIMMER.COM

HALEEM

BANGLADESH IS HOME TO THE FAMED SPICY LENTIL SOUP KNOWN AS HALEEM. IT IS FREQUENTLY SERVED WITH GREEN CHILIES, FRIED ONIONS, GINGER, LEMON WEDGES, AND CORIANDER LEAVES



INGREDIENTS

½ CUP WHEAT
¼ CUP RED LENTIL (MASOOR DAL)
¼ CUP MUNG DAL
¼ URAD DAL
¼ YELLOW SPLIT PEA (CHANA DAL)
1 TABLESPOON CHOPPED GINGER
3-4 RED CHILI
3 TABLESPOON CHAAT MASALA
½ CUP BERESTA
2 TABLESPOON OIL
1 TABLESPOON CHOPPED GARLIC

FOR MEAT

2.5 LB BEEF WITH BONE
1 TABLESPOON GINGER PASTE
½ CUP ONION, SLICED
1 TEASPOON TURMERIC
2 TEASPOON CHILI POWDER
2 TEASPOON CUMIN POWDER
2 TEASPOON CORIANDER POWDER
2 BAYLEAVES
3-4 CINNAMON STICKS, ABOUT 1 INCH EACH
3-4 CARDAMOM
2 TEASPOON SALT, OR PER TASTE
½ CUP OIL

INSTRUCTIONS

1. SOAK WHEAT AND ALL THE PULSES IN WATER FOR 5-6 HOURS OR OVER NIGHT.
2. IN A HEAVY-BOTTOMED PAN ADD INGREDIENTS TO COOK MEAT. COVER THE PAN AND COOK IN MEDIUM HEAT TILL THE WATER FROM THE BEEF ALMOST DRIES UP. STIRRING OCCASIONALLY. SET ASIDE ONCE THE BEEF IS COOKED.
3. DRAIN WATER FROM THE WHEAT AND LENTIL MIX. ADD 6 CUPS OF WATER, THE CHOPPED GINGER, AND THE RED CHILLIES TO THE MIX.
4. COOK THE WHEAT AND LENTIL MIX FOR 2-3 HOURS IN MEDIUM HEAT STIRRING TIME TO TIME. ADD MORE WATER IF NEEDED.
5. COOK, STIRRING OCCASIONALLY, UNTIL WHEAT IS TENDER AND THE MIX IS STICKY AND BLENDED.
6. USING AN IMMERSION BLENDER, BLEND THE MIX INTO PURÉE CONSISTENCY.
7. ADD COOKED MEAT, CHAAT MASALA AND BERESTA AND COOK FOR ANOTHER 45 MINUTES, STIRRING OFTEN.
8. HEAT 2 TABLESPOON OIL AND FRY THE CHOPPED GARLIC UNTIL FRAGRANT.
9. ADD THE OIL AND GARLIC MIX TO THE HALEEM.
10. SERVE HALEEM GARNISHED WITH JULIENNED GINGER, CHOPPED CILANTRO AND LEMON WEDGES.

FOR GARNISH

1 TABLESPOON JULIENNED GINGER
2 TABLESPOON BERESTA
2 TABLESPOON CILANTRO, CHOPPED

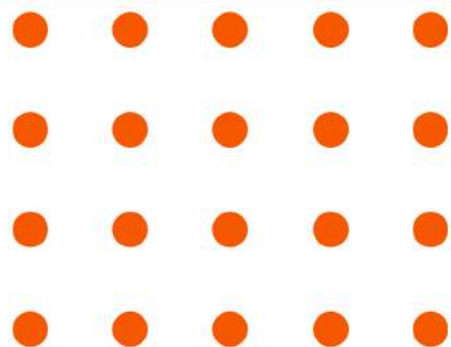
PREP TIME: 6 HOURS

COOK TIME: 5 HOURS

TOTAL TIME: 11 HOURS

COUNTRY: BANGLADESH

RECIPE PROVIDED BY WITHASPIN.COM



OKOY

ONE OF THE MOST POPULAR STREET MEALS IN THE PHILIPPINES, OKOY IS OFTEN EATEN AS A SNACK OR APPETIZER. THIS IS ONE FILIPINO DISH YOU'LL WANT TO EAT AGAIN AND AGAIN, ESPECIALLY WHEN DIPPED IN A DELICIOUS SAUCE OF VINEGAR AND GARLIC.

INGREDIENTS

¼ CUP FLOUR
1 CUP CORNSTARCH
1 CUP WATER
¼ TEASPOON GROUND BLACK PEPPER
1-2 TEASPOONS SALT - ADJUST TO YOUR PREFERENCE
1 TEASPOON ANNATTO/ACHUETE POWDER (CAN BE MORE OR LESS)
1 CUPS SMALL SHRIMPS + SOME FOR TOPPINGS
2 CUPS GRATED SWEET POTATOES
OIL - FOR FRYING
SPICED VINEGAR - FOR DIPPING

INSTRUCTIONS

1. IN A BOWL, COMBINE FLOUR, CORNSTARCH, SALT AND GROUND PEPPER. ADD THE WATER AND WHISK TOGETHER UNTIL WELL-BLENDED AND SMOOTH. STIR IN ANNATTO/ACHUETE POWDER TO THE MIXTURE AND MIX WELL UNTIL COLOUR IS EVENLY DISTRIBUTED.
2. ADD 1 CUP SHRIMP AND GRATED SWEET POTATO TO THE MIXTURE AND LIGHTLY STIR TO DISTRIBUTE.
3. HEAT OIL IN A SKILLET OR FRYING PAN OVER MEDIUM-HIGH HEAT.
4. FILL A SMALL SAUCER EVENLY WITH ABOUT 2-3 TABLESPOONS OF THE MIXTURE AND ADD 2-3 MORE SHRIMPS ON TOP. GENTLY TILT THE SAUCER TO SLIDE THE MIXTURE INTO THE HOT OIL AND COOK FOR ABOUT 3 TO 4 MINUTES ON EACH SIDE OR UNTIL THEY TURN GOLDEN BROWN.
5. TRANSFER THE DEEP-FRIED UKOY IN A PLATE LINED WITH PAPER TOWEL TO ABSORB THE EXCESS OIL.
6. SERVE WHILE STILL HOT WITH SPICED VINEGAR.
7. CHOPPED CILANTRO AND LEMON WEDGES.

PREP TIME: 10 MINS

COOK TIME: 15 MINS

TOTAL TIME: 25 MINS

COUNTRY: PHILIPPINES

RECIPE PROVIDED BY FOXYFOLKSY.COM

CA KHO TO

FISH SERVED WITH A CARAMELIZED SAUCE IS THE MAIN INGREDIENT IN THIS DISH. THE TERM "TÔ" IN "CÁ KHO TÔ" SIGNIFIES THE TRADITIONAL CLAY POT USED TO CREATE THIS DISH; HOWEVER, IT CAN ALSO BE PREPARED IN A NON-STICK PAN.

INGREDIENTS

1LB CATFISH FILETS BONE AND SKIN
SALT TO CLEAN THE FISH
2 TBSP OIL
5 CLOVES GARLIC MINCED
1/2 YELLOW ONION SLICED

FOR SEASONING & COOKING LIQUID

1 TSP SALT
1.5 TBSP FISH SAUCE
ABOUT 1/2 TEASPOON THICK SOY SAUCE
1/2 C WATER
1/2 C COCONUT JUICE OR REPLACE WATER & COCONUT JUICE WITH 1 CUP COCONUT SODA
1 CHILE SLICED (TO TASTE, OPTIONAL)
FRESHLY GROUND BLACK PEPPER OR ADD AS A FINAL TOPPING WHEN SERVING

FOR GARNISH

1 GREEN ONIONS ROUGHLY CHOPPED
BLACK PEPPER FRESHLY GROUND
1 RED CHILE SLICED

INSTRUCTIONS

1. GENEROUSLY SALT FISH AND RINSE UNDER WATER TO CLEAN IT. SET ASIDE TO DRY.
2. ADD OIL TO A PAN AND SAUTE GARLIC OVER MEDIUM HEAT UNTIL LIGHTLY BROWNED.
3. LAYER ONION ON TOP, THEN THE FISH, EVENLY SPACED.
4. ADD THE SEASONING & COOKING LIQUID (& OPTIONAL CHILES) AND TURN THE HEAT TO HIGH UNTIL BOILING. TASTE THE SAUCE AND ADJUST THE SEASONING.
5. BRING IT TO A SIMMER FOR ~20 MINUTES. ADJUST SEASONING IF NEEDED.
6. GENTLY FLIP THE FILETS OF FISH OVER AND SIMMER FOR A FINAL ~10 MINUTES WITH THE LID PARTIALLY COVERED.
7. STAND THERE TO WATCH IT THE FINAL ~10 MINUTES TO PREVENT IT FROM BURNING! DURING THIS TIME YOU CAN CONTINUALLY SPOON THE SAUCE OVER THE FISH.
8. ADD GREEN ONION DURING LAST 2 MINUTES TO WILT & TOP WITH SLICED CHILES, AND SOME FRESHLY GROUND BLACK PEPPER.



PREP TIME: 10 MINS

COOK TIME: 30 MINS

TOTAL TIME: 40 MINS

COUNTRY: VIET NAM

RECIPE PROVIDED BY HUNGRYHUY.COM



PEANUT SOUP

GROUNDNUTS, INCLUDING TIGER NUTS, AND PEANUTS, HAVE LONG BEEN MAINSTAYS IN AFRICAN CUISINE, APPEARING IN A WIDE VARIETY OF REGIONAL DISHES. IN ADDITION TO BEING EATEN AS SNACKS, PEANUTS ARE FREQUENTLY USED AS AN INGREDIENT IN BREAKFAST FOODS SUCH AS STEWS, SOUPS, AND PORRIDGES BECAUSE THEY PROVIDE FLAVOR.

INGREDIENTS

2 TBSP OLIVE OIL
1 MEDIUM ONION, CHOPPED (1 CUP)
1 TBSP GINGER, MINCED
1 JALAPEÑO, SEEDS AND RIBS REMOVED, DICED
4 GARLIC CLOVES, MINCED (1 TBSP)
1/2 TSP PEPPER
2 TSP CUMIN
2 TBSP TOMATO PASTE
1 (14OZ) CAN CRUSHED TOMATOES
4 CUPS CHICKEN STOCK
1 SWEET POTATO, PEELLED AND DICED
1 (14 OZ) CAN CHICKPEAS, DRAINED
1 CUP CREAMY NATURAL PEANUT BUTTER
4 CUPS KALE, ROUGHLY CHOPPED
1.5 LBS SKINLESS, BONELESS CHICKEN BREAST, COOKED, SHREDDED
1 TSP SALT (TO TASTE)
PEANUTS, CRUSHED
CILANTRO, CHOPPED (OPTIONAL) FOR GARNISH

INSTRUCTIONS

1. IN A LARGE POT HEAT OLIVE OIL OVER MEDIUM HEAT. ADD ONIONS AND SAUTÉ UNTIL SOFTENED, ABOUT 3-4 MINUTES.
2. ADD IN GINGER, JALAPENO AND GARLIC AND STIR UNTIL FRAGRANT ABOUT 1 MIN. ADD THE PEPPER, CUMIN AND TOMATO PASTE AND COOK FOR ANOTHER 2 MINUTES, STIRRING, UNTIL PASTE DARKENS.
3. ADD THE CRUSHED TOMATOES, STOCK, SWEET POTATOES, CHICKPEAS AND PEANUT BUTTER. BRING TO A BOIL AND STIR UNTIL FULLY COMBINED. TURN THE HEAT DOWN TO LOW AND SIMMER FOR 15 MINUTES, UNTIL SWEET POTATOES ARE TENDER.
4. ADD IN KALE AND SHREDDED CHICKEN AND COOK FOR ANOTHER 5 MINUTES. TASTE THE SOUP BEFORE ADDING SALT. DEPENDING ON HOW SALTY YOUR STOCK AND/OR PEANUT BUTTER WAS, IT MAY NOT NEED ANYMORE SALT. IF YOU USE LOW SODIUM STOCK AND SALT-FREE PEANUT BUTTER, IT WILL NEED A FULL TEASPOON SALT, MAYBE MORE. ADJUST TO YOUR OWN LIKING.
5. SERVE WARM TOPPED WITH CILANTRO AND CRUSHED PEANUTS.

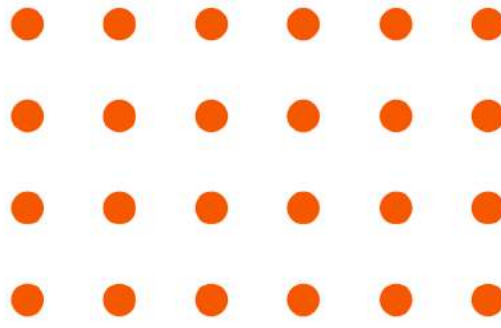
PREP TIME: 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 45 MINS

COUNTRY: GHANA

RECIPE PROVIDED BY THEMODERNPROPER.COM



SEL ROTI

SEL ROTI IS A SPECIAL DEEP-FRIED NEPALI DOUGHNUT THAT HAS A LESS SWEET FLAVOR THAN OTHER DOUGHNUTS. AS THE LOCALS CREATE THIS DELICIOUS DISH DURING FESTIVALS, IT IS A PART OF MANY CELEBRATIONS IN NEPAL.

INGREDIENTS

- 1/2 CUP RICE
- 2 TABLESPOONS SUGAR
- 2 TABLESPOONS GHEE
- 1 TABLESPOON RICE FLOUR
- 1/4 TEASPOON CARDAMOM POWDER (ELAICHI)
- 2 TABLESPOONS WATER , + WATER FOR SOAKING RICE
- OIL, REQUIRED FOR DEEP FRYING

INSTRUCTIONS

1. TO BEGIN MAKING THE SEL ROTI RECIPE, WASH AND SOAK THE RICE OVERNIGHT.
2. NEXT DAY, DRAIN THE EXCESS WATER FROM THE RICE. TAKE DRAINED RICE IN A MIXER JAR AND BLEND TO A FINE PASTE.
3. TAKE THE PASTE IN A BOWL AND ADD SUGAR, GHEE, RICE FLOUR AND CARDAMOM POWDER TO IT.
4. GRADUALLY ADD ABOUT 1-2 TABLESPOON WATER TO IT AND WHISK WELL TILL SUGAR DISSOLVES COMPLETELY. BATTER SHOULD BE OF A THICK CONSISTENCY.
5. HEAT OIL IN A WIDE PAN. USING A LADLE, POUR THE BATTER IN A CIRCLE SHAPE INTO THE HOT OIL.
6. REDUCE THE FLAME TO MEDIUM AND LET IT COOK ON ONE SIDE. FLIP IT TO THE OTHER SIDE USING A TONG. FRY TILL IT GETS LIGHT GOLDEN BROWN FROM BOTH SIDES.
7. REMOVE AND DRAIN ON AN ABSORBENT PAPER. STORE THEM IN AN AIR TIGHT CONTAINER ONCE THEY COOL DOWN COMPLETELY.

PREP TIME: 15 MINS

COOK TIME: 25 MINS

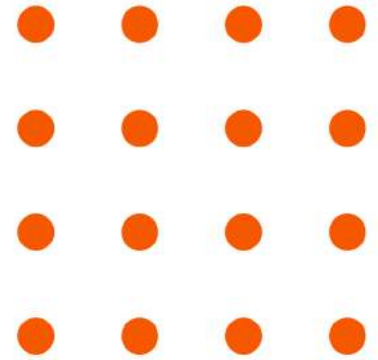
TOTAL TIME: 40 MINS

COUNTRY: NEPAL

RECIPE PROVIDED BY ARCHANASKITCHEN.COM

APPA / HOPPERS

HOPPERS CAN BE SERVED AS A SAVORY OR SWEET MEAL. A COMMON ITEM ON ANY SRI LANKAN MORNING MENU IS EGG HOPPERS. SIMILAR TO A PANCAKE, THIS DISH IS MADE BY FRYING A LADLE OF RICE FLOUR AND COCONUT MILK BATTER IN A SMALL SKILLET FOR A FEW MINUTES BEFORE GARNISHING IT WITH SUGAR, SALT, ONIONS, AND OPTIONAL CHILIES.



INGREDIENTS

- 4 TSP (20 ML) OIL FOR FRYING, DIVIDED
- 8 LARGE EGGS
- SALT AND PEPPER, TO TASTE
- 2 TBSP (30 ML) CILANTRO, FINELY CHOPPED (OPTIONAL FOR GARNISH)

FOR HOPPER BATTER

- 1/4 TSP (1.25 ML) QUICK-RISING YEAST
- 1 CUP (250 ML) WARM WATER
- 1/2 CUP (125 ML) RICE FLOUR
- 1 CUP (250 ML) COCONUT MILK
- 1 TBSP (15 ML) SUGAR
- 1/4 TSP (1.25 ML) SALT
- 1 EGG

INSTRUCTIONS

1. IN A LARGE BOWL, MIX YEAST WITH WARM WATER AND SET ASIDE FOR 10 MINUTES TO ALLOW YEAST TO ACTIVATE.
2. ADD RICE FLOUR AND WHISK UNTIL SMOOTH. SET ASIDE IN WARM PLACE FOR 2 HOURS.
3. WHISK IN COCONUT MILK, SUGAR AND SALT. SET ASIDE FOR ANOTHER 2 HOURS.
4. WHISK IN 1 EGG TO FINISH HOPPER BATTER. THIN OUT BATTER WITH A TABLESPOON OF WATER IF MIXTURE HAS BECOME VERY THICK. CONSISTENCY SHOULD BE THINNER THAN PANCAKE BATTER.
5. HEAT A SMALL NON-STICK KADAI OR WOK WITH 1/2 TSP OF OIL ON MEDIUM-HIGH HEAT. ADD 1/4 CUP OF HOPPER BATTER IN CENTRE OF KADAI AND SWIRL AROUND SO BATTER SPREADS EVENLY, THINNING AT THE EDGES. COVER WITH LID AND COOK ON MEDIUM HEAT FOR A MINUTE UNTIL THE CENTRE OF HOPPER IS PARTIALLY COOKED.
6. CRACK 1 EGG IN THE CENTRE OF HOPPER. ADD SALT AND PEPPER TO TASTE. COVER WITH LID AND COOK ON MEDIUM-LOW HEAT FOR A FEW MINUTES, OR UNTIL EGG YOLK IS COOKED TO DESIRED DONENESS. GARNISH WITH CILANTRO (OPTIONAL). CONTINUE WITH REMAINING BATTER AND EGGS.

PREP TIME: 4 HRS 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 4HRS 45 MINS

COUNTRY: SRI LANKA

RECIPE PROVIDED BY EGGS.CA



NYAMA CHOMA

NYAMA CHOMA, WHICH TRANSLATES TO "GRILLED MEAT" IN SWAHILI, IS REGARDED AS KENYA'S UNOFFICIAL NATIONAL DISH. GOAT MEAT IS PREFERRED, BUT THEY ALSO LIKE BEEF, CHICKEN, AND FISH. IT IS TYPICALLY EATEN WITH RICE, CHAPATI, AND KACHUMBARI AFTER BEING SEASONED WITH SALT AND SLOWLY ROASTED OVER HOT EMBERS UNTIL SOFT.



INGREDIENTS

2 POUNDS MEAT PREFERABLY GOAT OR BEEF
1/2 CUP WATER
4 CLOVES GARLIC MINCED
1 TABLESPOON GRATED GINGER
1/2 TABLESPOON PAPRIKA
1 TEASPOON CURRY POWDER
1 TEASPOON ROSEMARY LEAVES MINCED
1 TEASPOON BOUILLON POWDER OR 1 TABLESPOON SOY SAUCE
1/4 TEASPOON CAYENNE PEPPER OR ADD TO TASTE – OPTIONAL
1/4 CUP VEGETABLE OIL
1/4 CUP LEMON JUICE FRESHLY SQUEEZED
SALT AND PEPPER TO TASTE

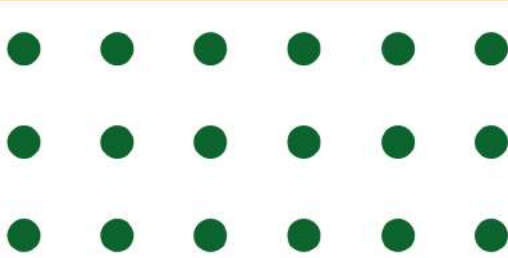
INSTRUCTIONS

1. IN A LARGE MIXING BOWL, COMBINE THE WATER, MINCED GARLIC, GRATED GINGER, PAPRIKA, CURRY POWDER, ROSEMARY, BOUILLON POWDER, CAYENNE PEPPER, LEMON JUICE, VEGETABLE OIL, SALT AND PEPPER TO TASTE. WHISK THOROUGHLY TO CREATE A WELL-BLENDED MARINADE.
2. PLACE THE MEAT IN THE BOWL OF MARINADE ENSURING THAT ALL PIECES OF MEAT ARE WELL COATED.
3. COVER THE MEAT WITH PLASTIC WRAP AND REFRIGERATE FOR AT LEAST 2 HOURS, IDEALLY OVERNIGHT, TO ALLOW THE FLAVORS TO PENETRATE AND TENDERIZE THE MEAT.
4. PREHEAT YOUR GRILL TO MEDIUM-HIGH HEAT. IF USING COALS, ENSURE THEY ARE EVENLY DISTRIBUTED AND FULLY HEATED BEFORE COOKING.
5. PLACE THE MEAT ON THE GRILL, POSITIONING THEM OVER DIRECT HEAT. GRILL THE MEAT FOR 20-25 MINUTES FOR GOAT OR BEEF OCCASIONALLY TO ENSURE EVEN COOKING. BASTE THE MEAT WITH ANY REMAINING MARINADE DURING THE GRILLING PROCESS TO KEEP IT MOIST AND FLAVORFUL.
6. CHECK THE MEAT FOR DONENESS BY CUTTING INTO A PIECE – IT SHOULD BE SLIGHTLY PINK IN THE CENTER FOR GOAT AND BEEF, OR FULLY COOKED THROUGH FOR CHICKEN AND PORK. ADJUST THE GRILLING TIME AS NEEDED.
7. REMOVE THE MEAT FROM THE GRILL AND ALLOW IT TO REST FOR A FEW MINUTES BEFORE SERVING.
8. SERVE YOUR DELICIOUS NYAMA CHOMA WITH YOUR CHOICE OF ACCOMPANIMENTS, SUCH AS UGALI, SUKUMA WIKI, CHAPATI, AND KACHUMBARI.

PREP TIME: 10 MINS COOK TIME: 20 MINS MARINATING TIME: 2 HOURS TOTAL TIME: 2 HRS 30 MINS

COUNTRY: KENYA

RECIPE PROVIDED BY CHEFLOLASKITCHEN.COM



BASBOUSA

THE DELICIOUS DESSERT DELICACY KNOWN AS BASBOUSA IS ORIGINALLY FROM EGYPT. BECAUSE OF ITS SEMOLINA BATTER, THE CAKE IS SOMETIMES CALLED SEMOLINA CAKE. IT IS TYPICALLY SERVED IN A DIAMOND OR SQUARE SHAPE. THIS TENDER CAKE IS SWEET, STICKY, AND FLAVORFUL WITH CITRUS, AND IT TASTES GREAT BOTH WARM OR COLD.

INGREDIENTS

DRY INGREDIENTS

1 2/3 CUP SEMOLINA (OR FARINA FOR FINER TEXTURE)
1/2 CUP SUGAR
1/2 CUP UNSWEETENED COCONUT SHREDDED
1 1/2 TSP BAKING POWDER

WET INGREDIENTS

1/2 CUP GHEE MELTED
1/2 CUP PLAIN YOGURT
1 TBSP HONEY
2 TSP TAHINI

SYRUP

1 CUP SUGAR
1 CUP WATER
1 TSP LEMON JUICE
2 TBSP HONEY
1/2 TSP ORANGE WATER
1 TSP GRATED ORANGE ZEST

GARNISH

16 BLANCHED ALMONDS

INSTRUCTIONS

1. HEAT OVEN TO 350F. IN A DEEP BOWL, COMBINE DRY INGREDIENTS AND MIX WELL.
2. MELT THE GHEE AND TRANSFER TO A SMALL BOWL. MIX WITH THE YOGURT, HONEY AND TAHINI TO INCORPORATE.
3. ADD THE WET MIXTURE TO THE DRY INGREDIENTS AND MIX AGAIN TO COMBINE THOROUGHLY.
4. SPREAD THE BASBOUSA MIXTURE EVENLY IN A GREASED (SEE NOTE 4) ROUND 10" BAKING PAN (SEE NOTE 5).
5. OPTIONAL: CUT A DESIGN AS PICTURED (SEE NOTE 6) OR CUT INTO DIAGONAL DIAMOND SHAPES.
6. DISTRIBUTE NUTS AS PICTURED ON TOP OF THE BASBOUSA BATTER OR A DESIGN OF CHOICE.
7. BAKE FOR 20 MINUTES ON THE MIDDLE SHELF, TOP WILL BE A GOLDEN BROWN.
8. IN A SMALL SAUCEPAN OVER MEDIUM HEAT, BRING THE SYRUP INGREDIENTS TO A BOIL. REDUCE HEAT AND SIMMER FOR 10 MINUTES.
9. REMOVE BASBOUSA FROM OVEN AND POUR THE SYRUP EVENLY OVER THE TOP AND ALLOW TO SOAK AND REST FOR AN HOUR BEFORE SERVING.

PREP TIME: 15 MINS COOK TIME: 20 MINS TOTAL TIME: 35 MINS

COUNTRY: EGYPT

RECIPE PROVIDED BY SILKROADRECIPES.COM

KACHUMBARI

KACHUMBARI IS A RAW SALAD MADE WITH FINELY CHOPPED ONIONS AND TOMATOES. IT IS CUSTOMARY NOT ONLY IN RWANDA BUT ALSO IN THE NEIGHBORING COUNTRIES OF THE GREAT LAKES. CUCUMBER IS A TYPICAL COMPONENT TO KACHUMBARI, AND IT IS THOUGHT THAT THE WORD KACHUMBARI ORIGINATED FROM THE WORD CUCUMBER.

INGREDIENTS

5 TOMATOES, CHOPPED OR THINLY SLICED
2 SMALL ONIONS, VERY THINLY SLICED
1 AVOCADO CUT INTO SMALL CUBES (OPTIONAL)
1 RED CHILI, CUT LENGTH-WISE INTO 5 STRIPS
HANDFUL FRESH CORIANDER, FINELY CHOPPED
JUICE OF 1 LEMON
3 TABLESPOONS OLIVE OIL
SALT AND FRESHLY GROUND PEPPER TO TASTE
CAYENNE PEPPER TO DECORATE

INSTRUCTIONS

LAYER THE TOMATOES, SLICED ONIONS, CHILI AND CORIANDER IN A LARGE SERVING BOWL. MIX THE LEMON JUICE AND OLIVE OIL TOGETHER AND TOSS THIS MIXTURE THROUGH THE SALAD. SEASON WITH SALT AND PEPPER. SPRINKLE SOME CAYENNE PEPPER OVER THE TOP AND SERVE.



PREP TIME: 10 MINS

COOK TIME: N/A

TOTAL TIME: 10 MINS

COUNTRY: RWANDA

RECIPE PROVIDED BY TOGETHERWOMENRISE.ORG



SINDHI BIRYANI

SINDHI BIRYANI, A DELECTABLE DELICACY ORIGINALLY MADE FOR ROYALS AND HAILING FROM THE SOUTHEAST PROVINCE OF SINDH, IS TODAY ENJOYED ON SPECIAL OCCASIONS SUCH AS EID AL-FITR AND WEDDINGS. IT'S THE PAKKI VARIETY, WHICH CALLS FOR PRE-COOKING THE INGREDIENTS BEFORE STACKING THEM IN A POT, SEALING IT, AND COOKING IT GENTLY OVER AN OPEN FLAME.

INGREDIENTS

1 - 1 ½KG MUTTON
5CUPS BASMATI RICE (SOAKED IN WATER FOR ATLEAST 1/2 AN HOUR)
½KG POTATO (CUT INTO LARGE CHUNKS)
1 ½CUPS OIL
3MEDIUM ONIONS (SLICED)
2TEASPOONS GARLIC PASTE (LEHSAN)
2TEASPOONS GINGER (ADRAK)
½KG TOMATOES (CHOPPED)
10 -15PRUNES (AALOObUKHARAY)
2TEASPOONS SALT
4TEASPOONS RED CHILI POWDER
10CLOVES (LAUNG)
8GREEN CARDAMOMS (CHHOTI ILAICHI)
10PIECES BLACK PEPPER (KALI MIRCH)
2TEASPOONS CUMIN SEEDS (ZEERA)
2CINNAMON STICKS (DALCHINI)
4BLACK CARDAMOM PODS (BARI ILAICHI)
2BAY LEAVES (TEZ PATTI)
250G YOGURT
6GREEN CHILLIES
2TABLESPOONS CORIANDER LEAVES (DHANIYA)
2TABLESPOONS MINT LEAVES (PODINA)
3TEASPOONS SALT
3BAY LEAVES
3CINNAMON STICKS
2BLACK CARDAMOM PODS
2PINCHES ORANGE FOOD COLORING
1TABLESPOON MINT LEAF (CHOPPED)

INSTRUCTIONS

1. SLICE THE ONION AND FRY IT IN OIL UNTIL IT IS LIGHT BROWN. TAKE OUT 1/4 OF IT AND KEEP ASIDE.
2. ADD GARLIC (LEHSAN), GINGER (ADRAK), TOMATOES, PRUNES (AALOObUKHARAY), SALT, RED CHILI POWDER, CLOVES, CARDAMOMS, BLACK PEPPER, (KALI MIRCH), CUMIN SEEDS (ZEERA), CINNAMON, BLACK CARDAMOM PODS AND BAY LEAVES TO THE REMAINING FRIED ONIONS.
3. FRY THIS UNTIL THE TOMATOES ARE TENDER AND THE WATER IS DRY.
4. THEN ADD MEAT, YOGURT AND WATER (IF DESIRED) AND COOK ON MEDIUM HEAT UNTIL THE MEAT IS TENDER AND THE WATER HAS EVAPORATED.
5. ON OTHER SIDE BOIL THE POTATOES UNTIL THEY'RE HALF COOKED.
6. NOW, ADD GREEN CHILLIES, MINT, CORIANDER LEAVES, AND THE HALF BOILED POTATOES TO THE MEAT. SIMMER FOR 2, 3 MINUTES. YOUR MEAT CURRY IS DONE.
7. BOIL THE RICE WITH SALT, BAY LEAVES, CINNAMON STICKS AND BLACK CARDAMOM AND DRAIN THE WATER OFF WHEN THE RICE IS HALF DONE.
8. LAYER THE CURRY WITH THE RICE IN A POT IN ONE ON ONE LAYERS. SPRINKLE THE FOOD COLOR, FRIED ONIONS, AND CHOPPED MINT LEAVES ON TOP OF THE LAST LAYER.
9. CLOSE THE LID TIGHTLY MAKING SURE NO STEAM PASSES OUT OF THE POT AND COOK ON LOW HEAT UNTIL THE RICE IS DONE.
10. GENTLY MIX IT BEFORE SERVING.
11. SERVE WITH RAITA.

PREP TIME: N/A

COOK TIME: N/A

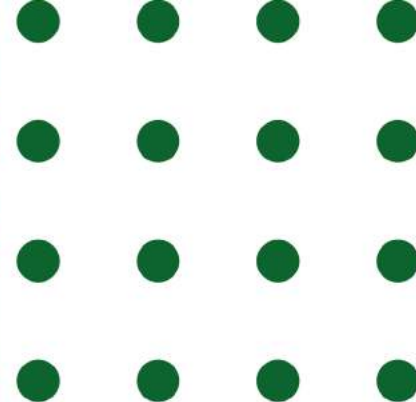
TOTAL TIME: 1 HOUR 30 MINS

COUNTRY: PAKISTAN

RECIPE PROVIDED BY FOOD.COM

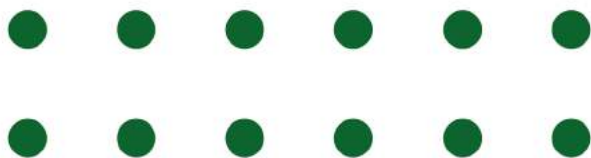
LECHONA

A COMMON MEAL IN COLOMBIA IS LECHONA, SOMETIMES REFERRED TO AS LECHÓN ASADO. THIS DISH, WHICH CONSISTS OF A ROASTED PIG FILLED WITH YELLOW PEAS, GREEN ONIONS, YELLOW RICE, AND SPICES AND IS COMMONLY BAKED FOR MANY HOURS IN AN OUTSIDE BRICK OVEN



INGREDIENTS

2 POUNDS PORK FAT BACK SKINS
¾ CUP PORK FAT OR LARD
4 SCALLIONS CHOPPED
4 GARLIC CLOVES FINELY CHOPPED
1 TEASPOON GROUND CUMIN
1 TEASPOON SAZON WITH AZAFRAN OR COLOR
¾ CUP PEAS YELLOW OR GREEN
1 ¾ CUPS COOKED WHITE RICE
SALT AND PEPPER
2 POUNDS POUND PORK MEAT CUT INTO SMALL PIECES



INSTRUCTIONS

1. IN A MEDIUM SAUCE PAN MELT THE PORK FAT OR LARD. ADD THE SCALLIONS AND GARLIC. COOK FOR ABOUT 3 MINUTES.
2. IN A LARGE BOWL MIX THE PORK MEAT, COOKED RICE, GROUND CUMIN, SAZON, PEAS, SALT AND PEPPER.
3. ADD THE PORK FAT AND ONION MIXTURE TO THE BOWL. COVER AND PLACE IN THE REFRIGERATOR FOR 1 HOUR.
4. RINSE THE PORK FAT SKIN UNDER COLD WATER AND PAT DRY. LAY THE PORK FAT SKIN ON A BAKING SHEET OR BAKING PAN LINED WITH FOIL, TOP WITH RICE MIXTURE. START ROLLING THE PORK SKIN TO ENCLOSE THE RICE AND PORK MIXTURE COMPLETELY. TIE WITH KITCHEN STRING TO HOLD IT TOGETHER.
5. PREHEAT THE OVEN TO 475 F.
6. BAKE FOR ABOUT 40 MINUTES UNCOVERED TO ALLOW THE SKIN TO BROWN. COVER WITH FOIL AND COOK FOR ABOUT 45 MINUTES MORE.
7. REMOVE FROM THE OVEN AND TRANSFER IT TO A CUTTING BOARD. CARVE THE LECHONA AFTER IT HAS RESTED FOR AT LEAST 15 MINUTES. SERVE WITH AREPA, SALTED POTATOES AND LIME WEDGES ON THE SIDE.

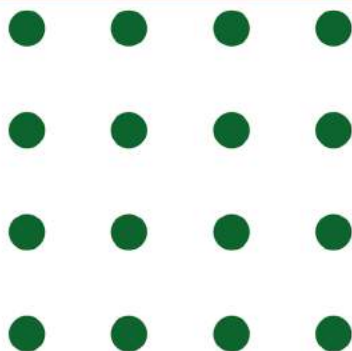
PREP TIME: N/A

COOK TIME: 1 HOUR 30 MINS

TOTAL TIME: N/A

COUNTRY: COLOMBIA

RECIPE PROVIDED BY MYCOLOMBIANRECIPES.COM



SALSA MACHA

OAXACA AND VERACRUZ, TWO MEXICAN STATES, ARE WHERE SALSA MACHA FIRST APPEARED. IT LOOKS A LOT LIKE CHILI CRISP, BUT THE FLAVOR IS VERY DIFFERENT. YOU CAN ADJUST THE LEVEL OF SPICE IN THIS SALSA BY ADJUSTING THE AMOUNT OF CHILES DE ÁRBOL.

INGREDIENTS

1 ANCHO CHILI PEPPER
1 GUAJILLO CHILI PEPPER
6 CHILI DE ÁRBOL PEPPERS
1 CUP VEGETABLE OIL
1 TABLESPOON SESAME SEEDS
4 GARLIC CLOVES, CHOPPED
1 TEASPOON APPLE CIDER VINEGAR
1/2 TEASPOON SALT, OR TO TASTE
1/2 TEASPOON MEXICAN OREGANO
1/4 CUP PEANUTS

INSTRUCTIONS

1. REMOVE THE STEMS AND SEEDS FROM THE CHILI PEPPERS. CHOP INTO 1/4-INCH PIECES. SET ASIDE.
2. HEAT OIL OVER MEDIUM HEAT UNTIL IT BEGINS TO SHIMMER. ADD SESAME SEEDS AND GARLIC. COOK, STIRRING CONSTANTLY, UNTIL SESAME SEEDS ARE BROWNEED AND GARLIC HAS CRISPED UP, ABOUT 5 MINUTES. REMOVE FROM HEAT. ADD CHILI PEPPERS AND STIR UNTIL COMBINED. LET SIT AT ROOM TEMPERATURE UNTIL COOL, ABOUT 10 MINUTES.
3. STIR IN VINEGAR, SALT, AND MEXICAN OREGANO. POUR MIXTURE INTO A FOOD PROCESSOR AND PULSE SEVERAL TIMES UNTIL THE SALSA IS COMBINED, MAKING SURE NOT TO OVER PROCESS. STIR IN PEANUTS.

PREP TIME: 10 MINS

COOK TIME: 5 MINS

TOTAL TIME: 15 MINS

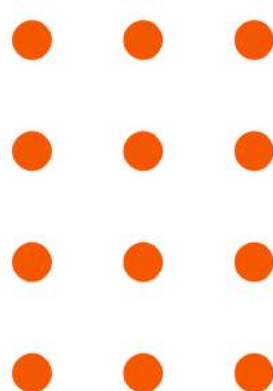
COUNTRY: MEXICO

RECIPE PROVIDED BY ALLRECIPES.COM



BRIGADEIRO

BRAZIL'S TAKE ON THE CHOCOLATE TRUFFLE IS CALLED BRIGADEIRO. CONDENSED MILK, BUTTER, AND COCOA POWDER ARE COMBINED TO MAKE THIS TRADITIONAL TREAT, WHICH IS THEN FORMED INTO BALLS AND DUSTED WITH CHOCOLATE SPRINKLES. THE CLASSIC BRIGADEIRO IS MADE OF MILK CHOCOLATE, ALTHOUGH THERE ARE ALSO VARIATIONS MADE OF WHITE CHOCOLATE. WHEN THERE IS A FULL STRAWBERRY IN THE MIDDLE, THEY ARE EVEN MORE DELICIOUS. THEY HAVE BEEN WELL-LIKED SINCE WORLD WAR II AND ARE NAMED FOR THE POLITICAL FIGURE OF THE 1940S, BRIGADIER EDUARDO GOMES.



INGREDIENTS

- 1 (14 OUNCE) CAN SWEETENED CONDENSED MILK
- 3 TABLESPOONS UNSWEETENED COCOA
- 1 TABLESPOON BUTTER

INSTRUCTIONS

1. COMBINE CONDENSED MILK, COCOA, AND BUTTER IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT. COOK AND STIR UNTIL THICKENED, ABOUT 10 MINUTES. REMOVE FROM HEAT AND LET REST UNTIL MIXTURE IS COOL ENOUGH TO HANDLE.
2. USE YOUR HANDS TO SHAPE INTO SMALL BALLS AND PLACE ON A SERVING PLATE. CAN BE EATEN AT ONCE OR CHILLED UNTIL SERVING.

PREP TIME: 15 MINS

COOK TIME: 10 MINS

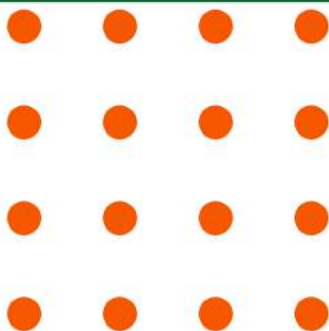
TOTAL TIME: 25 MINS

COUNTRY: BRAZIL

RECIPE PROVIDED BY ALLRECIPES.COM

PUMPKIN PUNCH

THIS RECIPE FOR THE IDEAL JAMAICAN PUMPKIN PUNCH WILL HAVE YOUR TASTE SENSES DANCING. AN EASY PUMPKIN PUNCH RECIPE USING BASIC INGREDIENTS CREATES A DISTINCTIVE DRINK BY COMBINING PUMPKIN, MILK, AND SPICES.



INGREDIENTS

- 648 G (1 3/7 LB) PUMPKIN DICED
- 131 ML (1/2 CUPS) DRAGON STOUT BEER 1 BOTTLE
- 457 ML (1 5/8 CUPS) SUPLIGEN ALTERNATIVE
- 438 ML (1 3/4 CUPS) CONDENSED MILK
- 2 TSP VANILLA EXTRACT
- 1 TSP NUTMEG
- 1 TSP CINNAMON
- 621 ML (2 1/2 CUPS) WATER

INSTRUCTIONS

1. WASH AND PEEL THE PUMPKIN, THEN DICE IT INTO 2 INCHES CUBES.
2. ADD THE PUMPKIN TO A POT WITH THE WATER AND PUT TO COOK UNTIL SOFT. LEAVE TO COOL.
3. ADD THE PUMPKIN, DRAGON STOUT BEER, SUPLIGEN (OR THE ALTERNATIVE), CONDENSED MILK, VANILLA EXTRACT, NUTMEG AND CINNAMON TO A BLENDER AND BLEND UNTIL SMOOTH.
4. SERVE OVER ICE.



PREP TIME: 5 MINS

COOK TIME: 25 MINS

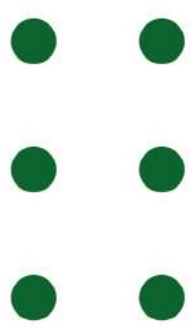
TOTAL TIME: 30 MINS

COUNTRY: JAMAICA

RECIPE PROVIDED BY JAMAICANFOODSANDRECIPES.COM

GHORMEH SABZI

HEARTWARMING GHORMEH SABZI IS A PERSIAN HERB STEW THAT IS STEWED IN A POT WITH CHUNKS OF SOFT BEEF OR LAMB AND RED KIDNEY BEANS. IT IS PACKED WITH FRESH HERBS, DRIED LIMES, AND SPINACH. IT MAKES SUCH A WARM AND COMFORTING BOWL OF FOOD AND IS IDEAL SERVED WITH FLUFFY BASMATI RICE OR TAHDIG!

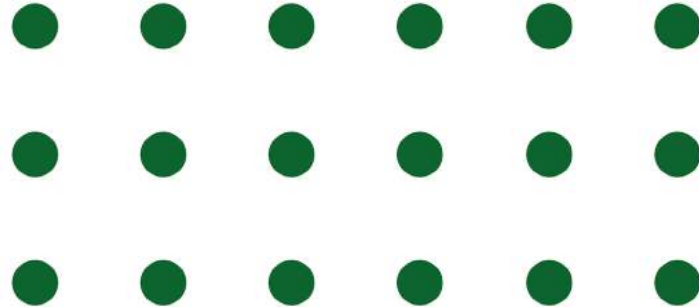


INGREDIENTS

1 LARGE YELLOW ONION, CHOPPED
6 TABLESPOONS OLIVE OIL
5 CLOVES GARLIC, MINCED
1 TEASPOON EACH: KOSHER SALT, GROUND TURMERIC AND BLACK PEPPER
1 ½ POUNDS BEEF STEW MEAT, IN 1½-INCH CUBES (SEE NOTES)
1 CHICKEN OR BEEF BOUILLON CUBE (OPTIONAL)
4 CUPS WATER
5 DRIED LIMES (LEMOO AMANI)
1 BUNCH CILANTRO, FINELY CHOPPED
1 ½ BUNCHES PARSLEY, FINELY CHOPPED
12 OUNCES FRESH BABY SPINACH, FINELY CHOPPED
2 BUNCHES GREEN ONIONS, FINELY CHOPPED
2 TABLESPOONS DRIED FENUGREEK
1 (15 OUNCE) CAN RED KIDNEY BEANS (OR BLACK EYED PEAS)
1 TABLESPOON FRESHLY SQUEEZED LEMON JUICE

INSTRUCTIONS

1. TO A 6-QUART DUTCH OVEN OR LARGER, ADD 3 TABLESPOONS OF OLIVE OIL OVER MEDIUM HEAT. WHEN HOT, ADD THE ONIONS AND SAUTE THEM FOR 5 MINUTES. THEN ADD THE MINCED GARLIC, GROUND TURMERIC, AND BLACK PEPPER. SAUTÉ FOR ANOTHER 30 SECONDS BEFORE ADDING IN THE STEW MEAT.
2. BROWN THE MEAT FOR 5-7 MINUTES OR UNTIL ALL OF THE MEAT IS SEARED ON ALL SIDES. SEASON WITH SALT, AND ADD THE BOUILLON CUBE AND 4 CUPS OF WATER. KICK THE HEAT UP TO HIGH, BRING TO A SIMMER, LOWER THE HEAT TO LOW, AND LET SIMMER FOR 1 HOUR, UNCOVERED.
3. POKE HOLES IN THE DRIED LIMES WITH A FORK OR A KNIFE AND ADD THEM TO THE MEAT MIXTURE, STIR THEM IN. COVER THE POT WITH A LID, LEAVING A SMALL SLIVER TO VENT, AND LET SIMMER FOR 1 HOUR.
4. WHEN 20 MINUTES REMAIN, HEAT A 4-QUART PAN OR LARGER OVER MEDIUM HEAT WITH 3 TABLESPOONS OF OIL. SAUTE THE HERBS, BABY SPINACH, AND GREEN ONIONS UNTIL MOST OF THE MOISTURE IS COOKED OFF, AND THE VEGGIES ARE VIBRANT GREEN, ABOUT 12-15 MINUTES. ADD THE DRIED FENUGREEK FOR THE LAST 2 MINUTES OF COOKING.
5. ADD THIS VEGGIE MIXTURE INTO THE MEAT MIXTURE ALONG WITH THE DRAINED KIDNEY BEANS, AND STIR TO COMBINE. IF THE STEW LOOKS A LITTLE DRY, ADD ½-1 CUP OF WATER, BRING TO A SIMMER, AND COOK FOR 1 HOUR, PARTIALLY COVERED.
6. REMOVE THE DRIED LEMONS AND SET ASIDE IF YOU'D LIKE TO SERVE THEM WITH THE STEW, OTHERWISE DISCARD THEM. CHECK IF THE MEAT IS TENDER AND GIVES EASILY WHEN PIERCED WITH A PARING KNIFE, WHICH AT THIS POINT, IT MOST LIKELY WILL. IF IT DOESN'T COVER AND LET COOK ANOTHER 30 MINUTES. IF THE MEAT IS TENDER, SIMMER AT MEDIUM-LOW UNCOVERED TO THICKEN THE STEW FOR THE LAST 15 MINUTES. THEN ADD THE LEMON JUICE. TASTE AND ADJUST WITH MORE SALT, PEPPER, AND LEMON AS DESIRED. SERVE WARM WITH BASMATI RICE OR TAHDIG AND SHIRAZI SALAD.



PREP TIME: 30 MINS

COOK TIME: 3 HOURS 10 MINS

TOTAL TIME: 3 HOURS 40 MINS

COUNTRY: ISLAMIC REPUBLIC OF IRAN

RECIPE PROVIDED BY LITTLESPICEJAR.COM



TOAD IN THE HOLE

SAUSAGE TOADS, ALSO KNOWN AS TOAD IN THE HOLE, ARE A CLASSIC ENGLISH MEAL MADE WITH SAUSAGES DIPPED IN YORKSHIRE PUDDING BATTER AND TYPICALLY SERVED WITH VEGGIES AND GRAVY. TRADITIONALLY, OTHER MEATS, LIKE RUMP STEAK AND LAMB'S KIDNEY, HAVE ALSO BEEN USED TO PRODUCE THIS DISH.



INGREDIENTS

1 ½ CUP (180G) ALL-PURPOSE FLOUR
½ TEASPOON KOSHER SALT
PINCH FRESHLY GROUND BLACK PEPPER
3 LARGE EGGS, BEATEN
1 ½ CUP (350ML) MILK
2 TABLESPOONS (28G) UNSALTED BUTTER, MELTED
1 TABLESPOON VEGETABLE OIL, PLUS MORE FOR GREASING THE PAN
1 POUND (454G) BANGERS (ENGLISH SAUSAGE MADE WITH PORK AND BREADCRUMBS), OR GOOD QUALITY PORK OR BEEF SAUSAGE LINKS

INSTRUCTIONS

1. IN A LARGE BOWL, WHISK TOGETHER THE FLOUR WITH THE SALT AND A PINCH OF PEPPER. MAKE A WELL IN THE CENTER OF THE FLOUR. POUR IN THE EGGS, MILK, AND MELTED BUTTER INTO THE WELL AND WHISK INTO THE FLOUR UNTIL SMOOTH. COVER AND LET STAND 30 MINUTES.
2. PREHEAT THE OVEN TO 425°F.
3. GENEROUSLY GREASE THE BOTTOM AND SIDES OF AN 8X12-INCH OR 9X9-INCH CERAMIC OR METAL CASSEROLE DISH WITH VEGETABLE OIL. (DO NOT USE A GLASS BAKING DISH.) PLACE A RACK IN THE BOTTOM THIRD OF THE OVEN. PUT THE EMPTY DISH ON THE RACK IN THE OVEN AS IT PREHEATS.
4. WHILE THE OVEN IS COMING TO TEMPERATURE, HEAT A TABLESPOON OF VEGETABLE OIL IN A SKILLET ON MEDIUM HIGH. ADD THE SAUSAGES AND BROWN THEM ON AT LEAST A COUPLE OF SIDES.
5. WHEN THE SAUSAGES HAVE BROWNEED, AND THE DISH IN THE OVEN IS HOT, PULL THE OVEN RACK OUT A BIT, PUT THE SAUSAGES IN THE CASSEROLE DISH, AND GENTLY POUR THE BATTER OVER THE SAUSAGES.
6. BAKE AT 425°F UNTIL THE BATTER IS RISEN AND GOLDEN (DON'T OPEN THE OVEN DOOR WHILE IT'S BAKING!), AND A TOOTHPICK OR KNIFE INSERTED IN THE MIDDLE OF THE BATTER COMES OUT CLEAN, 25 TO 35 MINUTES.

PREP TIME: 5 MINS

COOK TIME: 40 MINS

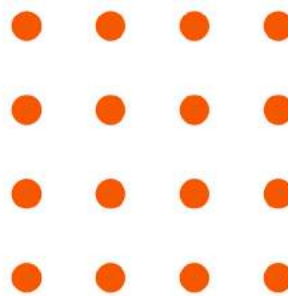
TOTAL TIME: 45 MINS

COUNTRY: UNITED KINGDOM

RECIPE PROVIDED BY SIMPLYRECIPES.COM

PHILLY CHEESESTEAK

PAT AND HARRY OLIVIERI, TWO BROTHERS WHO OPERATED A HOT DOG STAND CLOSE TO SOUTH PHILADELPHIA'S ITALIAN MARKET, ARE CREDITED WITH CREATING THE FIRST CHEESESTEAK. ACCORDING TO LEGEND, THE BROTHERS SOUGHT TO INTRODUCE SOME NOVEL SANDWICHES IN THE 1930S. GRILLED STEAK AND ONIONS SERVED ON A TOASTED BREAD WAS THEIR LATEST OFFERING.



INGREDIENTS

2 TBSP.
EXTRA-VIRGIN OLIVE OIL, DIVIDED
2 GREEN BELL PEPPERS, SEEDS AND RIBS REMOVED, THINLY SLICED
2 RED BELL PEPPERS, SEEDS AND RIBS REMOVED, THINLY SLICED
1 LARGE YELLOW ONION, SLICED
KOSHER SALT
1 1/2 LB.
SIRLOIN STEAK, THINLY SLICED
FRESHLY GROUND BLACK PEPPER
8 SLICES PROVOLONE
4 HOAGIE ROLLS

INSTRUCTIONS

1. IN A LARGE SKILLET OVER MEDIUM HEAT, HEAT 1 TABLESPOON OIL. ADD BELL PEPPERS AND ONION; SEASON WITH SALT. COOK, STIRRING OFTEN, UNTIL CARAMELIZED, 12 TO 15 MINUTES. TRANSFER BELL PEPPERS AND ONION TO A PLATE.
2. IN SAME SKILLET OVER MEDIUM-HIGH HEAT, HEAT REMAINING 1 TABLESPOON OIL. COOK STEAK, TURNING OCCASIONALLY, UNTIL DESIRED DEGREE OF DONENESS, ABOUT 5 MINUTES; SEASON WITH SALT AND PEPPER.
3. RETURN VEGGIES TO SKILLET AND TOSS TO COMBINE WITH STEAK. TOP WITH PROVOLONE. COVER AND COOK UNTIL CHEESE IS MELTED, ABOUT 3 MINUTES MORE.
4. USING A SERRATED KNIFE, CUT INTO LONG SIDE OF EACH ROLL, BEING SURE NOT TO CUT ALL THE WAY THROUGH. DIVIDE CHEESESTEAK MIXTURE AMONG ROLLS.

PREP TIME: 20 MINS

COOK TIME: 25 MINS

TOTAL TIME: 45 MINS

COUNTRY: UNITED STATES OF AMERICA

RECIPE PROVIDED BY DELISH.COM



GERMAN POTATO DUMPLING

KARTOFFEL KLOESSE, OR POTATO DUMPLINGS, ARE A DELICIOUS SIDE DISH FOR ANY GERMAN MEAL.

INGREDIENTS

3 POUNDS MEDIUM POTATOES (ABOUT 10),
PEELED AND QUARTERED
1 CUP ALL-PURPOSE FLOUR
3 LARGE EGGS, LIGHTLY BEATEN
2/3 CUP DRY BREAD CRUMBS
1 TEASPOON SALT
1/2 TEASPOON GROUND NUTMEG
12 CUPS WATER

FOR BROWNED BUTTER SAUCE:

1/2 CUP BUTTER, CUBED
1 TABLESPOON CHOPPED ONION
1/4 CUP DRY BREAD CRUMBS, TOASTED

INSTRUCTIONS

1. PLACE POTATOES IN A DUTCH OVEN; ADD WATER TO COVER. BRING TO A BOIL. REDUCE HEAT; COOK, UNCOVERED, 15-20 MINUTES OR UNTIL TENDER. DRAIN; TRANSFER TO A LARGE BOWL.
2. MASH POTATOES. STIR IN FLOUR, EGGS, BREAD CRUMBS, SALT AND NUTMEG. SHAPE INTO SIXTEEN (2-IN.) BALLS.
3. IN A DUTCH OVEN, BRING 12 CUPS WATER TO A BOIL. CAREFULLY ADD DUMPLINGS. REDUCE HEAT; SIMMER, UNCOVERED, 7-9 MINUTES OR UNTIL A TOOTHPICK INSERTED IN CENTER OF DUMPLINGS COMES OUT CLEAN.
4. MEANWHILE, IN A SMALL HEAVY SAUCEPAN, HEAT BUTTER AND ONION OVER MEDIUM HEAT. HEAT 5-7 MINUTES OR UNTIL BUTTER IS GOLDEN BROWN, STIRRING CONSTANTLY. REMOVE FROM HEAT; STIR IN BREAD CRUMBS. SERVE WITH DUMPLINGS.

PREP TIME: 40 MINS

COOK TIME: 10 MINS

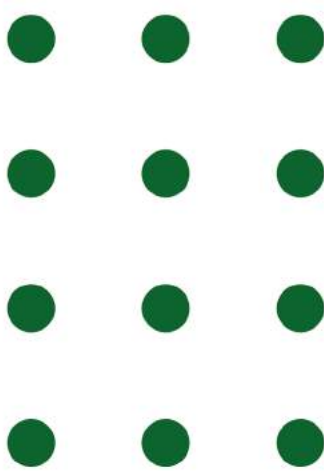
TOTAL TIME: 50 MINS

COUNTRY: GERMANY

RECIPE PROVIDED BY TASTEOFHOME.COM

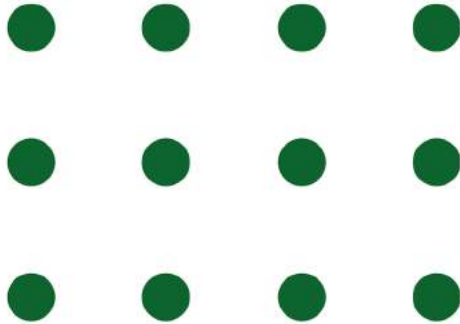
PAVLOVA

NAMED AFTER THE RUSSIAN DANCER ANNA PAVLOVA, THIS TREAT ORIGINATED IN AUSTRALIA IN THE EARLY 1900S. PAVLOVA IS A ROUND BLOCK OF BAKED MERINGUE THAT RESEMBLES A CAKE. ITS INTERIOR IS LIGHT AND FLUFFY, WHILE ITS EXTERIOR IS CRISPY.



INGREDIENTS

- 4 LARGE EGG WHITES
- 1 ¾ CUPS WHITE SUGAR
- 2 TEASPOONS CORNSTARCH
- 1 TEASPOON VANILLA EXTRACT
- 1 TEASPOON LEMON JUICE
- 1 PINT HEAVY CREAM
- 6 KIWI, PEELED AND SLICED



INSTRUCTIONS

1. PREHEAT THE OVEN TO 300 DEGREES F (150 DEGREES C).
2. LINE A BAKING SHEET WITH PARCHMENT PAPER; DRAW A 9-INCH CIRCLE ON THE PARCHMENT PAPER.
3. BEAT EGG WHITES IN A GLASS, METAL, OR CERAMIC BOWL UNTIL STIFF BUT NOT DRY. GRADUALLY ADD SUGAR, ABOUT 1 TABLESPOON AT A TIME, BEATING WELL AFTER EACH ADDITION. CONTINUE BEATING UNTIL MERINGUE IS THICK, WHITE, AND GLOSSY.
4. GENTLY FOLD IN CORNSTARCH, VANILLA EXTRACT, AND LEMON JUICE.
5. SPOON MIXTURE INSIDE THE CIRCLE DRAWN ON THE PARCHMENT PAPER. WORKING FROM THE CENTER, SPREAD MIXTURE TOWARD THE OUTSIDE EDGE AND BUILD THE EDGE SLIGHTLY. THIS SHOULD LEAVE A SLIGHT DEPRESSION IN THE CENTER.
6. BAKE IN THE PREHEATED OVEN UNTIL MERINGUE IS DRY AND SOUNDS HOLLOW WHEN TAPPED, ABOUT 1 HOUR. COOL ON A WIRE RACK.
7. BEAT HEAVY CREAM IN A MEDIUM BOWL UNTIL STIFF PEAKS FORM; SET ASIDE. REMOVE MERINGUE FROM THE PARCHMENT PAPER AND PLACE ON A FLAT SERVING PLATE.
8. FILL CENTER OF MERINGUE WITH WHIPPED CREAM AND TOP WITH KIWI SLICES
9. TOP WITH FRUIT AND ENJOY!

PREP TIME: 30 MINS

COOK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 30 MINS

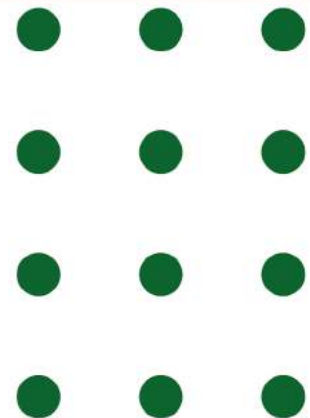
COUNTRY: AUSTRALIA

RECIPE PROVIDED BY ALLRECIPES.COM



PAWPAW SORBET

PAWPAWS, SOMETIMES KNOWN AS PAPAYA, HAVE A DELICATE SWEETNESS THAT MAY BE WORKED INTO SOME QUITE TASTY SWEETS, SUCH AS THIS DELICIOUS SORBET.



INGREDIENTS

- 1 PAWPAW/PAPAYA
- 2 TABLESPOONS HONEY
- ¼ CUP BERRY SYRUP
- 1 TEASPOON LEMON JUICE
- 4 TABLESPOONS WATER

INSTRUCTIONS

1. SLICE THE PAWPAW IN HALF, THEN REMOVE THE SEEDS AND FIBERS. KEEP ONE OR BOTH OF THE SKINS FOR SERVING PURPOSES.
2. ROUGHLY CHOP THE PAWPAW, PLACE THE PIECES IN A ZIP LOCK BAG, THEN FREEZE
3. IN A FOOD PROCESSOR OR BLENDER, BLEND THE PAWPAW PIECES, ADDING THE WATER A LITTLE AT A TIME. AS THE SORBET SMOOTHENS, ADD THE HONEY, LEMON JUICE, AND BERRY MAPLE SYRUP. YOU CAN ADJUST THE QUANTITIES TO GET THE LEVEL OF SWEETNESS AND TEXTURE YOU DESIRE.
4. SCOOP THE MIXTURE INTO A LOAF TIN, AND FREEZE FOR AT LEAST 4 HOURS OR OVERNIGHT.

PREP TIME: N/A

COOK TIME: N/A

CHILL TIME: 4 HOURS

TOTAL TIME: N/A

COUNTRY: ZIMBABWE

RECIPE PROVIDED BY DONTMISSMYPLATE.COM

SUJA

SUJA, OR HOT GRILLED BEEF STRIPS, ARE A VERY WELL-LIKED STREET SNACK IN CAMEROON!



INGREDIENTS

500 G THIN CUT STEAK
1 TBSP PAPRIKA
1 TBSP GARLIC POWDER
1 TBSP ONION POWDER
1 TSP CAYENNE OR CHILLI POWDER
1 STOCK CUBE
1 GOOD GRIND OF BLACK PEPPER
1 GOOD GRIND OF SALT
1 TBSP VEGETABLE OIL
50 G GROUND NUTS OF YOUR CHOICE

INSTRUCTIONS

1. MIX ALL THE DRY INGREDIENTS TOGETHER AND PLACE IN A ZIP LOCK BAG. GIVE IT A GOOD SHAKE TO MIX IT UP THEN POUR IN THE OIL.
2. SLICE THE STEAK INTO THIN STRIPS AND PIERCE THEM ONTO BAMBOO STICKS OR METAL KEBAB SKEWERS
3. INSERT THE SKEWERS INTO THE BAG AND GIVE EVERYTHING A GOOD SQUISH SO THE BEEF IS COVERED IN THE SPICES. LEAVE TO MARINATE FOR ABOUT 30 MINS TO 1 HOUR
4. HEAT YOUR GRILL AND ARRANGE THE BEEF SKEWERS ON THE GRILL PAN AND GRILL FOR ABOUT 10 MINS OR UNTIL YOU THINK IT LOOKS COOKED. THEY SHOULD BE A LITTLE CRISPY AROUND THE EDGE BUT STILL TENDER IN THE MIDDLE.

PREP TIME: N/A

COOK TIME: 10 MINS

MARINATION TIME: 30 MINS

TOTAL TIME: N/A

COUNTRY: CAMEROON

RECIPE PROVIDED BY COOKPAD.COM



CHORILLANA

THIS VALPARAISO HARBOR-INSPIRED DISH FEATURES FRENCH FRIES, FINELY CHOPPED ONION, BEEFSTEAK, AND, TO TOP IT ALL OFF, A FRIED EGG OR TWO.

INGREDIENTS

4 CUP FROZEN FRENCH FRIES
2 TABLESPOON VEGETABLE OIL
2 ONIONS, THINLY SLICED
1 POUND BEEF OR PORK, THINLY SLICED
AS REQUIRED SALT AND PEPPER TO TASTE
4 EGGS

INSTRUCTIONS

1. HEAT OIL IN A LARGE SKILLET AND FRY THE FRENCH FRIES UNTIL CRISPY AND GOLDEN BROWN.
2. IN A SEPARATE SKILLET, SAUTÉ THE ONIONS UNTIL CARAMELIZED. REMOVE FROM THE SKILLET AND SET ASIDE.
3. IN THE SAME SKILLET, COOK THE BEEF OR PORK UNTIL BROWNEED AND COOKED THROUGH. SEASON WITH SALT AND PEPPER.
4. IN A SEPARATE PAN, FRY THE EGGS TO YOUR DESIRED DONENESS.
5. TO ASSEMBLE, PLACE THE FRENCH FRIES ON A SERVING PLATTER. TOP WITH THE SAUTÉED ONIONS, BEEF OR PORK, AND FRIED EGGS.

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: CHILE

RECIPE PROVIDED BY SLURRP.COM

ENCOCADO DE PESCADO

DON'T MISS THIS CLASSIC FISH DISH WITH A DISTINCTIVE COCONUT SAUCE. THE MOST POPULAR FISH IN THE RECIPE IS COVINA, A HIGHLY SOUGHT-AFTER WILD FISH FOUND ACROSS SOUTH AMERICA. THIS MEAL IS MOST PROUDLY SERVED IN THE COASTAL PROVINCES, WHERE IT IS TYPICALLY SERVED WITH FRIED PLANTAINS AND WHITE RICE.



INGREDIENTS

2 ½ LBS HALIBUT OR ANY OTHER FRESH FISH CUT IN MEDIUM SIZE CHUNKS
¼ CUP LIME JUICE FROM ABOUT 2 LIMES
JUICE FROM 2 ORANGES
4 GARLIC CLOVES CRUSHED
1 TSP CUMIN POWDER
1 TSP PAPRIKA OR ACHIOTE POWDER
1 TSP GROUND CORIANDER SEEDS
2 TBS OIL
1 MEDIUM SIZED ONION DICED OR SLICED
2 BELL PEPPERS DICED OR SLICED
4 ROMA TOMATOES PEELED AND CHOPPED
14 OZ CAN OF COCONUT MILK
3 TBS CILANTRO FINELY CHOPPED
FRESH SHREDDED COCONUT - OPTIONAL
SALT TO TASTE

INSTRUCTIONS

1. MIX THE LIME JUICE, ORANGE JUICE, CRUSHED GARLIC, CUMIN, PAPRIKA, CORIANDER POWDER AND SALT IN A SMALL BOWL.
2. MARINATE THE FISH CHUNKS FOR AT LEAST AN HOUR IF POSSIBLE.
3. HEAT THE OIL TO PREPARE A REFrito OR BASE FOR THE SAUCE, ADD THE ONIONS, TOMATOES, BELL PEPPERS AND SALT, COOK FOR ABOUT 5 MINUTES ON MEDIUM HEAT.
4. ADD THE COCONUT MILK TO THE REFrito, MIX IT IN WELL AND COOK FOR ABOUT 10 MINUTES, IF YOU PREFER A THICKER SAUCE YOU CAN THICKEN THE SAUCE BY ADDING ½ TSP OF TAPIOCA STARCH OR CORN STARCH.
5. ADD THE FISH FILLETS, WITH THE MARINADE, COVER PARTIALLY AND LET SIMMER FOR ABOUT 15-20 MINUTES. THE EXACT TIME WILL VARY BASED ON THE THICKNESS OF THE FISH. YOU CAN ALSO REDUCE THE COOKING TIME BY INCREASING THE HEAT IF YOU WANT IT READY FASTER.
6. ADD SOME FRESHLY GRATED OR SHREDDED COCONUT (OPTIONAL AND IF YOU HAVE IT AVAILABLE).
7. SPRINKLE WITH CILANTRO AND SERVE WITH RICE AND FRIED RIPE PLANTAINS.

PREP TIME: 10 MINS COOK TIME: 30 MINS MARINATING TIME: 1 HOUR TOTAL TIME: 1 HOUR 40 MINS

COUNTRY: ECUADOR

RECIPE PROVIDED BY LAYLITA.COM



AZIFA

AZIFA IS AN ETHIOPIAN MEAL MADE WITH GREEN LENTILS, LIME JUICE, MILD SPICY PEPPERS, AND SPICES. IT IS EATEN COLD AS A LIGHT SNACK AND IS PARTICULARLY POPULAR DURING LENT, WHEN MEAT IS NOT PERMITTED.

INGREDIENTS

1 CUP LENTILS,
2 MEDIUM MILD GREEN CHILI PEPPERS, CHOPPED
2 MEDIUM TOMATOES, SEEDED, AND FINELY CHOPPED
1 MEDIUM RED ONIONS, CHOPPED
½ TSP BLACK PEPPER
½ TSP GINGER POWDER
1 TBSP. DIJON MUSTARD
2 MEDIUM LIMES, JUICED
2 TBSP OIL
SALT TO TASTE

INSTRUCTIONS

1. SIMMER LENTILS IN 2 ½ CUPS WATER FOR ABOUT 25 MINUTES, UNTIL TENDER BUT NOT MUSHY.
2. MIX IN CHOPPED CHILI PEPPERS, ONIONS, SPICES, LIME JUICE, AND OIL.
3. ADD SALT TO TASTE.
4. REFRIGERATE FOR A FEW HOURS TO ALLOW THE FLAVORS TO MARRY, AND SERVE COLD.

PREP TIME: N/A

COOK TIME: 25 MINS

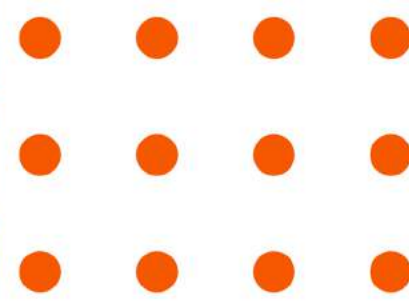
TOTAL TIME: N/A

COUNTRY: ETHIOPIA

RECIPE PROVIDED BY ADAMANTKITCHEN.COM

KNAFEH

THIS GORGEOUS, DELECTABLE DESSERT IS MADE WITH ONLY A FEW BASIC INGREDIENTS AND NEVER DISAPPOINTS. PERHAPS UNEXPECTEDLY, IT CONTAINS SHREDDED MOZZARELLA, PISTACHIOS, AND A SIMPLE SYRUP WITH A FLAVOUR OF LEMON. IT'S IDEAL FOR BIG EVENTS, BUT IT CAN ALSO ELEVATE AN ORDINARY SITUATION INTO SOMETHING UNFORGETTABLE.



INGREDIENTS

FOR SYRUP

4 CUPS (1 KG) REDPATH GRANULATED SUGAR
2 CUPS (500 ML) WATER
1 TSP (5 ML) LEMON JUICE

FOR KNAFEH

½ KG SHREDDED PHYLLO DOUGH
9 CUPS (1 KG) MOZZARELLA CHEESE, GRATED
1½ CUP (284 G) BUTTER, MELTED
ORANGE FOOD COLOURING, POWDERED OR LIQUID (OPTIONAL)
¾ CUP (100 G) CRUSHED PISTACHIOS

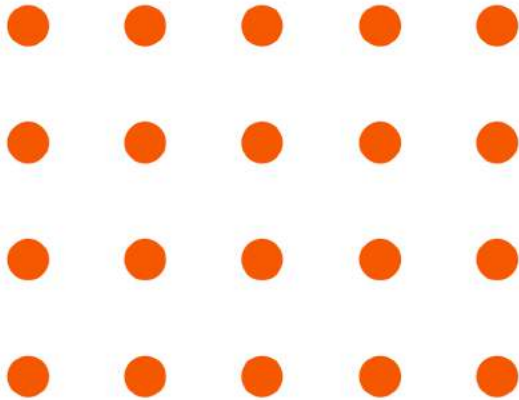
INSTRUCTIONS

FOR SYRUP

MIX THE SUGAR, WATER, AND LEMON JUICE TOGETHER IN A POT. PLACE OVER MEDIUM-HIGH HEAT AND BRING TO A BOIL, STIRRING OCCASIONALLY UNTIL THE SUGAR DISSOLVES. REMOVE FROM THE HEAT AND SET ASIDE TO COOL COMPLETELY.

FOR KNAFEH

1. PREHEAT OVEN TO 375°F (190°C).
2. MAKE SURE TO THAW THE SHREDDED PHYLLO DOUGH BEFORE USING. TRANSFER IT TO A LARGE BOWL, THEN USING YOUR HANDS, BEGIN PULLING THE STRANDS APART, BREAKING THEM INTO SMALLER AND SMALLER PIECES UNTIL THE DOUGH IS COMPLETELY SHREDDED.
3. POUR THE MELTED BUTTER AND FOOD COLOURING (IF USING) OVER THE SHREDDED PHYLLO AND MIX IN WITH YOUR HANDS UNTIL BUTTER AND FOOD COLOURING ARE EVENLY DISTRIBUTED. IT IS BEST TO USE A PAIR OF LATEX GLOVES SO YOUR HANDS DON'T GET COLOURING ON THEM.
4. SPREAD HALF THE DOUGH IN A LARGE ROUND CAKE PAN OR A 9X13 BAKING DISH. PRESS FIRMLY INTO THE PAN.
5. SPREAD THE CHEESE OVER TOP OF THE DOUGH, LEAVING AT LEAST AN INCH OF SPACE AROUND THE EDGES.
6. COVER THE CHEESE WITH THE REMAINING DOUGH, MAKING SURE TO COVER THE EDGES FIRST TO SEAL THE CHEESE AND PREVENT IT FROM LEAKING DURING BAKING. PRESS IN FIRMLY.
7. BAKE IN THE PREHEATED OVEN FOR 15 MINUTES. ONCE BAKED, REMOVE FROM THE OVEN AND CAREFULLY FLIP OVER ONTO A SERVING TRAY OR PLATE. GENTLY LIFT THE BAKING PAN AWAY FROM THE KNAFEH.
8. SPOON THE COOLED SIMPLE SYRUP OVER THE KNAFEH, THEN GENTLY POUR THE REMAINING SYRUP OVER TOP. ADJUST THE AMOUNT OF SIMPLE SYRUP YOU USE TO SUIT YOUR TASTES. DECORATE WITH CRUSHED PISTACHIOS AND SERVE WARM. KNAFEH IS BEST THE DAY IT'S MADE, BUT LEFTOVERS WILL KEEP WELL IN THE FRIDGE FOR UP TO 3 DAYS, JUST WARM THEM UP FOR 10 - 20 SECONDS IN THE MICROWAVE BEFORE SERVING.



PREP TIME: 20 MINS

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

COUNTRY: JORDAN

RECIPE PROVIDED BY REDPATHSUGAR.COM

UGALI

UGALI IS A STAPLE IN MANY AFRICAN NATIONS, BUT IT IS PARTICULARLY POPULAR IN TANZANIA. IT IS A SIDE DISH PREPARED WITH CORNMEAL, BANANAS, SEMOLINA, AND CASSAVA FLOUR. THE CONSISTENCY OF UGALI CAN VARY FROM DOUGHY TO PORRIDGE-LIKE. IN TANZANIA, UGALI IS TYPICALLY EATEN WITH A KIDNEY BEAN STEW. THIS DISH IS USUALLY PREPARED ON DECEMBER 9TH, WHICH IS TANZANIA'S INDEPENDENCE DAY.



INGREDIENTS

1 CUP MAIZE MEAL / CORN MEAL
2 CUPS NORMAL WATER

INSTRUCTIONS

1. HEAT WATER OVER MEDIUM HEAT IN A DEEP PAN. MAKE SURE YOU TAKE A PAN WITH A HANDLE.
2. SPRINKLE ABOUT 1 TBSP OF THE MAIZE MEAL WHILE THE WATER COMES TO A BOIL.
3. ADD THE MAIZE MEAL OR CORNMEAL AND KEEP ON STIRRING WITH A STRONG WOODEN SPOON.
4. KEEP STIRRING AND PRESSING THE MIXTURE AGAINST THE SIDES OF THE PAN TO BREAK UP THE LUMPS.
5. AS THE MIXTURE BECOMES THICKER, IT BECOMES MORE DIFFICULT TO MIX BUT KEEP MIXING AND BREAKING UP THE LUMPS.
6. THE MIXTURE WILL BEGIN TO COME AWAY FROM THE SIDES OF THE PAN.
7. ALLOW IT TO COOK FOR 2-3 MINUTES.
8. AT THIS POINT EITHER TRANSFER THE UGALI TO A PLATTER FROM THE PAN, PLACE THE PLATE OVER THE PAN AND TURN IT UPSIDE DOWN.
9. OR YOU CAN TRANSFER TO A SMALL HEATPROOF BOWL. PAT IT DOWN INTO SHAPE, PLACE A PLATE OVER THE BOWL AND TURN IT OVER.
10. ENJOY PIPING HOT UGALI WITH YOUR FAVOURITE STEW OR CURRY.

PREP TIME: N/A

COOK TIME: 10 MINS

TOTAL TIME: 10 MINS

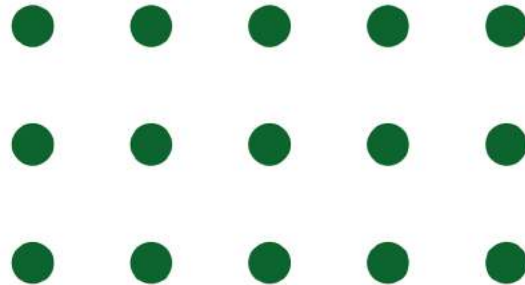
COUNTRY: UNITED REPUBLIC OF TANZANIA

RECIPE PROVIDED BY MAYURIS-JIKONI.COM



MANTU

BEAUTIFULLY SEASONED BEEF AND ONION WRAPPED IN A SOFT DOUGH, SERVED WITH A HERBY YOGHURT DIP AND TOPPED WITH A FLAVORFUL TOMATO SAUCE. AFGHAN MANTU ARE THE IDEAL MEAL FOR YOUR NEXT DINNER GATHERING!



INGREDIENTS

FOR MEAT

- 1 LB GROUND LAMB (CAN USE BEEF)
- 2 CUPS FINELY DICED ONIONS
- 1 SPICY GREEN CHILI
- 2 TSP SALT
- 1 TABLESPOON OF GROUND CORIANDER
- 1 TABLESPOON OF GROUND CUMIN
- 1 TEASPOON OF BLACK PEPPER

FOR DOUGH

- 3 CUPS ALL-PURPOSE FLOUR
- 2 TABLESPOONS VEGETABLE OIL
- 2 TEASPOONS OF SALT
- 1.25 CUPS OF WATER

FOR SUACE

- 1 TABLESPOON OF VEGETABLE OIL
- 1/4 CUP FINELY DICED ONION
- 18 OZ CAN TOMATO SAUCE
- 1 TABLESPOON WHITE VINEGAR
- 1 TSP GARLIC POWDER
- 1 TSP BLACK PEPPER
- SALT TO TASTE

INSTRUCTIONS

FOR DOUGH

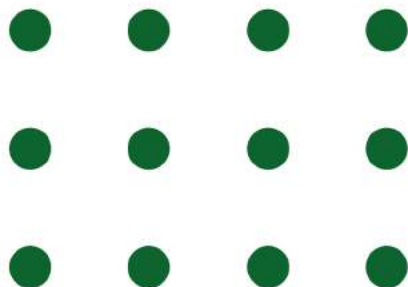
1. ADD FLOUR, SALT, AND OIL TO THE MIXER BOWL.
2. NEXT, START YOUR MIXER SLOWLY AND SLOWLY ADD WATER. DON'T RUSH IT. (ALTERNATIVELY, YOU CAN KNEAD BY HAND AND SLOWLY ADD WATER AS YOU GO)
3. AFTER THAT, YOU WILL HAVE TO START TRUSTING YOUR EYE. YOU HAVE TO LET THE WATER INCORPORATE WITH YOUR DRY INGREDIENTS. YOU CAN EVENTUALLY TURN THE MIXER ON HIGH.
4. AFTER A FEW MINUTES, YOU SHOULD NOTICE THE DOUGH COMING TOGETHER. IT WILL START TO LOOK LIKE A STRETCHY PIECE OF DOUGH AND WILL BEGIN TO GRAB YOUR DOUGH HOOK.
5. WANT TO KNEAD BY HAND FOR ABOUT 6-7 MINUTES—MIXER ABOUT 4.

FOR SUACE

6. ADD OIL TO PAN.
7. AFTER THE OIL IS HEATED, ADD ONION. SAUTEE ONION FOR ABOUT 2 MINUTES.
8. THEN, ADD TOMATO SAUCE AND SPICES. STIR AND SIMMER FOR AN ADDITIONAL 5 MINUTES.
9. FINALLY, ADD VINEGAR, COOK FOR 2 MINUTES, SET ASIDE.

FOR FILLING

10. MIX MEAT INGREDIENTS FROM ABOVE UNTIL THOROUGHLY COMBINED. THIS WILL TAKE SEVERAL MINUTES.
11. DIVIDE DOUGH INTO FOUR PIECES.
12. NEXT, ROLL OUT ONE PORTION OF DOUGH UNTIL IT IS ABOUT ALMOST SEE-THROUGH. IT SHOULD BE ROLLED INTO A RECTANGULAR SHAPE. IT SHOULD BE PRETTY THIN IF YOU DON'T MIND A THICKER OR CHEWIER DOUGH, GET IT TO WHERE YOU CAN BARELY SEE THE SURFACE UNDERNEATH.
13. AS AN ALTERNATIVE STEP TO ROLLING IT OUT ENTIRELY BY HAND AND WITH A ROLLER, YOU CAN USE A PASTA MACHINE ATTACHMENT.
14. NEXT, USE A KNIFE OR PIZZA CUTTER AND DIVIDE THE ROLLED-OUT DOUGH INTO EQUAL-SIZED SQUARES.
15. ONCE THAT IS DONE, PUT A SCOOP OF FILLING INTO THE CENTER OF ONE SQUARE. FOR THE FOLDING METHOD, TAKE OPPOSITE CORNERS AND PINCH THEM TOGETHER. (WATCHING THE VIDEO IS CRITICAL FOR THIS) THIS IS THE EASIEST WAY.
16. NEXT, GREASE STEAMER BASKET PLACE DUMPLINGS IN THE GREASED STEAMER BASKET. COVER STEAMER BASKET AND LET STEAM FOR APPROXIMATELY 30-35 MINUTES.
17. FINALLY, TO SERVE, PLACE THE DUMPLING ON A PLATTER TOP WITH THE REHEATED TOMATO SAUCE, OUR YOGURT SAUCE, AND GARNISH WITH CILANTRO.



PREP TIME: N/A

COOK TIME: 40 MINS

TOTAL TIME: N/A

COUNTRY: AFGHANISTAN

RECIPE PROVIDED BY AFGHANCOOKS.COM

YUCA CON MOJO

YUCA WITH MOJO, OFTEN KNOWN AS YUCA WITH SAUCE, IS A CUBAN SIDE DISH PREPARED BY MARINATING YUCA ROOT IN GARLIC, LIME, AND OLIVE OIL. OFTEN, ONIONS ARE ADDED TO THE MARINADE. IT'S A CLASSIC SIDE.



INGREDIENTS

- 1 1/2 POUNDS YUCA, PEELED AND CUT INTO 1-INCH CHUNKS
- 1 TO 2 LARGE RED ONIONS, THINLY SLICED
- 1/4 CUP FRESHLY SQUEEZED ORANGE JUICE (FROM ABOUT HALF AN ORANGE), PLUS ZEST FOR GARNISH
- 1/4 CUP FRESHLY SQUEEZED LIME JUICE (FROM 2 LIMES)
- 1 TABLESPOON COARSELY CHOPPED CILANTRO, PLUS LEAVES FOR GARNISH
- 6 CLOVES GARLIC, MINCED
- 1/4 CUP OLIVE OIL
- 1/2 TEASPOON DRIED OREGANO
- 1/4 TEASPOON GROUND CUMIN
- KOSHER SALT, TO TASTE
- FRESHLY GROUND BLACK PEPPER, TO TASTE

INSTRUCTIONS

1. BOIL 1 1/2 POUNDS YUCA, PEELED AND CUT INTO 1-INCH CHUNKS, IN SALTED WATER UNTIL TENDER, ABOUT 30 MINUTES.
2. DRAIN YUCA AND PLACE IT IN A SERVING DISH. SET ASIDE, BUT KEEP WARM BY COVERING BOWL. DON'T ALLOW IT TO COME BACK TO ROOM TEMPERATURE WHILE YOU MAKE GARLIC SAUCE
3. COMBINE 1 TO 2 LARGE RED ONIONS, THINLY SLICED, 1/4 CUP FRESHLY SQUEEZED ORANGE JUICE (FROM ABOUT HALF AN ORANGE), 1/4 CUP FRESHLY SQUEEZED LIME JUICE (FROM 2 LIMES), 1 TABLESPOON COARSELY CHOPPED CILANTRO, AND 6 CLOVES GARLIC, MINCED, IN A BOWL. POUR MIXTURE OVER YUCA.
4. HEAT 1/4 CUP OLIVE OIL, 1/2 TEASPOON DRIED OREGANO, 1/4 TEASPOON GROUND CUMIN, KOSHER SALT, AND FRESHLY GROUND BLACK PEPPER IN A HEAVY PAN UNTIL HOT, ABOUT 1 MINUTE, BEING CAREFUL NOT TO BURN SPICES. POUR HOT OIL OVER YUCA. GARNISH WITH ADDITIONAL CILANTRO LEAVES AND ORANGE ZEST, AS DESIRED.

PREP TIME: 5 MINS

COOK TIME: 30 MINS

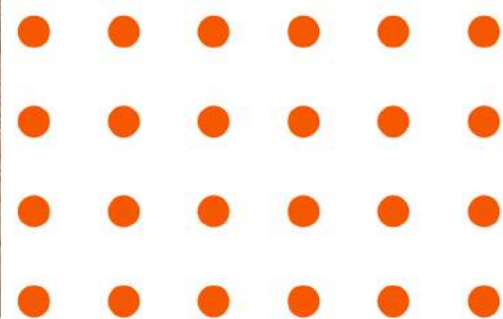
TOTAL TIME: 35 MINS

COUNTRY: CUBA

RECIPE PROVIDED BY THESPRUCEEATS.COM

SANCOCHO

YUCA WITH MOJO, OFTEN KNOWN AS YUCA WITH SAUCE, IS A CUBAN SIDE DISH PREPARED BY MARINATING YUCA ROOT IN GARLIC, LIME, AND OLIVE OIL. OFTEN, ONIONS ARE ADDED TO THE MARINADE. IT'S A CLASSIC SIDE.



INGREDIENTS

- 1 POUND BEEF FLANK, CHUCK, OR ROUND [0.45 KG] CUT INTO SMALL PIECES
- 1 POUND GOAT MEAT, [0.45 KG] CUT INTO SMALL PIECES
- 1 POUND PORK FOR STEWS, BELLY, OR CHUMP END [0.45 KG] CUT INTO SMALL PIECES
- JUICE OF 2 LIMES
- 1 TEASPOONS MINCED CILANTRO, OR PARSLEY
- ½ TEASPOONS OREGANO (DRY, GROUND), POWDERED
- 1½ TEASPOONS GARLIC, CRUSHED
- 1½ TEASPOONS SALT
- 4 TABLESPOON VEGETABLE OIL
- 1 POUND CHICKEN, [0.45 KG] CUT INTO SMALL PIECES
- 1 POUND PORK RIBS, [0.45 KG] CUT INTO SMALL PIECES
- 1 POUND BONES FROM A SMOKED HAM, [0.45 KG] CUT INTO SMALL PIECES
- 1 POUND PORK SAUSAGE, LONGANIZA [0.45 KG] CUT INTO SMALL PIECES
- 2 CORN COB, CUT INTO ½-INCH SLICES, OPTIONAL
- ½ POUND AUYAMA (KABOCHA SQUASH), (AUYAMA) CUT INTO 1-INCH PIECES [0.23 KG]
- 3 PLANTAIN (GREEN, UNRIPE), PEELED, 2 CUT INTO 1-INCH PIECES, ONE LEFT WHOLE
- ½ POUND ÑAME (YAM), CUT INTO 1-INCH PIECES [0.23 KG]
- ½ POUND YAUTIA (MALANGA), CUT INTO 1-INCH PIECES [0.23 KG]
- ½ POUND YUCA (CASSAVA), CUT INTO 1-INCH PIECES [0.23 KG]

INSTRUCTIONS

- 1.PLACE THE BEEF, PORK, AND GOAT MEAT IN A LARGE BOWL AND SEASON WITH LIME JUICE, CILANTRO (OR PARSLEY), OREGANO, GARLIC, AND A TEASPOON OF SALT.COAT MEAT WITH THE SEASONING. MARINATE FOR AT LEAST HALF AN HOUR, BETTER AN HOUR.
- 2.IN A LARGE POT HEAT THE OIL OVER HIGH HEAT, ADD THE SEASONED MEATS, AND STIR (BE CAREFUL WITH HOT OIL SPLATTERING).COOK STIRRING UNTIL BROWNED. ADD THE REMAINING MEATS (CHICKEN, PORK RIBS, HAM BONES, PORK SAUSAGE) AND CORN, AND COOK STIRRING FOR A COUPLE OF MINUTES.
- 3.LOWER HEAT TO MEDIUM AND POUR ½ GALLON [2.5 LT] OF WATER. SIMMER UNTIL IT BREAKS THE BOIL.
- 4.ONCE THE WATER BREAKS THE BOILS, ADD AUYAMA, CHOPPED PLANTAIN, AND ROOT VEGETABLES (ÑAME, YAUTÍA, YUCA). GRATE, OR SCRAPE WITH THE KNIFE THE REMAINING PLANTAIN TO MAKE IT INTO A PULP, AND ADD TO THE POT.
- 5.SIMMER COVERED OVER LOW HEAT UNTIL THE LAST INGREDIENTS YOU ADDED ARE COOKED THROUGH, IT SHOULD HAVE THICKENED A BIT TOO. IF IT DRIES TOO MUCH, ADD WATER AS NECESSARY, OR SIMMER UNCOVERED TO REDUCE IF IT IS NOT THICK ENOUGH FOR YOUR TASTE. SEASON WITH SALT TO TASTE.
- 6.REMOVE FROM THE HEAT AND SERVE

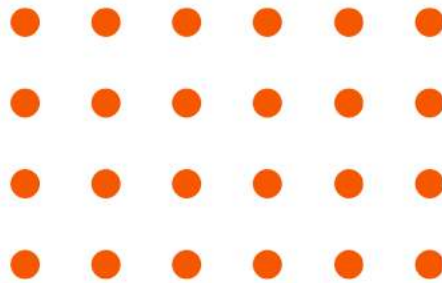
PREP TIME: 25 MINS

COOK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 25 MINS

COUNTRY: THE DOMINICAN REPUBLIC

RECIPE PROVIDED BY DOMINICANCOOKING.COM



CRÈME BRÛLÉE

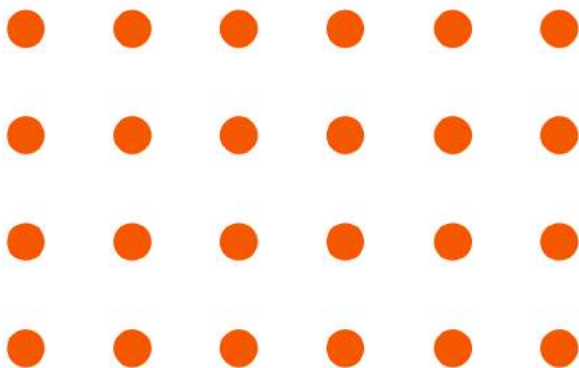
EVERY TASTE OF CRÈME BRÛLÉE IS AN EXERCISE IN CONTRASTS. THE SWEET VANILLA CUSTARD FLAVOUR CONTRASTED WITH THE ALMOST BITTER FLAVOUR OF THE BRULÉED TOPPING; THE CRUNCH OF THE CARAMELISED SUGAR AGAINST THE SMOOTH, CREAMY TEXTURE OF THE CUSTARD UNDERNEATH; THE GENTLE WATER BATH USED TO BAKE THE CUSTARD VERSUS THE DRAMATIC BLOWTORCH FLAME USED TO MELT THE SUGAR - IN THIS DISH, OPPOSITES DO ATTRACT.

INGREDIENTS

- 8 SHALLOW 4-OUNCE OVAL RAMEKINS
- 5 LARGE EGG YOLKS
- ¾ CUP (150G) GRANULATED SUGAR, DIVIDED
- 3 CUPS (720ML) HEAVY CREAM OR HEAVY WHIPPING CREAM*
- 1/2 TEASPOON ESPRESSO POWDER (OPTIONAL BUT RECOMMENDED)*
- 1/4 TEASPOON SALT
- 1 AND 1/2 TEASPOONS PURE VANILLA EXTRACT

INSTRUCTIONS

- 1.PREHEAT OVEN TO 325°F (163°C).
- 2.WHISK THE EGG YOLKS AND 1/2 CUP (100G) OF GRANULATED SUGAR TOGETHER. SET ASIDE. (AT THIS POINT OR BEFORE YOU TEMPER THE EGG YOLKS IN THE NEXT STEP, BRING A SMALL KETTLE OR POT OF WATER TO A BOIL. YOU'LL NEED HOT WATER TO POUR INTO THE BAKING SHEET FOR THE WATER BATH.)
- 3.HEAT THE HEAVY CREAM, ESPRESSO POWDER, AND SALT TOGETHER IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT. AS SOON AS IT BEGINS TO SIMMER, REMOVE FROM HEAT. STIR IN THE VANILLA EXTRACT. REMOVE ABOUT 1/2 CUP OF WARM HEAVY CREAM AND, IN A SLOW AND STEADY STREAM, WHISK INTO THE EGG YOLKS. KEEP THOSE EGG YOLKS MOVING SO THEY DON'T SCRAMBLE. IN A SLOW AND STEADY STREAM, POUR AND WHISK THE EGG YOLK MIXTURE INTO THE WARM HEAVY CREAM.
- 4.PLACE RAMEKINS IN A LARGE BAKING PAN. IF YOU DON'T HAVE 1 PAN LARGE ENOUGH, BAKE THEM IN A COUPLE PANS. DIVIDE CUSTARD BETWEEN EACH RAMEKIN, FILLING TO THE TOP. CAREFULLY FILL THE PAN WITH ABOUT A 1/2 INCH OF THE HOT WATER. THE BAKING PAN WILL BE HOT SO USE AN OVEN MITT TO CAREFULLY TRANSFER THE PAN TO THE OVEN.
- 5.BAKE UNTIL THE EDGES ARE SET AND CENTERS ARE A LITTLE JIGGLY. THE TIME DEPENDS ON THE DEPTH OF YOUR RAMEKINS. MY RAMEKINS ARE 1-INCH AND THE CUSTARD TAKES 35 MINUTES. BEGIN CHECKING THEM AT 30 MINUTES. FOR A MORE ACCURATE SIGN, THEY'RE DONE WHEN AN INSTANT READ THERMOMETER REGISTERS 170°F (77°C).
- 6.REMOVE PAN FROM THE OVEN AND, USING AN OVEN MITT, REMOVE THE RAMEKINS FROM THE PAN. PLACE ON A WIRE RACK TO COOL FOR AT LEAST 1 HOUR. PLACE IN THE REFRIGERATOR, LOOSELY COVERED, AND CHILL FOR AT LEAST 4 HOURS AND UP TO 2 DAYS BEFORE TOPPING.
- 7.USING THE REMAINING GRANULATED SUGAR, SPRINKLE A THIN LAYER ALL OVER THE SURFACE OF THE CHILLED CUSTARDS. CARAMELIZE THE SUGAR WITH A KITCHEN TORCH AND SERVE IMMEDIATELY OR STORE IN THE REFRIGERATOR FOR UP TO 1 HOUR BEFORE SERVING. (CARAMELIZED TOPPING IS BEST ENJOYED RIGHT AWAY.)



PREP TIME: 15 MINS

COOK TIME: 35 MINS

CHILL TIME: 4 HOURS

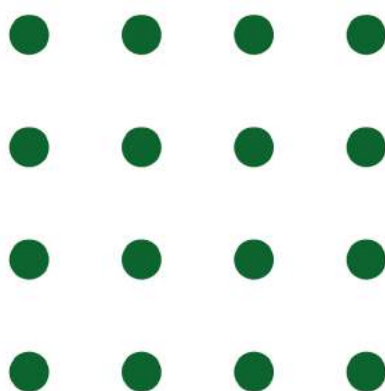
TOTAL TIME: 4 HOURS 50 MINS

COUNTRY: FRANCE

RECIPE PROVIDED BY SALLYSBAKINGADDICTION.COM



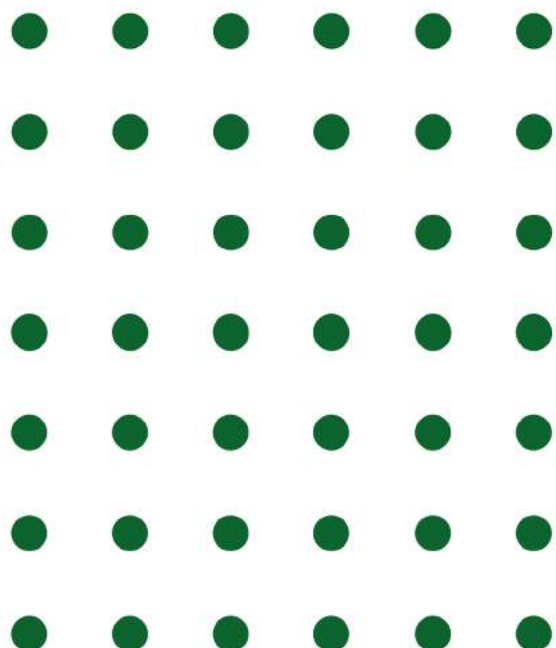
EGG TARTS



EGG TARTS ARE A CUSTARD-STYLE PASTRY THAT IS OFTEN REGARDED AS THE KING OF HONG KONG DESSERTS. THE SHORTCRUST PASTRY SHELL IS FILLED WITH AN EGG CUSTARD AND COOKED UNTIL FAINTLY CRISPY.

INGREDIENTS

- 2 CUPS ALL PURPOSE FLOUR (FLUFFED AND SPOONED INTO MEASURING CUP)
- 1/8 TEASPOON SALT
- 12 TABLESPOONS UNSALTED BUTTER (SLIGHTLY SOFTENED)
- 2 TABLESPOONS COLD WATER
- 1/2 CUP GRANULATED SUGAR
- 1 CUP HOT WATER
- 1/2 CUP EVAPORATED MILK (AT ROOM TEMPERATURE)
- 3 LARGE EGGS (AT ROOM TEMPERATURE)
- 1 TEASPOON VANILLA EXTRACT



INSTRUCTIONS

1. IN A BOWL, COMBINE THE FLOUR AND SALT. THE BUTTER SHOULD BE JUST SOFT ENOUGH THAT IT GIVES WHEN YOU PRESS IT, BUT NOT SO SOFT THAT IT COLLAPSES. BASICALLY, YOU WANT IT TO BE SOFT ENOUGH TO BREAK UP WITH YOUR FINGERS, BUT IT SHOULDN'T IMMEDIATELY FORM A PASTE WITH THE FLOUR.
2. CUT THE BUTTER INTO SMALL CUBES, AND ADD IT TO THE FLOUR AND SALT. WORKING QUICKLY, BREAK IT UP ROUGHLY WITH YOUR FINGERS UNTIL IT RESEMBLES COARSE CRUMBS WITH SOME PEA-SIZED CHUNKS OF BUTTER STILL IN THE MIXTURE.
3. ADD 2 TABLESPOONS OF COLD WATER, AND BRING THE DOUGH TOGETHER WITH YOUR HANDS. ADD A LITTLE MORE WATER IF NECESSARY (START WITH 1/2 TEASPOON), NO MORE THAN 3 TEASPOONS. AT THIS POINT, THE DOUGH WILL BE SCRAGGLY AND DRY. YOU NEED TO REST THE DOUGH IN THE REFRIGERATOR TO ALLOW THE FLOUR IN THE DOUGH TO CONTINUE TO ABSORB MOISTURE. WRAP THE DOUGH TIGHTLY IN PLASTIC OR A REUSABLE BAG, AND REFRIGERATE FOR 20 MINUTES.
4. ON A LIGHTLY FLOURED SURFACE, ROLL THE DOUGH INTO A ROUGHLY 6x15 INCH RECTANGLE. WORK QUICKLY TO AVOID OVERWORKING IT.
5. FOLD THE TOP THIRD OF THE DOUGH DOWN TO THE CENTER, THEN THE BOTTOM THIRD UP AND OVER THAT. GIVE THE DOUGH A QUARTER TURN (LEFT OR RIGHT) AND ROLL OUT AGAIN TO A 6x15 INCH RECTANGLE. FOLD THE SAME WAY AS BEFORE, COVER, AND CHILL FOR 1 HOUR.
6. WHILE THE DOUGH IS RESTING, MAKE THE FILLING. DISSOLVE THE SUGAR INTO 1 CUP OF HOT WATER, AND ALLOW THE MIXTURE TO COOL TO ROOM TEMPERATURE. WHISK EVAPORATED MILK, EGGS, AND VANILLA TOGETHER, AND THEN THOROUGHLY WHISK IN THE SUGAR WATER. STRAIN THROUGH A FINE MESHED STRAINER INTO A LARGE MEASURING CUP OR PITCHER (SOMETHING WITH A POUR SPOUT). YOU SHOULD HAVE ABOUT 2 TO 2 1/4 CUPS OF CUSTARD.
7. PREHEAT THE OVEN TO 375° F/190°C, AND POSITION A RACK IN THE LOWER THIRD OF YOUR OVEN.
8. ROLL OUT THE DOUGH 0.2 INCH/5MM THICK, AND CUT INTO 4-INCH CIRCLES TO FIT EITHER MINI TART TINS OR A SHALLOW NON-STICK STANDARD MUFFIN PAN, LEAVING A LIP GOING OVER THE TOP OF THE CUP (THE TART SHELLS WILL SHRINK AS THEY BAKE, SO YOU WANT AMPLE CLEARANCE). TAKE THE EXCESS DOUGH, RE-ROLL IT, AND CUT MORE CIRCLES UNTIL YOU HAVE AROUND 16 OF THEM.
9. EVENLY FILL THE TART SHELLS ABOUT THREE QUARTERS FULL. IF YOU HAVE AN AMPLE LIP OF DOUGH AT THE TOP, YOU CAN FILL IT JUST UNTIL YOU REACH THE PART WHERE THE DOUGH CURVES OUTWARD.
10. ONCE FILLED, IMMEDIATELY (BUT VERY SLOWLY AND CAREFULLY) TRANSFER THE PAN TO THE OVEN. IMMEDIATELY REDUCE THE HEAT TO 350°F/180°C, AND BAKE FOR 26-29 MINUTES, UNTIL FILLING IS JUST SET (IF A TOOTHPICK CAN STAND UP IN IT, IT'S DONE).
11. ALLOW THE TARTS TO COOL FOR AT LEAST 10 MINUTES BEFORE ENJOYING.

PREP TIME: 1 HOUR 15 MINS

COOK TIME: 25 MINS

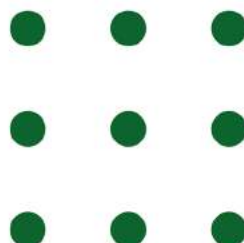
TOTAL TIME: 1 HOUR 40 MINS

COUNTRY: HONG KONG

RECIPE PROVIDED BY THEWOKSOFLIFE.COM

ICELANDIC PANCAKES

THIS RECIPE FOR PANCAKES FROM ICELAND IS INCREDIBLY FLEXIBLE. TRADITIONALLY, IT IS SERVED WITH A BOWL OF ICELANDIC YOGURT, OR SKYR. HOWEVER, YOU CAN EXPERIMENT WITH MANY DIFFERENT VERSIONS OF THE RECIPE.



INGREDIENTS

- 3 CUPS FLOUR
- 3 EGGS
- 3 CUPS OF MILK
- 1/2 TEASPOON BAKING SODA
- 1 TBSP CINNAMON
- 1/4 TSP NUTMEG
- 1/4 CUP BROWN SUGAR
- 1 TBSP BUTTER

INSTRUCTIONS

1. IN A MIXING BOWL, ADD EGGS AND MILK. BEAT TOGETHER. ADD FLOUR, CINNAMON, BROWN SUGAR, AND NUTMEG. CONTINUE BEATING ALL INGREDIENTS UNTIL SMOOTH.
2. LEAVE TO SETTLE FOR 30 MINUTES AT ROOM TEMPERATURE.
3. MELT BUTTER AND ADD IT TO THE MIXTURE.
4. HEAT A SMALL, FLAT FRYING PAN OR GRIDDLE AND GREASE THE SURFACE LIGHTLY.
5. POUR ENOUGH BATTER TO COAT THE PAN THINLY. WHEN ONE SIDE IS DONE, TURN THE PANCAKE OVER WITH A PALETTE KNIFE AND FRY THE OTHER SIDE.

PREP TIME: 10 MINS

COOK TIME: 15 MINS

ADDITIONAL TIME: 30 MINS

TOTAL TIME: 55 MINS

COUNTRY; ICELAND

RECIPE AND PHOTO PROVIDED BY WANDERINGWAGARS.COM

NASI RAWON

NASI RAWON IS A BEEF STEW DISH. RAWON HAS A NUTTY TASTE AND A RICH, BLACK COLOUR DUE TO THE USAGE OF KELUAK NUTS. THIS RECIPE PAIRS BEAUTIFULLY WITH A BOWL OF RICE. .



INGREDIENTS

1 POUND BEEF SHANK , CUBED
2 TBSP OIL
6 ½ CUPS WATER
6 KAFFIR LIME LEAVES
1 TSP LEMONGRASS PASTE
1 STALK GREEN ONIONS , CHOPPED
1 TBSP SALT
¼ TSP BLACK PEPPER
2 ½ TSP SUGAR
1 TSP TAMARIND PASTE , DILUTED IN 1 TBSP WATER

FOR RAWON SPICE MIX

7 SHALLOTS , MINCED
3 CLOVES GARLIC , MINCED
5 KELUAK , STEEPED IN HOT WATER
½ INCH FRESH TURMERIC , SUB 1/4 TSP GROUND TURMERIC
4 CANDLENUTS , ROUGHLY CHOPPED

FOR TOPPINGS

STEAMED RICE
SAMBAL TERASI OR SAMBAL OELEK (RED CHILI PASTE)
SHRIMP CRACKERS
BEAN SPROUTS
BOILED EGGS
FRIED ONIONS

INSTRUCTIONS

1. INTO A LARGE POT, HEAT OIL ON MEDIUM-HIGH HEAT.
2. ONCE OIL IS HOT, ADD IN THE RAWON SPICE MIX, LIME LEAVES, AND LEMONGRASS PASTE. STIR UNTIL MIXTURE IS FRAGRANT.
3. ADD IN BEEF SHANK AND TOSS IT IN THE SPICE MIXTURE UNTIL WELL-COMBINED. CONTINUE TO COOK UNTIL BEEF IS SEARED.
4. ADD IN WATER, SALT, PEPPER, TAMARIND PASTE, AND GRANULATED SUGAR. TURN DOWN THE HEAT TO LOW-HEAT, AND LET SIMMER UNTIL THE SOUP BOILS AND MEAT IS TENDER, ABOUT 1 HOUR.
5. TURN OFF THE HEAT, THEN STIR IN CHOPPED GREEN ONIONS.
6. SERVE RAWON OVER STEAMED RICE, THEN GARNISH WITH YOUR DESIRED TOPPINGS.

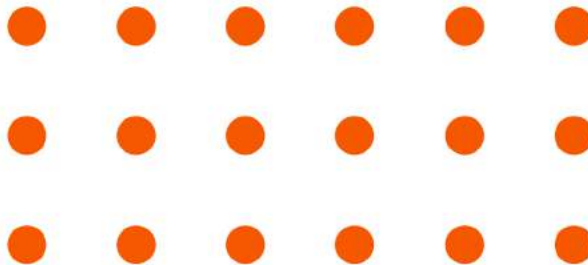
PREP TIME: 20 MINS

COOK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 20 MINS

COUNTRY: INDONESIA

RECIPE PROVIDED BY DWELLBYMICHELLE.COM



CEVICHE

DELECTABLE SEA BASS MARINATED IN LIME JUICE AND CHILI, SERVED WITH SWEET POTATO WEDGES, RED ONION, SPICY PEPPERS, AND THINLY SLICED PLANTAIN IS WHAT MAKES UP THIS DELICIOUS DISH!

INSTRUCTIONS

1. WASH AND DRY THE FISH. CUT THE FISH INTO CUBES OF APPROXIMATELY 2 CM. REMOVE ANY REMAINING SKIN, SCALES OR SPINES. IT IS IMPORTANT THAT YOU ONLY HAVE CUBES OF LEAN MEAT SIMILAR IN SIZE. PUT THE FISH TO THE SIDE.
2. WASH THE LEMONS AND LIMES. SQUEEZE THEM INTO A LARGE BOWL. STRAIN THE FRESH LIME JUICE AND LEMON JUICE TO REMOVE ANY SEEDS.
3. THIS LIME JUICE WILL SERVE TO COOK THE FISH BY THE MARINATION PROCESS. PUT THE FISH CUBES INTO THE JUICE MARINADE. MAKE SURE THAT ALL THE FLESH IS COVERED BY THE JUICE. COVER THE CONTAINER AND STORE IN THE FRIDGE FOR ABOUT 20 TO 30 MINUTES. USE SOME ICE CUBES TO COOL THE FISH FASTER. FROM TIME TO TIME CHECK THAT THE FISH IS "COOKING" AND TURN GENTLY SO THAT EACH PIECE GETS PLENTY OF CONTACT WITH THE LIME JUICE.
4. WHILE THE FISH COOKS, PREPARE THE GARNISH. WASH THE SWEET POTATOES WITH A BRUSH AND PLACE IN A STEAMER FOR ABOUT 30 MINUTES, UNTIL THEY ARE TENDER. WHEN THE POTATOES ARE SOFT, REMOVE FROM THE STEAMER, REMOVE THE SKIN AND CUT INTO LARGE PIECES.
5. PEEL THE PLANTAIN AND CUT IN HALF, CROSSWISE. WITH THE HELP OF A POTATO PEELER CUT THE PLANTAIN INTO VERY THIN SLICES. PLACE THE SLICES OR CHIPS IN A PAN WITH ENOUGH OIL TO DEEP FRY THEM. MAKE SURE THEY DON'T TOUCH. WITH A WOODEN PALLET, STIR FROM TIME TO TIME. CAREFULLY REMOVE THE PLANTAIN FROM THE OIL AND PLACE THEM ON A PLATE COVERED WITH ABSORBENT PAPER.
6. WASH THE RED PEPPERS AND ONION. OPEN THE PEPPERS, REMOVE THE SEEDS AND VEINS AND CUT INTO SMALL SQUARES. PEEL THE ONION AND CUT IT INTO THIN STRIPS. FINELY CUT THE CORIANDER.
7. REMOVE THE CEVICHE FROM THE REFRIGERATOR - THE MEAT SHOULD ALREADY LOOK COOKED (THE FLESH SHOULD BE OPAQUE AND ABOUT TO FALL APART). ADD ONION, CHILI AND CORIANDER, GINGER, A PINCH OF SALT AND STIR. COVER THE CEVICHE AGAIN AND LEAVE IT IN THE FRIDGE FOR ABOUT 10 MORE MINUTES.
8. REMOVE THE CEVICHE FROM THE REFRIGERATOR AND PLACE IN CUPS OR SMALL PLATES. SERVE WITH THE PLANTAIN CHIPS, AND SWEET POTATOES. SPRINKLE WITH SOME CORIANDER AND AJÍ LIMO CHILI PEPPER.

INGREDIENTS

1 KG WHITE FISH FILLET MAHI-MAHI
1/2 KG LEMON
1/2 KG LIME
1 SMALL PURPLE ONION
3 MEDIUM PEPPERS HABANERO RED PEPPERS
1/2 CUP FRESH CORIANDER
1 TEASPOON GINGER GRATED
SALT TO TASTE

PREP TIME: 20 MINS

COOK TIME: 9 MINS

RESTING TIM: 30 MINS

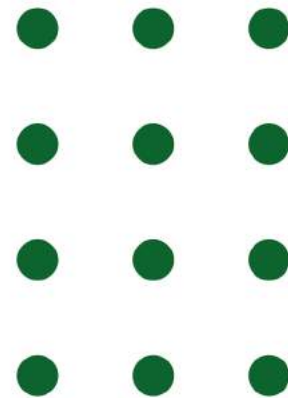
TOTAL TIME: 1 HOUR

COUNTRY: PERU

RECIPE AND PHOT OPROVIDED BY EATPERU.COM

KOEKSISTER

THIS WONDERFUL SOUTH AFRICAN SNACK CONSISTS OF A SYRUP-COATED BREAD ROLL. IT LOOKS AND TASTES STRIKINGLY LIKE A DOUGHNUT. THE BRAIDED BREAD IS FRIED IN OIL AND THEN DRIZZLED WITH SUGAR SYRUP.



INGREDIENTS

FOR SYRUP

- 250ML WATER (1 CUP)
- 625ML WHITE SUGAR (2 1/2 CUPS)
- 12 1/2ML LEMON JUICE (2 1/2 TSP.)
- 5ML VANILLA ESSENCE (1 TSP.)

FOR DOUGH

- 375ML CAKE FLOUR (1 1/2 CUPS)
- 22ML BAKING POWDER (4 1/2 TSP.)
- 1ML SALT (1/4 TSP.)
- 20G BUTTER OR 20 G MARGARINE
- 150ML MILK (THE VANILLA SOY MILK GIVES ADDED FLAVOR, 5/8 CUP) OR 150 ML VANILLA-FLAVORED SOYMILK (THE VANILLA SOY MILK GIVES ADDED FLAVOR, 5/8 CUP)
- 750ML CANOLA OIL (3 CUPS)

INSTRUCTIONS

1. PUT THE WATER AND SUGAR IN A POT AND BRING TO BOIL ON LOW HEAT. STIR FREQUENTLY UNTIL THE SUGAR IS COMPLETELY DISSOLVED. BOIL FOR 7 MINUTES.
2. REMOVE THE POT FROM THE STOVE AND STIR IN THE LEMON JUICE AND VANILLA ESSENCE. PUT THE POT INTO THE FRIDGE.
3. MIX THE FLOUR, SALT, AND BAKING POWDER THOROUGHLY IN A MIXING BOWL. BREAK THE BUTTER OR MARGARINE INTO SMALL PIECES AND ADD TO THE FOUR MIXTURE. ADD THE MILK. MIX WELL UNTIL A DOUGH IS FORMED.
4. ROLL THE DOUGH OUT TO A THICKNESS OF 5 MM (+ OR - 1/4 IN.). CUT THE DOUGH INTO THIN (+ OR - 10 MM OR 1/2 IN.) STRIPS. TAKE 3 STRIPS AND JOIN THEIR ENDS ON ONE SIDE. BRAID THE STRIPS TO DESIRED KOEKSISTER LENGTH AND JOIN OTHER ENDS.
5. HEAT THE OIL IN A POT UNTIL FAIRLY HOT. PUT ABOUT 3 KOEKSISTERS (OR WHAT CAN FIT) AT A TIME IN THE OIL AND FRY THEM ON BOTH SIDES UNTIL THEY GET A GOLDEN-BROWN COLOR. AS YOU REMOVE THE KOEKSISTERS FROM THE OIL, PLACE THEM DIRECTLY INTO THE SYRUP FROM THE FRIDGE. IT IS IMPORTANT TO KEEP THE SYRUP COOL, SO BETWEEN SOAKINGS, RETURN THE SYRUP TO THE FRIDGE TO MAINTAIN ITS COOLNESS.
6. REMOVE THE KOEKSISTERS FROM THE SYRUP AND ALLOW THE EXCESS SYRUP TO DRIP OFF. PLACE THEM IN THE REFRIGERATOR TO COOL AND THEN EAT!

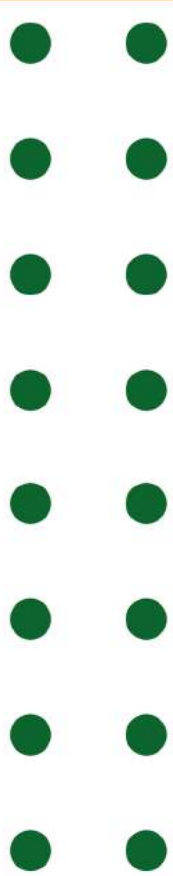
PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: 50 MINS

COUNTRY: SOUTH AFRICA

RECIPE PROVIDED BY: FOOD.COM



JOHNNY CAKE

THIS DISH IS A CULTURAL CLASSIC IN THE BAHAMAS AND THE CARIBBEAN. IT'S A FANTASTIC BREAD/CAKE-LIKE MEAL THAT IS USUALLY SERVED WITH SOUPS OF VARIOUS TYPES.

INGREDIENTS

- 6CUPS ALL-PURPOSE FLOUR
- 3/4CUP SUGAR
- 6TABLESPOONS BAKING POWDER
- 1TEASPOON SALT
- 1/2CUP UNSALTED BUTTER
- 2CUPS LOW-FAT MILK
- 1CUP WATER
- 4WHOLE EGGS
- 1/4CUP VEGETABLE OIL
- 1/4CUP MELTED BUTTER

INSTRUCTIONS

1. PREHEAT OVEN TO 350 DEGREES AND GREASE AN 11X15 BAKING PAN AND SET ASIDE.
2. IN A MIXING BOWL, SIFT TOGETHER THE FLOUR AND BAKING POWDER AND THEN ADD THE SUGAR AND SALT. WITH YOUR FINGERS, GENTLY KNEAD IN THE STICK OF BUTTER UNTIL WELL INCORPORATED IN THE MIXTURE. ADD IN THE EGGS, VEGETABLE OIL, MILK AND WATER AND MIX WELL WITH A SPOON UNTIL THE TEXTURE OF YOUR MIXTURE IS BETWEEN THAT OF A BREAD DOUGH AND THE BATTER OF A CAKE MIX, ADDING MORE WATER IF NECESSARY.
3. POUR MIXTURE INTO GREASED PAN AND BAKE FOR 30MINS. BRUSH THE MELTED BUTTER OVER THE TOP AND CONTINUE TO BAKE FOR ANOTHER 15 MINS OR UNTIL GOLDEN BROWN AND BUTTER KNIFE COMES OUT CLEAN FROM THE MIDDLE.
4. CUT IN SQUARES AND SERVE WARM WITH BUTTER OR JAM.

PREP TIME: N/A

COOK TIME: 45 MINS

TOTAL TIME: 55 MINS

COUNTRY: THE BAHAMAS

RECIPE PROVIDED BY: FOOD.COM

CONGOLESE BEIGNETS

BEIGNETS



INGREDIENTS

1 KG ALL PURPOSE FLOUR
1 CUBE (40G) FRESH BAKER'S YEAST
300 G BROWN SUGAR
1 TSP SALT
750ML WARM WATER
1 LITRE OIL (FOR DEEP FRYING)

INSTRUCTIONS

- 1.MIX FLOUR, SUGAR, AND SALT IN A LARGE BOWL (LARGE ENOUGH TO CONTAIN THE BATTER DOUBLING IN SIZE).
- 2.ADD THE FRESH YEAST TO DRY INGREDIENTS AND MIX IT IN WITH YOUR HANDS. DOING SOMETHING SIMILAR TO A PINCHING MOTION, MAKING SURE THAT THE YEAST IS EVENLY DISTRIBUTED.
- 3.USING YOUR HANDS, MAKE A WELL (HOLE IN THE MIDDLE OF YOUR DRY INGREDIENTS) AND ADD THE WATER IN, LITTLE BY LITTLE. MIXING AFTER EACH ADDITION..
- 4.KNEAD THE DOUGH FOR ABOUT 5 MINUTES, MAKING IT HOMOGENEOUS AND SMOOTHER.
- 5.COVER THE BOWL WITH CLINGWRAP OR A DAMP CLOTH, AND LET IT RISE OVER 5 HOURS.
- 6.TOWARDS THE LAST 20 MINUTES OF THOSE FIVE HOURS, HEAT THE OIL (MEDIUM HEAT) FOR DEEP FRYING.
- 7.UNWRAP YOUR BOWL AND BREAK OFF SMALL ROUND PIECES OF THE BATTER WITH YOUR HANDS, OR WITH A SPOON AND DROP IT GENTLY INTO THE HOT OIL. BE SURE TO DIP INTO WATER BEFORE DIPPING INTO THE BATTER TO PREVENT STICKING.
- 8.ADD THE BALLS ONE BY ONE UNTIL THEY FILL THE SURFACE AREA, TURNING EACH BALL ONCE IT BECOMES GOLDEN BROWN FOR THE OTHER SIDE TO COOK.
- 9.WHEN THE ENTIRE BEIGNET IS COOKED, REMOVE FROM OIL AND LET IT DRY ON A PAPER TOWEL. THEN ADD MORE BALLS TO THE OIL. DO THIS FOR EACH BEIGNET.
- 10.WHEN ALL THE DOUGH IS FINISHED, BE SURE TO LET THEM COOL SO THAT YOU CAN EAT IT WARM OR COOL. YOU CAN SPINKLE SOME SIFTED ICING SUGAR OF YOU WANT TO INCREASE SWEETNESS ONCE IT'S COOLED.
- 11.GET A TABLE SPOON OF PEANUT BUTTER (OPTIONAL) AND DIP YOUR BEIGNET INTO THAT BEFORE TAKING A BIG BITE – AND ENJOY!

PREP TIME: N/A

COOK TIME: N/A

RISING TIME: 5 HOURS

TOTAL TIME: N/A

COUNTRY: THE CONGO

RECIPE PROVIDED BY BENEBAKESBLOG.WORDPRESS.COM



POTATO GNOCCHI

HOMEMADE POTATO GNOCCHI IS A SIMPLE ITALIAN PASTA DISH RECIPE THAT REQUIRES ONLY FOUR INGREDIENTS. TOSSED WITH BASIC TOMATO SAUCE, THESE SMOOTH, DELICATE GNOCCHI WILL BE A FANTASTIC DINNER IDEA.

INGREDIENTS

1 KG ALL PURPOSE FLOUR
1 CUBE (40G) FRESH BAKER'S YEAST
300 G BROWN SUGAR
1 TSP SALT
750ML WARM WATER
1 LITRE OIL (FOR DEEP FRYING)

INSTRUCTIONS

- 1.IN A LARGE POT BOIL UN PEELED POTATOES UNTIL TENDER, REMOVE FROM THE POT AND LET COOL ENOUGH TO HANDLE, THEN REMOVE THE SKIN.
- 2.THEN PASS THROUGH A POTATO RICER OR MASH.
- 3.ON A FLAT SURFACE MIX TOGETHER THE FLOUR AND SALT MAKE A WELL IN THE MIDDLE AND ADD THE POTATOES AND EGG, MIX TOGETHER WITH YOUR FINGERS TO FORM A SOFT DOUGH, IT SHOULD NOT STICK TO YOUR FINGERS.
- 4.ON A LIGHTLY FLOURED SURFACE, CUT SMALL AMOUNTS OF DOUGH TO FORM ROPES AND CUT INTO 3/4 INCH (2 CM) PIECES, THEN SLIDE EACH PIECE ON A FORK AND SQUEEZE A LITTLE (BUT NOT TOO HARD).
- 5.SPRINKLE WITH A LITTLE BIT OF FLOUR AND TOSS, SO THEY DON'T STICK TOGETHER.
- 6.LET THE GNOCCHI REST FOR 20 MINUTES BEFORE COOKING.
- 7.IN A LARGE POT OF SALTED BOILING WATER COOK THE GNOCCHI, GNOCCHI ARE READY WHEN THEY FLOAT TO THE TOP.
- 8.DRAIN AND TOSS WITH DESIRED SAUCE.

PREP TIME: N/A

COOK TIME: N/A

RESTING TIME: 20 MINS

TOTAL TIME: N/A

COUNTRY: ITALY

RECIPE PROVIDED BY ANITALIANINMYKITCHEN.COM



TAJADAS

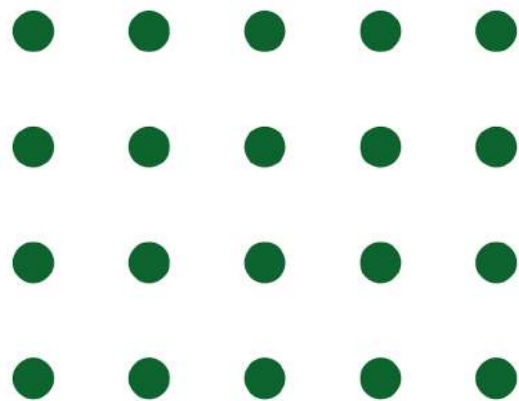
PLANTAIN CHIPS ARE AN EXCELLENT ADDITION TO ANY MEAL AND ARE A POPULAR SIDE IN HONDURAS. THEY'RE JUST SLICES OF PLANTAIN COOKED IN BUTTER OR OIL. YOU CAN GENERALLY PURCHASE THEM PRE-PACKAGED LIKE POTATO CHIPS, BUT THEY ARE A DELICACY THAT IS BETTER EATEN HANDMADE.

INGREDIENTS

- 3 LARGE VERY RIPE PLANTAINS
- ½ CUP VEGETABLE OIL

INSTRUCTIONS

1. PEEL THE PLANTAINS AND CUT DIAGONAL INTO ABOUT ½ INCH THICK SLICES.
2. IN A LARGE PAN, HEAT THE OIL OVER MEDIUM-HIGH HEAT. ADD THE PLANTAIN SLICES TO THE PAN, KEEP IN A SINGLE LAYER, AND COOK ABOUT 2 MINUTES ON EACH SIDE.
3. REMOVE THE PLANTAINS WITH A SLOTTED SPOON AND TRANSFER TO A PLATE LINED WITH PAPER TOWELS. SERVE WARM.



PREP TIME: 5 MINS

COOK TIME: 4 MINS

TOTAL TIME: 9 MINS

COUNTRY: HONDURAS

RECIPE PROVIDED BY MYCOLOMBIANRECIPES.COM

SUNMAC SALAD

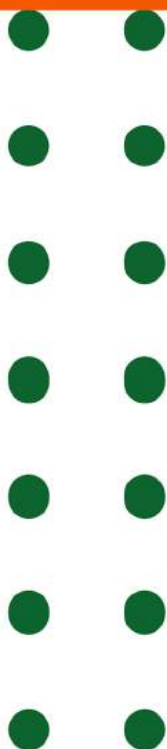
IRAQI SUMAC SALAD, ALSO KNOWN AS SUMMAQ SALAD, IS A TRADITIONAL ARABIC SALAD THAT INCLUDES THE FRUIT SUMAC. THIS DARK RED BERRY FROM THE MIDDLE EAST IS DRIED AND GROUND.

INGREDIENTS

- 2 MEDIUM CUCUMBERS
- 2 MEDIUM FIRM TOMATOES
- 1 RED ONION
- HANDFUL PARSLEY LEAVES
- SMALL HANDFUL MINT LEAVES
- 1 TBS SUMAC
- 2 TBS EXTRA VIRGIN OLIVE OIL
- 1 TBS LEMON JUICE
- SALT AND GROUND PEPPER TO TASTE

INSTRUCTIONS

1. CUT THE CUCUMBERS, TOMATOES AND ONIONS INTO SMALL CUBES AND PLACE INTO A BOWL
2. COARSELY CHOP THE HERBS AND ADD TO THE CHOPPED VEGETABLES
3. ADD SUMAC, OLIVE OIL, LEMON JUICE AND SALT TO TASTE
4. TO SALAD. TOSS WELL AND LET THE FLAVORS MELD TOGETHER IN THE REFRIGERATOR.



PREP TIME: 15 MINS

COOK TIME: N/A

TOTAL TIME: 15 MINS

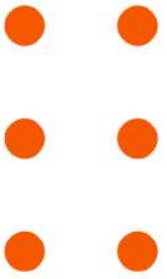
COUNTRY: IRAQ

RECIPE PROVIDED BY INTERNATIONALCUISINE.COM



FATAYER

FATAYER IS AN EASY-TO-BAKE PIE THAT MAY BE EATEN AS A MEAL OR SNACK. IT IS SIMPLY ARABIC BREAD, COMMONLY KNOWN AS FATAYER FALLAHI OR VILLAGER'S PIE, LOADED WITH VARIOUS INGREDIENTS AND TOPPED WITH SESAME SEEDS.



INGREDIENTS

FOR DOUGH

2 CUPS (454G) WATER, LUKEWARM
1 TABLESPOON (18G) TABLE SALT
2 TABLESPOONS (25G) GRANULATED SUGAR
2 1/4 TEASPOONS INSTANT YEAST
1/2 CUP (100G) OLIVE OIL
6 CUPS (720G) KING ARTHUR UNBLEACHED ALL-PURPOSE FLOUR

FOR CHEESE FILLING

1 1/2 CUPS (170G) FETA CHEESE, CRUMBLED
1 1/2 CUPS (170G) QUESO FRESCO, CRUMBLED
1/4 CUP (57G) CREAM CHEESE, SOFTENED
1 LARGE EGG, LIGHTLY BEATEN
1 TABLESPOON DRIED OREGANO
1 TABLESPOON DRIED MINT

FOR MEAT FILLING

1/2 CUP (71G) ONION, DICED
3 GARLIC CLOVES
1 SMALL (170G) TOMATO
HANDFUL OF PARSLEY, COARSELY CHOPPED
1 POUND (454G) GROUND BEEF, 90% LEAN PREFERRED
1 TABLESPOON MIDDLE EASTERN SEVEN SPICE*
1 TEASPOON ALLSPICE*
1/2 TEASPOON TABLE SALT
1/4 TEASPOON BLACK PEPPER
1 1/2 TEASPOONS CHILI PASTE
1 TEASPOON POMEGRANATE MOLASSES

FOR EGG WASH

1 LARGE EGG BEATEN WITH 1 TABLESPOON OF WATER

INSTRUCTIONS

TO MAKE DOUGH

1. TO MAKE THE DOUGH: WEIGH YOUR FLOUR; OR MEASURE IT BY GENTLY SPOONING IT INTO A CUP, THEN SWEEPING OFF ANY EXCESS.
2. IN A LARGE BOWL OR THE BOWL OF YOUR STAND MIXER, COMBINE ALL THE DOUGH INGREDIENTS, MIXING AND KNEADING TO MAKE A SMOOTH, BOUNCY, SLIGHTLY STICKY DOUGH. IF THE DOUGH IS EXTREMELY STICKY ADD MORE FLOUR 1 TABLESPOON AT A TIME, UNTIL IT'S EASIER TO WORK WITH.
3. IMMEDIATELY DIVIDE THE DOUGH INTO 24 PIECES (ABOUT 53G EACH) AND ROLL INTO BALLS.
4. PLACE THE BALLS ON A PARCHMENT-LINED BAKING SHEET, COVER, AND LET RISE UNTIL PUFFY, ABOUT 60 MINUTES. WHILE THE DOUGH IS RISING, PREPARE THE FILLINGS.

TO MAKE CHEESE FILLING

IN A MEDIUM BOWL, STIR TOGETHER THE INGREDIENTS UNTIL THOROUGHLY COMBINED. COVER AND REFRIGERATE UNTIL READY TO USE.

TO MAKE MEAT FILLING

PULSE THE ONION, GARLIC, TOMATO, AND PARSLEY IN A FOOD PROCESSOR. STRAIN AND DISCARD ANY EXCESS LIQUID, AND COMBINE THE CHOPPED VEGETABLES WITH THE REMAINING FILLING INGREDIENTS, MIXING THOROUGHLY. COVER AND REFRIGERATE UNTIL READY TO USE.

TO ASSEMBLE

1. PREHEAT THE OVEN TO 350°F. LINE THREE BAKING SHEETS WITH PARCHMENT PAPER.
2. LIGHTLY FLOUR A CLEAN WORK SURFACE. WORKING WITH ONE PIECE OF DOUGH AT A TIME, HAND STRETCH OR USE A ROLLING PIN TO STRETCH AND ROLL IT INTO A CIRCLE ABOUT 4" TO 5" IN DIAMETER.

FOR CHEESE PIE

1. STRETCH THE CIRCLE INTO AN OBLONG SHAPE. SPREAD 2 TABLESPOONS (ABOUT 36G) FILLING DOWN THE CENTER OF THE DOUGH TO WITHIN 1" OF THE EDGES.
2. PULL THE DOUGH'S EDGES UP AROUND THE FILLING AND PINCH THE ENDS TOGETHER TO CREATE A BOAT SHAPE; THIS WILL KEEP THE MELTING CHEESE CONTAINED. BRUSH THE EDGES WITH EGG WASH AND TRANSFER TO THE PREPARED BAKING SHEET.

FOR MEAT PIE

1. ADD 3 TABLESPOONS (ABOUT 50G) OF THE RAW MEAT FILLING TO THE CENTER OF THE CIRCLE. SPREAD ACROSS THE TOP, PRESSING GENTLY INTO THE DOUGH, LEAVING ABOUT 1" OF DOUGH BARE AROUND THE EDGES. BRUSH THE EDGES WITH EGG WASH AND TRANSFER TO THE PREPARED BAKING SHEET.
2. BAKE THE FATAYER UNTIL LIGHTLY BROWNED, ABOUT 15 TO 20 MINUTES. SERVE WARM.

PREP TIME: 1 HOUR 5 MINS

COOK: 15 - 20 MINS

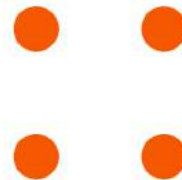
TOTAL TIME: 1 HOUR 25 MINS

COUNTRY: KUWAIT

RECIPE PROVIDED BY KINGARTHURBAKING.COM

GANJANG BIBIM GUKSU

GROWING UP, EVERY KOREAN KID'S FAVOURITE DISH WAS SIMPLE BUT WONDERFULLY DELICIOUS KOREAN SOY SAUCE NOODLES (GANJANG BIBIM GUKSU). IT'S NUTTY, SALTY, AND SWEET. ASIDE FROM THE NOODLES, YOU ONLY NEED FOUR SEASONING ITEMS, BUT THEY ARE PACKED WITH FLAVOUR.



INGREDIENTS

200 G SOMYEON 소면 (THIN KOREAN DRIED NOODLES) OR 2 CUPS COOKED THIN NOODLES
SAUCE
1.5 TBSP SOY SAUCE (JIN GANJANG)
1.5 TBSP SUGAR
1 TBSP SESAME OIL
1/2 TBSP SESAME SEEDS
1/2-1 TSP GOCHUKARU (KOREAN RED CHILI POWDER) - OPTIONAL
1 GREEN ONIONS, SLICED (OPTIONAL)

INSTRUCTIONS

1. BOIL A POT OF WATER (ABOUT 5 CUPS FOR 200G NOODLES). ADD THE DRIED NOODLES AND COOK ON MEDIUM HIGH PER PACKAGE DIRECTIONS. FOR SSAL SOMYEON, YOU JUST NEED TO COOK FOR 4 MINUTES. COOK WITH NO LID AND IF IT LOOKS LIKE IT'S GOING TO BOIL OVER (LILKE IN THE PICTURE), POUR ABOUT 1/2 CUP OF COLD WATER AND THE FOAM WILL QUICKLY GO DOWN. YOU MAY NEED TO REPEAT AS NECESSARY UNTIL YOU REACH 4 MINUTES.
2. PREPARE A BIG BOWL OF COLD ICY WATER AND DUMP THE HOT COOKED NOODLES INTO THE COLD WATER BATH. RINSE NOODLES UNTIL IT'S COMPLETELY COOLED DOWN. DRAIN.
3. IN A BOWL, ADD THE NOODLES, ADD SESAME OIL, SOY SAUCE, SUGAR, SESAME SEEDS AND MIX WELL. TASTE AND ADJUST AS NEEDED.

PREP TIME: N/A

COOK TIME: 8 MINUTES

TOTAL TIME: N/A

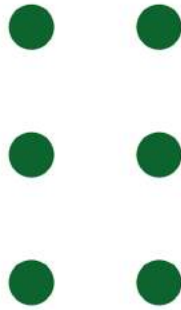
COUNTRY: SOUTH KOREA

RECIPE PROVIDED BY KIMCHIMARI.COM



CHICKEN AND POTATO CURRY

THIS CHICKEN AND POTATO CURRY MEAL WILL MAKE YOUR TASTE BUDS DANCE! IT PAIRS WELL WITH A SERVING OF BASMATI RICE.



INGREDIENTS

700 G CHICKEN DRUMSTICK SKIN REMOVED
700 G CHICKEN BREAST OR THIGH DICED
SALT
PEPPER
OLIVE OIL
1 SMALL ONION FINELY CHOPPED
3 GARLIC CLOVES CRUSHED
½ TSP THYME LEAVES REMOVED FROM SPRIGS
8 FRESH CURRY LEAVES CHOPPED
½ BUNCH CORIANDER FINELY CHOP BOTTOM HALF OF STEM TO SEASON, KEEP REMAINING FOR GARNISH
1 ¼ CUP CHICKEN STOCK LIQUID
2 TBSP MAURITIAN CURRY POWDER
1 TBSP TURMERIC POWDER
150 G TOMATO PUREE
1 TBSP TOMATO PASTE
500 G FRESH SMALL WHITE POTATOES PEELED AND CUT INTO HALVES

INSTRUCTIONS

1. SEASON CHICKEN WITH SALT AND PEPPER TO TASTE.
2. IN A LARGE SAUCEPAN, ADD OIL, ONION, GARLIC, THYME, CURRY LEAVES, AND CORIANDER STEM TOGETHER COOKING OVER MEDIUM-LOW HEAT UNTIL SIMMER.
3. STIR IN CHICKEN DRUMSTICKS, AND 1 CUP CHICKEN LIQUID STOCK THEN CONTINUE COOKING FOR 15 MINUTES OVER MEDIUM HEAT COVERED, STIRRING OCCASIONALLY.
4. STIR IN CHICKEN BREAST OR THIGH AND CONTINUE COOKING FOR 10 MINUTES COVERED OR UNTIL COOKED.
5. MEANWHILE, RINSE AND PLACE PREPARED POTATOES IN A MICROWAVE-SAFE CONTAINER, FILLING WITH BOILING WATER SLIGHTLY BELOW THE TOP OF THE POTATO LEVEL. MICROWAVE ON HIGH FOR 10 MINUTES TO SOFTEN, DRAIN AND SET ASIDE.
6. IN A SEPARATE CUP, MIX REMAINING ¼ CUP CHICKEN LIQUID STOCK WITH CURRY POWDER AND TURMERIC POWDER TO CREATE A PASTE.
7. STIR CURRY PASTE INTO THE SAUCEPAN, MIX WELL AND CONTINUE COOKING FOR 5 MINUTES.
8. STIR IN TOMATO PUREE AND TOMATO PASTE.
9. STIR IN POTATOES AND REDUCE HEAT TO LOW, LET SIMMER COVERED FOR 5-10 MINUTES, STIRRING OCCASIONALLY. WHERE NECESSARY, GRADUALLY ADD HOT WATER TO MAINTAIN THE SAUCE TO THE DESIRED LIQUID.
10. SPRINKLE WITH CHOPPED CORIANDER PRIOR TO SERVING.
11. SERVE OVER STEAMED RICE OR FARATA ALONGSIDE TOMATO CHUTNEY.

PREP TIME: 15 MINS

COOK TIME: 45 MINS

TOTAL TIME: 1 HOUR

COUNTRY: MAURITIUS

RECIPE PROVIDED BY MAURITIANFOODRECIPES.COM

KOFTA

THIS DISH IS WELL-KNOWN TURKISH KOFTA, WHICH ARE EXCELLENT MEATBALLS OR PATTIES. THEY CAN BE MADE WITH BEEF, BUT LAMB IS THE USUAL CHOICE AND ADDS A UNIQUE FLAVOUR.



INGREDIENTS

500GR. GROUND MEAT (YOU CAN USE 30% LAMB IF YOU LIKE AND PREFERABLY AT LEAST 20% FAT)
2 MEDIUM-SIZE ONIONS
4 TBSP GROUND STALE BREAD/BREAD CRUMBS
A BIG HANDFUL OF PARSLEY (OPTIONAL)
1 TSP EACH BLACK PEPPER, SALT, PAPRIKA
¼ TSP BAKING SODA (OPTIONAL) – YOU CAN ADD 3-4 DROPS OF LEMON JUICE OVER THE BAKING SODA BEFORE YOU ADD IT.
TO SERVE: 1-2 BIG FIRM TOMATOES
6-8 GREEN SWEET PEPPERS
OLIVE OIL TO BRUSH THE GRIDDLE OR PAN

INSTRUCTIONS

1. IN A FOOD PROCESSOR ADD ONION CUT IN FOUR, PARSLEY. IF YOU ARE USING STALE BREAD SOAK IT IN WATER TO SOFTEN THEN SQUEEZE OUT EXCESS WATER AND ADD TO THE ONION PARSLEY MIXTURE. PROCESS UNTIL THEY HAVE FINE PIECES, AVOID OVER-PROCESSING, AND DON'T MAKE IT LIKE A PURÉ.
2. ADD THE GROUND MEAT, SPICES, AND BAKING SODA IF USING. DROP 3-4 DROPS OF LEMON JUICE OVER THE BAKING SODA AND MIX EVERYTHING BY PULSING UNTIL IS IT EVENLY INCORPORATED.
3. DIP YOUR HAND INTO THE WATER FROM TIME TO TIME AND GET SMALLER THAN MANDARINE SIZE MIXTURE AND FIRST SHAPE INTO A BALL AND PRESS IT TO MAKE A DISK. IT COMES TOGETHER WHEN COOKS AND BECOMES THICKER SO CONSIDER THAT WHILE SHAPING.
4. HEAT THE CAST IRON GRIDDLE OR NON-STICK FRYING PAN OR GRILL. BRUSH IT WITH VEGETABLE OIL. ADD KOFTES PIECES LEAVING SPACE BETWEEN THEM AND COOK ON MEDIUM HEAT UNTIL BOTH SIDES AND INSIDE ARE FULLY COOKED.
5. MEANWHILE CUT THE TOMATOES IN BIG WEDGES AND COOK ON THE GRIDDLE OR GRILL WITH GREEN PEPPERS.
6. SERVE THE KOFTES WITH PILAV AND GRILLED VEGGIES. YOU CAN ALSO MAKE COBAN SALAD, OR CACIK (YOGURT-CUCUMBER SAUCE) TO SERVE.

PREP TIME: 20 MINS

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

COUNTRY: TURKEY

RECIPE PROVIDED BY TURKISHFOODTRAVEL.COM

MATOOKE

MATOOKE, ALSO KNOWN AS MATABA, IS A CLASSIC BANANA-BASED CUISINE FROM SEVERAL REGIONS OF AFRICA. IT IS WIDELY POPULAR IN UGANDA, KENYA, AND TANZANIA. MATOOKE CAN BE PREPARED IN A VARIETY OF WAYS AND ACCORDING TO DIFFERENT RECIPES, BUT THE TECHNIQUE IS ALWAYS THE SAME.



INGREDIENTS

- 5 GREEN BANANAS, PEELED AND CUT INTO 2-INCH CHUNKS
- 2 TABLESPOONS AVOCADO OIL
- 1 SMALL ONION, CHOPPED
- 3 CLOVES GARLIC, MINCED
- 1 TEASPOON FRESH GRATED GINGER
- 2 TEASPOONS CURRY POWDER
- 1/2 MEDIUM RED BELL PEPPER, CHOPPED
- 3 MEDIUM TOMATOES CHOPPED
- 1/2 CUP CILANTRO, CHOPPED
- 1-2 VEGAN BOUILLON CUBES
- 2 CUPS WATER
- 1/4 TEASPOON CAYENNE PEPPER, OPTIONAL
- SALT TO TASTE

INSTRUCTIONS

1. PEELED THE BANANAS; THEN CUT THEM INTO TWO-INCH PIECES AND PLACE THEM INSIDE SALTED WATER TO AVOID DISCOLORATION WHEN THEY COME INTO CONTACT WITH AIR.
2. PLACE A SAUCEPAN OVER MEDIUM HEAT AND ADD AVOCADO OIL TO IT. ONCE THE OIL IS HOT, ADD CHOPPED ONION AND COOK FOR ABOUT 2 MINUTES OR UNTIL THEY ARE TRANSLUCENT AND SOFT. NEXT, GARLIC, GINGER, BELL PEPPER, AND TOMATOES AND CONTINUE TO COOK FOR 2 MORE MINUTES.
3. NOW, ADD CURRY POWDER, CAYENNE PEPPER, BOUILLON CUBE, AND CILANTRO, AND MIX WELL. COOK FOR A MINUTE OR TWO UNTIL SPICES ARE FRAGRANT.
4. ADD THE GREEN BANANAS AND MIX WELL.
5. POUR WATER AND STIR. BRING THE MIXTURE TO A BOIL AND COVER THE SAUCEPAN WITH A LID. REDUCE THE HEAT AND LET THE MIXTURE SIMMER FOR ABOUT 25 MINUTES OR UNTIL THE GREEN BANANAS ARE TENDER.
6. SEASON WITH SALT AND CAYENNE PEPPER TO TASTE. ENJOY!

PREP TIME: 10 MINS

COOK TIME: 25 MINS

TOTAL TIME: 35 MINS

COUNTRY: UGANDA

RECIPE AND PHOTO PROVIDED BY HEALTHIERSTEPS.COM

CHOCOLATE BOBKA

DO YOU LIKE MAKING HOMEMADE BREAD? THE CHOCOLATE BABKA RECIPE IS A MUST-TRY FOR YOU! THIS IS A CLASSIC BREAD FROM UKRAINE AND POLAND.



INGREDIENTS

- 1.2 1/4 CUPS FLOUR, (ALL-PURPOSE OR BREAD FLOUR)
- 2.3 TBSP. GRANULATED CANE SUGAR
- 3.2 1/4 TSP. INSTANT YEAST, (TYPICALLY 1 PACKET)
- 4.1 TSP. SALT
- 5.1 TSP. GROUND CINNAMON
- 6.1/4 TSP. BAKING POWDER
- 7.1/2 CUP WATER
- 8.1/4 CUP WHOLE MILK
- 9.1 LARGE EGG (AT ROOM TEMPERATURE)
- 10.1 1/2 TBSP. EXTRA VIRGIN OLIVE OIL
- 11.1 TBSP. VANILLA EXTRACT
- 12.1/3 - 1/2 CUP CHOCOLATE HAZELNUT SPREAD

INSTRUCTIONS

1. IN THE BOWL OF A STAND MIXER, ADD TOGETHER THE DRY INGREDIENTS (FLOUR, SUGAR, SALT, CINNAMON, INSTANT YEAST, AND BAKING POWDER). MIX ON THE 'STIR' OR LOW SPEED UNTIL WELL COMBINED.
2. IN A SMALL SAUCEPAN, ADD THE WATER AND MILK OVER MEDIUM LOW HEAT UNTIL WARM TO TOUCH. WHISK IN THE EGG, OLIVE OIL, AND VANILLA EXTRACT. THEN, POUR THE WET MIXTURE INTO THE FLOUR MIXTURE.
3. USING THE DOUGH HOOK, MIX TOGETHER ON A LOW SPEED OR 'STIR' FOR 2 MINUTES, UNTIL THE DOUGH IS SHAGGY. THEN, INCREASE THE SPEED TO MEDIUM-LOW TO KNEAD FOR 4-6 MINUTES (OR KNEAD BY HAND FOR 8-10 MINUTES).
4. REMOVE THE BOWL FROM THE MIXER. COVER WITH SARAN WRAP, AND SET ASIDE FOR 5-10 MINUTES AT ROOM TEMPERATURE.
5. ON A LIGHTLY FLOURED SURFACE, ROLL OUT THE DOUGH INTO A RECTANGLE THAT IS 1/4" THICK. EVENLY SPREAD A GENEROUS LAYER OF THE CHOCOLATE HAZELNUT SPREAD (GREAT SUBSTITUTES INCLUDE YOUR FAVORITE NUT BUTTER OR MELTED CHOCOLATE). ROLL UP THE DOUGH LENGTHWISE, THEN WRAP IN PLASTIC OR ALUMINUM FOIL TO PLACE IN THE FREEZER FOR 10 MINUTES TO HARDEN.
6. PREHEAT OVEN TO 200F. GREASE AND LINE A LOAF PAN WITH PARCHMENT PAPER.
7. REMOVE THE BABKA ROLL FROM THE FREEZER TO PLACE ON A LIGHTLY FLOURED SURFACE. CUT THE ROLL LENGTHWISE, THEN BRAID THE TWO PIECES TOGETHER (WITH THE INSIDES FACING UPWARD). PLACING YOUR HANDS AT THE ENDS OF THE BRAID, LIGHTLY SCRUNCH IT TOGETHER TO THEN PLACE IN YOUR PREPARED LOAF PAN.
8. COVER WITH SARAN WRAP, THEN PLACE IN YOUR PREHEATED OVEN. TURN OFF THE OVEN AND SET YOUR TIMER FOR 20-30 MINUTES. (THE LONGER IT SITS, THE MORE FLUFFY IT WILL GET.)
9. REMOVE THE SARAN WRAP, KEEP THE BABKA IN THE OVEN, AND TURN THE OVEN ON TO 375F. TURN ON YOUR TIMER FOR 40-45 MINUTES. TENT THE BABKA WITH ALUMINUM FOIL AT 15 MINUTES, OR ONCE IT IS GOLDEN BROWN.
10. ALLOW THE BABKA TO COOL FOR AT LEAST 10 MINUTES, THEN ENJOY!
11. OPTIONAL: ADD A SIMPLE VANILLA GLAZE OR POWDERED SUGAR DUSTING TO SERVE.

PREP TIME: N/A

COOK TIME: 1 HOUR 15 MINS

TOTAL TIME: 1 HOUR

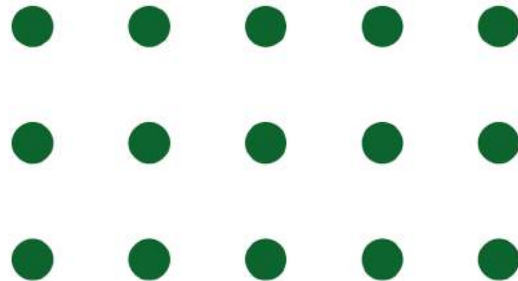
COUNTRY: UKRAINE

RECIPE PROVIDED BY ABRIGHTMOMENT.COM



ALFOJORES

IN ARGENTINA, CLASSIC ALFAJORES ARE A BELOVED DESSERT. THESE DELECTABLE COOKIES HAVE A CREAMY, SCRUMPTIOUS DULCE DE LECHE FILLING THAT IS LIGHT AND PLEASANT.



INGREDIENTS

- 1 1/2 CUPS ALL-PURPOSE FLOUR
- 2 1/4 CUPS CORNSTARCH
- 2 TSP BAKING POWDER
- 1/2 TSP BAKING SODA
- 3/4 CUPS UNSALTED BUTTER, SOFTENED.
- 3/4 CUP GRANULATED SUGAR
- 3 LARGE EGGS, SEPARATE YOLKS AND WHITES. WE'LL ONLY BE USING THE YOLK.
- 2 TSP VANILLA EXTRACT
- 1 CUP DULCE DE LECHE
- 1/2 CUP UNSWEETENED SHREDDED COCONUT

INSTRUCTIONS

1. IN A MEDIUM BOWL, SIFT TOGETHER FLOUR, CORNSTARCH, BAKING POWDER, AND BAKING SODA. SET ASIDE FOR LATER.
2. FIX A STAND MIXER WITH A PADDLE. BEAT BUTTER AND SUGAR ON MEDIUM UNTIL IT IS LIGHT AND FLUFFY (APPROX. 3-MINUTES).
3. ADD IN EGG YOLKS AND VANILLA EXTRACT. BEAT AT LOW SPEED UNTIL THE MIXTURE IS COMBINED.
4. ADD FLOUR MIX THAT WAS SET ASIDE. CONTINUE TO BEAT AT LOW SPEED UNTIL THE MIXTURE IS COMBINED. DO NOT OVER-MIX OR THE DOUGH WILL BECOME TOUGH.
5. FORM THE DOUGH INTO ONE LARGE BALL. THEN FLATTEN INTO A DISK.
6. COVER IN PLASTIC WRAP AND REFRIGERATE FOR 1-2 HOURS UNTIL THE DOUGH BECOMES FIRM. YOU CAN STORE THE DOUGH FOR UP TO 3-DAYS OR FREEZE FOR UP TO ONE MONTH. SIMPLY THAW IN THE REFRIGERATOR OVERNIGHT.
7. REMOVE THE DOUGH FROM THE REFRIGERATOR AND ALLOW TO WARM FOR A FEW MINUTES.
8. ON A LIGHTLY FLOURED SURFACE, ROLL THE DOUGH TO BETWEEN 1/8 AND 1/4 INCHES.
9. CUT THE DOUGH INTO 2-INCH CIRCLES. PLACE THE CUTS ONTO BAKING SHEETS LINED WITH PARCHMENT PAPER. YOU MAY RE-ROLL DOUGH SCRAPS TO MAKE ADDITIONAL COOKIES.
10. PLACE COOKIE SHEETS INTO THE REFRIGERATOR FOR ABOUT 15-MINUTES OR UNTIL THE COOKIES ARE FIRM. THIS WILL REDUCE SPREADING.
11. PREHEAT OVEN TO 350°F. BAKE COOKIES FOR 7-10 MINUTES OR UNTIL THE COOKIES ARE GOLDEN BROWN ALONG THE EDGES.
12. ALLOW THE COOKIES TO COOL IN THE PAN FOR 10-MINUTES BEFORE TRANSFERRING TO A WIRE RACK.
13. ADD A SMALL SPOONFUL (APPROX. 1 TSP) OF DULCE DE LECHE TO HALF OF THE COOKIES. COVER WITH THE OTHER HALF AND PRESS UNTIL THE DULCE DE LECHE BULGES FROM THE SIDES.
14. ROLL THE SIDES OF THE COOKIES IN COCONUT.
15. COOKIES CAN BE STORED AT ROOM TEMPERATURE FOR UP TO A WEEK OR FROZEN FOR UP TO TWO MONTHS. TO THAW, SIMPLY LEAVE AT ROOM TEMPERATURE FOR A FEW HOURS.

PREP TIME: 15 MINS

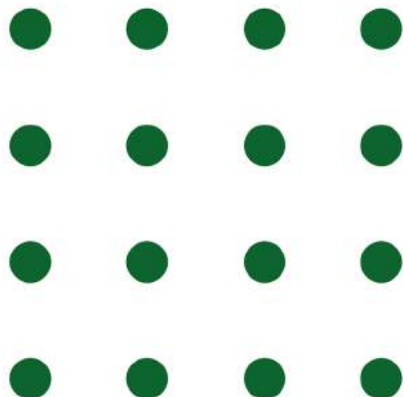
COOK TIME: 10 MINS

ADDITIONAL TIME: 2 HOURS 15 MINS

TOTAL TIME: 2 HOURS 40 MINS

COUNTRY: ARGENTINA

RECIPE AND PHOTO PROVIDED BY WANDERINGWAGARS.COM



RUM PUNCH

MAKE A BATCH OF THIS REAL BARBADOS RUM PUNCH TO BRING A TASTE OF THE CARIBBEAN STRAIGHT TO YOUR HOUSE! THIS TROPICAL PUNCH IS MADE WITH BARBADOS DARK RUM, FRESHLY SQUEEZED LIME JUICE, AND JUST THE RIGHT AMOUNT OF SWEETNESS. IT COMES TOGETHER QUICKLY AND EASILY, AND YOU CAN MAKE A LARGE PITCHER FOR A GATHERING OR INDIVIDUAL SERVINGS.



INGREDIENTS

- 2 CUPS WATER
- 1 1/2 CUPS BARBADOS DARK RUM
- 1 CUP SIMPLE SYRUP PREFERABLY HOMEMADE
- 1/2 CUP FRESHLY SQUEEZED LIME JUICE
- 8 DASHES BITTERS
- FRESHLY GRATED NUTMEG

INSTRUCTIONS

1. IN A LARGE PITCHER, ADD THE WATER, RUM, SIMPLE SYRUP, LIME JUICE AND BITTERS.
2. WITH A LARGE SPOON, STIR TOGETHER THE INGREDIENTS UNTIL WELL COMBINED.
3. POUR THE PUNCH INTO ICE-FILLED GLASSES. GARNISH WITH GRATED NUTMEG RIGHT ON TOP OF THE DRINK. ENJOY!

PREP TIME: 10 MINS

COOK TIME: N/A

TOTAL TIME: 10 MINS

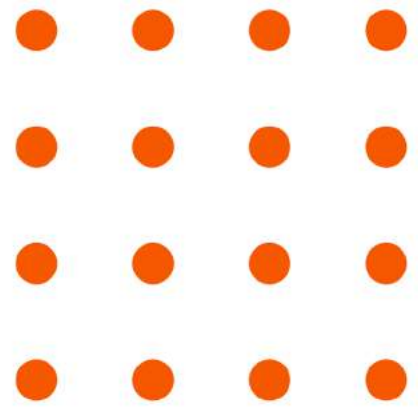
COUNTRY: BARBADOS

RECIPE PROVIDED BY BURRATAANDBUBBLES.COM



COCADAS

COCADAS ARE A CUSTOMARY DESSERT IN BOLIVIA, A NATION WHERE COCONUT IS EXTREMELY POPULAR. IT'S A STAPLE IN MANY RECIPES, INCLUDING PASTELITOS AND COCONUT PUDDING. CONDENSED MILK IS ALSO FREQUENTLY USED, PARTICULARLY IN THE DELECTABLE AND DECADENT DULCE DE LECHE.



INGREDIENTS

- 250 G DESICCATED COCONUT
- 150 ML CONDENSED MILK
- 1 EGG BEATEN
- 1 TSP VANILLA ESSENCE
- HANDFUL TOASTED COCONUT CHIPS (OPTIONAL)
- 1 TSP COCOA POWDER (OPTIONAL)

INSTRUCTIONS

1. PRE-HEAT OVEN TO 180°C /160°C FAN.
2. ADD THE DESICCATED COCONUT, CONDENSED MILK, EGG AND VANILLA (AND COCOA POWDER IF USING – I DID HALF AND HALF) INTO A BOWL AND MIX TO COMBINE. IT WILL BE STICKY BUT IT'LL COME TOGETHER.
3. SHAPE INTO 8 BALLS AND PLACE ON A BAKING TRAY. NO NEED TO LINE (YOU CAN IF YOU LIKE BUT THEY SHOULDN'T STICK). SPRINKLE WITH COCONUT CHIPS (IF USING). BAKE FOR 20 MINUTES OR UNTIL GOLDEN BROWN. COOL BEFORE EATING.

PREP TIME: 5 MINS

COOK TIME: 20 MINS

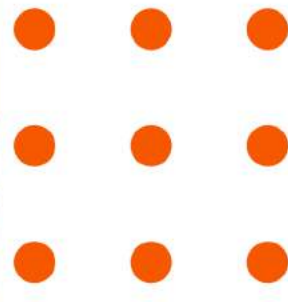
TOTAL TIME: 25 MINS

COUNTRY: PLURINATIONAL STATE OF BOLIVIA

RECIPE PROVIDED BY JESSEATSANDTRAVELS.COM

IBIHARAGE

A TRADITIONAL DISH IN BURUNDI, IBIHARAGE IS MADE PRIMARILY FROM WHITE NACY BEANS. MIZED WITH OTHER INGREDIENTS, THIS DISH IS PACKED WITH FLAVOUR!



INGREDIENTS

- 12OUNCES WHITE NAVY BEANS
- BOILING WATER
- ½CUP COOKING OIL
- 3LARGE ONIONS, SLICED
- 1GARLIC CLOVE, CRUSHED
- 1TEASPOON BERBERE MIXED SPICE
- 2TEASPOONS SALT

INGREDIENTS

1. PUT THE BEANS IN A LARGE SAUCEPAN AND COVER WITH A VOLUME OF WATER THAT IS EQUAL TO ABOUT TWO OR THREE TIMES THE AMOUNT OF BEANS. PLACE OVER HIGH HEAT AND BRING TO A BOIL. BOIL FOR TWO OR THREE MINUTES, THEN REMOVE FROM HEAT.
2. COVER THE POT AND LET THE BEANS SOAK FOR ONE HOUR. THEN PUT BACK ON THE STOVE AND SIMMER UNTIL TENDER.
3. ALTERNATELY, YOU CAN USE A PRESSURE COOKER TO SOFTEN THE BEANS.
4. IN A SEPARATE PAN, HEAT THE OIL AND FRY THE ONIONS UNTIL THEY ARE TRANSPARENT. ADD THE GARLIC AND STIR UNTIL FRAGRANT.
5. ADD THE BEANS TO THE POT AND COOK FOR FIVE MINUTES. STIR IN THE SALT AND THE BERBERI SPICE MIX. SERVE IMMEDIATELY.

PREP TIME: N/A

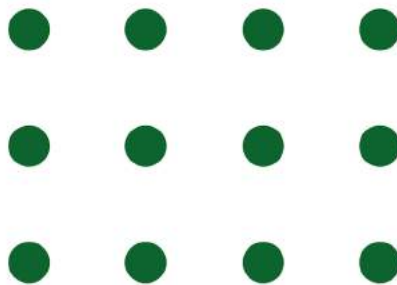
COOK TIME: N/A

SOAK TIME: 1 HOUR

TOTAL TIME: 2 HOURS 10 MINS

COUNTRY: BURUNDI

RECIPE AND PHOTO PROVIDED BY FOOD.COM



ZIGNI

POPULAR ETHIOPIAN AND ERITREAN STEWS COOKED WITH BEEF, TOMATOES, RED ONIONS, AND BERBERE SPICES ARE CALLED ZIGNA, KAIH TSEBHI, OR KAI WAT. THE MEAT IS TYPICALLY SERVED OVER INJERA, AN UNLEAVENED BREAD MADE FROM TEFF FLOUR, AND MIGHT BE BEEF, LAMB, GOAT, OR CHICKEN.

INGREDIENTS

FOR BERBERE SPICE MIX

- 4 BLACK CARDAMOMS MEDIUM
- 2 TEASPOONS CUMIN SEEDS
- 2 TEASPOONS FENUGREEK SEEDS
- 3 CLOVES
- 10 BLACK PEPPERCORNS
- 1 TABLESPOON OREGANO
- ½ TEASPOON THYME
- ½ TEASPOON ROSEMARY
- 2 TEASPOONS RED CHILLI POWDER
- 1 TABLESPOON HOT PAPRIKA POWDER
- 2 TEASPOONS CORIANDER POWDER
- ¼ TEASPOON CINNAMON POWDER
- A PINCH NUTMEG POWDER

FOR ZIGNI

- 1 KILOS GOAT MEAT, LAMB, STEWING BEEF, CHICKEN OR CAPON
- 2 LBS OFF THE BONE RED MEAT, CUT INTO SMALL CUBES OR 3 FULL BIRDS SKIN REMOVED AND CUT INTO 8 PIECES.
- 90 GRAMS RED ONIONS 3 CUPS, DICED SMALL
- 1½ TABLESPOONS GARLIC CHOPPED SMALL
- 1½ TABLESPOONS GINGER PEELED AND CHOPPED SMALL
- 6 TABLESPOONS NITER KIBBEH ½ CUP (OR T'ESMI) SPICED CLARIFIED BUTTER SEE NOTES BELOW
- 400 GRAMS CAN TOMATOES 14 OZ, BLENDED TILL SMOOTH
- 1 TABLESPOON WHITE WINE VINEGAR
- 1 TEASPOON SALT ADJUST TO TASTE
- 4 HARD BOILED EGGS (OPTIONAL)

INSTRUCTIONS

FOR BERBERE SPICE MIX

- 1.4 BLACK CARDAMOMS,2 TEASPOONS CUMIN SEEDS,2 TEASPOONS FENUGREEK SEEDS,3 CLOVES,10 BLACK PEPPERCORNS
- 2.IN A DRY SKILLET ON A LOW FLAME, GENTLY TOAST THE WHOLE SPICES FOR 1-2 MINUTES TILL AROMATIC.
- 3.1 TABLESPOON OREGANO,½ TEASPOON THYME,½ TEASPOON ROSEMARY
- 4.GRIND TOGETHER WITH THE DRIED HERBS.
- 5.2 TEASPOONS RED CHILLI POWDER,1 TABLESPOON HOT PAPRIKA POWDER,2 TEASPOONS CORIANDER POWDER,¼ TEASPOON CINNAMON POWDER,A PINCH NUTMEG
- 6.TRANSFER TO A SMALL BOWL AND MIX IN THE POWDERED SPICES.

FOR ZIGNI

- 1.6 TABLESPOONS NITER KIBBEH,90 GRAMS RED ONIONS
- 2.IN A LARGE SAUCEPAN ON MEDIUM-LOW HEAT, MELT 3 TABLESPOONS OF NITER KIBBEH (OR GHEE), ADD ONIONS AND COVER WITH A LID. COOK TILL CARAMELISED FOR 1-2 HOURS, STIRRING AND SCRAPING THE BOTTOM OF THE PAN WITH A WOODEN SPOON TO PREVENT STICKING.
- 3.1½ TABLESPOONS GARLIC,1½ TABLESPOONS GINGER
- 4.STIR IN THE GARLIC AND GINGER AND COOK FOR 10 MINUTES.
- 5.6 TABLESPOONS NITER KIBBEH,1 TEASPOON SALT
- 6.ADD THE REMAINING 3 TABLESPOONS OF NITER KIBBEH (OR GHEE) AND STIR IN THE BERBERE SPICES AND SALT, THEN COOK FOR ANOTHER 10 MINUTES.
- 7.400 GRAMS CAN TOMATOES,1 TABLESPOON WHITE WINE VINEGAR
- 8.POUR IN TOMATOES AND VINEGAR AND COOK FOR A FURTHER 10 MINUTES.
- 9.1 KILOS GOAT MEAT, LAMB, STEWING BEEF, CHICKEN OR CAPON,4 HARD BOILED EGGS
- 10.ADD THE MEAT OR POULTRY AND STIR WELL, THEN COVER AND SIMMER ON A LOW HEAT FOR 30 MINUTES (POULTRY), 60-75 (GOAT MEAT), 40 MINUTES (BEEF) OR 60 MINUTES (LAMB)* TILL TENDER.
- 11.ADD THE BOILED EGGS IN THE LAST 5 MINUTES OF COOKING. SERVE THE ZIGNI WARM WITH INJERA BREAD.

PREP TIME: 10 MINS

COOK TIME: 2 HOURS 30 MINS

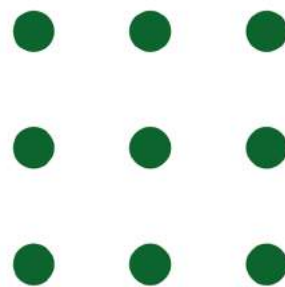
TOTAL TIME: 2 HOURS 40 MINS

COUNTRY: ERITREA

RECIPE PROVIDED BY ENDOFTHEFORK.COM

LETTUCE SOUP

A SOUP MADE WITH LETTUCE AS THE MAIN INGREDIENT IS CALLED LETTUCE SOUP. IT CAN BE MADE WITH A VARIETY OF LETTUCES AND OTHER INGREDIENTS; SOME LETTUCE SOUP RECIPES CALL FOR THE USE OF MANY LETTUCE CULTIVARS.



INGREDIENTS

- 1 TSP BUTTER
- 12 OZ LETTUCE LEAVES
- A SMALL ONION
- 1 TBSP OF FLOUR
- 3 CUPS CHICKEN STOCK
- 1 ¼ CUP MILK
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

- 1.MELT THE BUTTER IN A LARGE STOCK POT OVER MEDIUM HEAT AND ADD THE ONION. WHEN THE ONIONS ARE STARTING TO BROWN, PUT THE LETTUCE LEAVES INTO THE PAN AND SAUTE, STIRRING CONTINUOUSLY, UNTIL THEY START TO WILT.
- 2.WHISK THE FLOUR INTO THE CHICKEN BROTH AND POUR INTO THE PAN. LET SIMMER GENTLY FOR 30 MINUTES, THEN TRANSFER IN BATCHES TO A FOOD PROCESSOR. PUREE AND THEN RETURN TO THE STOCKPOT. ADD THE MILK AND SEASONINGS AND BRING BACK TO A SIMMER. SERVE HOT.

PREP TIME: N/A

COOK TIME: 35 MINS

TOTAL TIME: N/A

COUNTRY: FALKLAND ISLANDS

RECIPE PROVIDED TRAVELBYSTOVE.PALFREYMEDIA.COM



FIJI STYLE YOGURT SALAD

THIS YOGURT SALAD IS A TRADITIONAL DISH PREPARED IN THE COUNTRY OF FIJI USING YOGURT AND A FEW FRUITS A FEW VEGGIES!

INGREDIENTS

- 1 PACKAGE YOGHURT
- 1 CUCUMBER
- 1 TOMATO
- 1 GREEN PEPPER
- 1 SMALL PUMPKIN
- MODERATE AMOUNT OF SALT, CHILI POWDER AND GARAM MASALA

INSTRCTIONS

1. PUT YOGHURT AND A LITTLE SALT INTO A BOWL.
2. CHOP THE CUCUMBER THE TOMATO AND THE GREEN PEPPER FINELY.
3. BOIL THE SMALL PUMPKIN AND DICE IT TO A BITE-SIZE.
4. PUT THESE INGREDIENTS IN THE BOWL AND MIX. THEN COOL THEM IN THE REFRIGERATOR
5. PUT THEM ON A DISH AND SPRINKLE MODERATE AMOUNT OF CHILI POWDER AND GARAM MASALA.

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: FIJI

RECIPE AND PHOTO PROVIDED BY COOKPAD.COM



SUPERKANJA

SUPERKANJA IS A CLASSIC STEW MADE WITH CATFISH, ONIONS, BEEF, AND OKRA. IT'S TYPICALLY SERVED WITH BREAD OR OVER RICE. THERE ARE NUMEROUS WAYS TO PREPARE THE SUPERKANJA STEW, AND SOME OF THEM INVOLVE ADDING ADDITIONAL INGREDIENTS LIKE PRAWNS OR CRAB.

INGREDIENTS

- 2 TBSP VEGETABLE OIL
- 2 LARGE ONIONS, CHOPPED
- 20G TOMATO PURÉE
- 900G BRAISING BEEF, CHOPPED
- 200G SMOKED WHITE FISH (WE USED SMOKED MACKEREL, BUT ANY SMOKED WHITE FISH WILL WORK)
- 1 RED PEPPER, CHOPPED
- 1 GARLIC CLOVE, CRUSHED
- LARGE PINCH OF CHILLI FLAKES
- 2 BAY LEAVES
- 900G OKRA, ROUGHLY CHOPPED
- 250G SUSTAINABLY SOURCED PALM OIL
- ¼ TSP BAKING POWDER
- BOILED RICE, TO SERVE

INSTRCTIONS

1. HEAT THE OIL IN A LARGE PAN OVER A LOW HEAT, AND FRY THE ONIONS UNTIL SOFTENED. ADD THE TOMATO PURÉE AND COOK FOR 5-7 MINS, THEN POUR IN 2½ LITRES WATER. TIP IN THE BEEF AND FISH. BRING TO THE BOIL AND COOK FOR 15 MINS. TRANSFER THE FISH TO A PLATE USING A SLOTTED SPOON. SET ASIDE.
2. STIR IN THE PEPPER, GARLIC, CHILLI, BAY AND OKRA. SEASON WITH SALT.
3. REDUCE THE HEAT TO LOW AND SIMMER, UNCOVERED, FOR 25 MINS. ADD THE PALM OIL AND BAKING POWDER. SIMMER FOR ANOTHER 25-30 MINS, STIRRING OCCASIONALLY. RETURN THE FISH TO THE PAN AND CONTINUE TO SIMMER FOR 15 MINS. SERVE WITH RICE.

PREP TIME: 30 MINS

COOK TIM: 1 HOUR 30 MINS

TOTAL TIME: 2 HOURS

COUNTRY: THE GAMBIA

RECIPE PROVIDED BY BBCGOODFOOD.COM

MAFFE TIGA

PEANUT BUTTER, TOMATOES, TOMATO PASTE, A FEW VEGETABLES, SEASONINGS, AND SOME KIND OF PROTEIN—SUCH AS FISH OR MEAT—COMBINE TO MAKE THE THICK, SAVORY SAUCE KNOWN AS MAFFE TIGA. WHILE SAVORY PEANUT BUTTER DISHES ARE UNCOMMON IN THE UNITED STATES, PEACE CORPS VOLUNTEERS IN GUINEA LOVE MAFFE TIGA. ALTHOUGH IT CAN BE SERVED WITH FONIO, ESPECIALLY FOR BREAKFAST, IT IS TYPICALLY SERVED WITH RICE.



INGREDIENTS

1/2 CUP PALM OIL OR PLAIN VEGETABLE OIL
6 CUPS WATER
5 MAGGI CUBES, OR OTHER BOUILLION
1 LARGE ONION – CHOPPED
PINCH OF OREGANO
3 CLOVES GARLIC
2 TBS TOMATO PASTE
PINCH OF CAYENNE PEPPER
1 LARGE TOMATO DICED (REMOVE SEEDS FIRST)
1 (14 OZ) JAR NATURAL PEANUT BUTTER (NO SUGAR ADDED)
2 BONELESS CHICKEN BREASTS CUT INTO SMALL PIECES (OR OTHER MEAT OR NEUTRAL FISH)
4 HABANERO PEPPERS
3 BAY LEAVES
SALT AND PEPPER TO TASTE
1 TBS OIL

INSTRUCTIONS

1. SAUTE THE ONION AND GARLIC IN THE OIL UNTIL TENDER. ADD EVERYTHING EXCEPT THE CHICKEN AND PEANUT BUTTER.
2. BRING IT JUST TO A BOIL TO GET THE MAGGI CUBES DISSOLVED.
3. BRING IT TO A SIMMER AND ADD THE PEANUT BUTTER. LET IT SIMMER ABOUT AN HOUR.
4. ADD THE CHICKEN BREAST. SIMMER UNTIL THE CHICKEN BREAST IS DONE (ABOUT 30 MINUTES).
5. IF YOU DON'T WANT THE SAUCE SPICY, LEAVE THE PEPPERS WHOLE. IF YOU'D LIKE IT SPICY, BREAK THEM UP A LITTLE — BUT TAKE CARE NOT TO RELEASE TOO MUCH OF THE OILS — HABANEROS ARE HOT!

PREP TIME: N/A

COOK TIME: 1 HOUR

TOTAL TIME: 1 - 1 HOUR 30 MINS

COUNTRY: GUINEA

RECIPE AND PHOTO PROVIDED BY FRIENDSOFGUINEA.ORG



COLCANNON

A CLASSIC IRISH DISH CALLED COLCANNON CONSISTS OF CERTAIN GREEN VEGETABLES AND CREAMY MASHED POTATOES. USUALLY, YOU'LL FIND KALE OR CABBAGE COMBINED WITH SOME GREEN AROMATICS LIKE CHIVES AND LEEKS.

INGREDIENTS

5 MEDIUM YUKON GOLD POTATOES, PEELED AND CUT INTO 2" PIECES
KOSHER SALT
6 TBSP. BUTTER, DIVIDED
4 SCALLIONS, WHITE PARTS THINLY SLICED, GREENS SLICED INTO 1-INCH PIECES
3 CLOVES GARLIC, CRUSHED AND CHOPPED
1 LARGE BUNCH KALE, STEMMED AND SLICED INTO 1/2" RIBBONS
3/4 C. MILK
1/2 C. HEAVY CREAM
FRESHLY GROUND BLACK PEPPER

INSTRUCTIONS

1. IN A LARGE POT, COVER POTATOES WITH WATER AND SEASON GENEROUSLY WITH SALT. BRING TO A BOIL AND COOK UNTIL TOTALLY SOFT, 10 TO 15 MINUTES. DRAIN AND RETURN POTATOES TO POT.
2. MEANWHILE, MELT 4 TABLESPOONS BUTTER IN A LARGE POT. ADD SCALLIONS AND GARLIC AND COOK UNTIL BEGINNING TO SOFTEN AND SMELL FRAGRANT, ABOUT 2 MINUTES. ADD SHREDDED KALE, MILK, AND CREAM. LET COOK 4 MINUTES, MIXING OFTEN UNTIL MILK COMES TO A SIMMER AND KALE WILTS.
3. USE A POTATO MASHER TO MASH KALE MIXTURE INTO POTATOES UNTIL SMOOTH. SEASON WITH SALT AND PEPPER.
4. SERVE WITH REMAINING 2 TABLESPOONS BUTTER AND MORE CRACKED PEPPER ON TOP.

PREP TIME: 15 MINS

COOK TIME: 25 MINS

TOTAL TIME: 40 MINS

COUNTRY: IRELAND

RECIPE PROVIDED BY DELISH.COM

YAKI UDON

JAPANESE UDON NOODLES ARE STIR-FRIED WITH A VARIETY OF VEGGIES AND PROTEINS TO MAKE YAKI UDON. IT'S STIR-FRIED IN A FLAVORFUL SAUCE CONSISTING OF MIRIN AND SOY SAUCE.



INGREDIENTS

2 PACKETS UDON NOODLES - TOTAL 13 OZ VACUUM PACKED NOODLES
2½ CUPS STIR FRY VEGETABLES - *CHOPPED (I USED MUSHROOMS, BOK CHOY, ONIONS)*
2 STALKS SCALLIONS - *CUT 2 INCHES LONG*
½ LB GROUND MEAT - *BEEF, CHICKEN, TURKEY, PORK, SHRIMP*
1 TABLESPOON AVOCADO OIL

FOR SAUCE

2½ TABLESPOONS DARK SOY SAUCE - SEE NOTE 2
2 TABLESPOONS OYSTER SAUCE - SEE NOTE 3
1 TABLESPOON MIRIN - SEE NOTE 4
2 TEASPOONS BROWN SUGAR
½ TEASPOON RICE WINE VINEGAR

INSTRUCTIONS

1. MIX ALL THE INGREDIENTS FOR THE SAUCE IN A SMALL BOWL AND SET ASIDE.
2. REMOVE YOUR UDON NOODLES FROM ITS PACKAGE AND ADD IT TO A POT OF BOILING WATER. FROZEN UDON NOODLES CAN BE ADDED DIRECTLY TO THE POT OF BOILING WATER. STIR GENTLY UNTIL YOUR UDON NOODLES ARE SEPARATED AND PLIABLE. THIS SHOULD TAKE 1 - 2 MINUTES. THEY COME PRECOOKED SO AVOID OVERCOOKING THEM AS THEY CAN GET TOO SOFT.
3. RINSE AND DRAIN YOUR NOODLES UNDER COLD WATER. IF NOT USING RIGHT AWAY, DRIZZLE ON A LITTLE BIT OF OIL TO KEEP THEM FROM STICKING
4. HEAT YOUR PAN OVER HIGH HEAT AND ADD THE OIL. ADD IN THE GROUND MEAT AND STIR FRY UNTIL ALMOST COOKED. ADD THE VEGETABLES AND STIR FRY UNTIL MEAT IS FULLY COOKED AND VEGETABLES ARE SOFT. NEXT ADD IN THE NOODLES, SAUCE, AND SCALLIONS. ADD LESS SAUCE IF YOU PREFER. CONTINUE STIR FRYING FOR ABOUT 3 MINUTES OR UNTIL WELL COMBINED. SERVE IMMEDIATELY.

PREP TIME: 10 MINS

COOK TIME: 5 MINS

TOTAL TIME: 15 MINS

COUNTRY: JAPAN

RECIPE PROVIDED BY DRIVEMEHUNGRY



MAHALABIA

SIMILAR TO ITALIAN PANNA COTTA, MUHALABIA IS A TRADITIONAL ARABIC MILK PUDDING THAT IS TOPPED WITH CRISP PISTACHIOS AND A HINT OF FRAGRANT ROSE WATER. SERVE THIS SOPHISTICATED GLUTEN-FREE DESSERT RECIPE AS A COOL AFTER-DINNER TREAT OR FOR A HOLIDAY BRUNCH.

INGREDIENTS

CUPS WHOLE MILK OR ALMOND MILK
½ CUP GRANULATED SUGAR
½ CUP CORNSTARCH
1 TEASPOON ROSEWATER
2 TABLESPOONS UNSALTED SHELLLED PISTACHIOS, CRUSHED, FOR GARNISH

FOR THE MACERATED STRAWBERRIES:

1 POUND STRAWBERRIES, STEMS REMOVED AND QUARTERED
2 TABLESPOONS SUGAR
½ TEASPOON ROSEWATER

INSTRUCTIONS

1. IN A COLD MEDIUM SAUCEPAN, WHISK TOGETHER THE MILK, SUGAR, AND CORNSTARCH UNTIL THE CORNSTARCH AND THE SUGAR HAVE DISSOLVED COMPLETELY.
2. SET THE SAUCEPAN OVER MEDIUM-HIGH HEAT AND BRING TO A GENTLE BOIL. WHISK CONSTANTLY SO THE MILK DOESN'T STICK TO THE BOTTOM OF THE PAN. LOWER THE HEAT TO MEDIUM AND CONTINUE TO WHISK UNTIL THE MIXTURE THICKENS, ABOUT 10 MINUTES.
3. REMOVE THE SAUCEPAN FROM THE HEAT AND WHISK IN THE ROSE WATER.
4. DIVIDE THE PUDDING INTO 4-8 INDIVIDUAL CUPS. MAKE SURE TO LEAVE SOME SPACE FOR THE MACERATED STRAWBERRIES. SET ASIDE TO COOL, THEN REFRIGERATE UNTIL THE PUDDING IS COMPLETELY SET AND FIRM, ABOUT 2-3 HOURS OR UP TO 2 DAYS.

TO MAKE MACERATED STRAWBERRIES

1. IN A MEDIUM BOWL, STIR TOGETHER THE STRAWBERRIES, SUGAR, AND ROSEWATER. LET STAND AT ROOM TEMPERATURE UNTIL THE JUICES ARE RELEASED, AT LEAST 30 MINUTES OR UP TO 2 HOURS. AFTER AT LEAST 30 MINUTES, REFRIGERATE UNTIL YOU ARE READY TO SERVE (UP TO ONE DAY).
2. TOP THE PUDDING WITH MACERATED STRAWBERRIES. GARNISH WITH THE CRUSHED PISTACHIOS AND SERVE COLD.

PREP TIME: 15 MINS

COOK TIME: 10 MINS

CHILL TIME: 2 HOURS

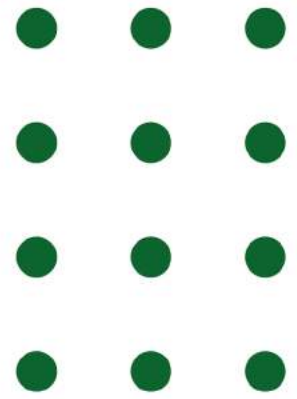
TOTAL TIME: 2 HOURS 25 MINS

COUNTRY: LEBANON

RECIPE PROVIDED BY THEMEDITERRANEANDISH.COM

CHAKALAKA AND PAP-PAP

CHAKALAKA WITH PAP-PAP IS A STAPLE MEAL IN LESOTHO. DELICIOUS VEGETABLE STEW CALLED CHAKALAKA IS CREATED WITH TOMATOES, PEPPERS, CARROTS, AND ONIONS. IT IS EATEN WITH THE NATIONAL CUISINE, PAP-PAP, WHICH IS SIMILAR TO POLENTA WHEN COOKED AND IS PRODUCED FROM MAIZE MEAL.



INGREDIENTS

FOR PAP-PAP

300 GRAMS CORN MEAL OR POLENTA
300 ML OF WATER

FOR CHAKALAKA

2 TABLESPOONS VEGETABLE OIL
1 CARROT FINELY CHOPPED
1 ONION FINELY CHOPPED
2 HOT RED CHILIES FINELY CHOPPED
1 RED BELL PEPPER FINELY CHOPPED
2 TOMATOES FINELY CHOPPED
SALT AND PEPPER TO TASTE

INSTRUCTIONS

FOR PAP-PAP

1. BRING THE WATER TO BOIL AND ADD THE CORN MEAL OR POLENTA.
2. STIR CONSTANTLY UNTIL A STIFF MIXTURE DEVELOPS
3. LEAVE TO SIMMER FOR 25 MINUTES, STIRRING EVERY 5 MINUTES TO PREVENT BURNING.
4. SERVE WITH CHAKALAKA OR ANY OTHER STEW OR SAUCE

FOR CHAKALAKA

1. HEAT THE OIL AND FRY THE CARROTS FOR A FEW MINUTES THEN ADD IN THE ONIONS, CHILIES AND BELL PEPPER.
2. FRY FOR ABOUT 5 MINUTES MORE AND THEN ADD IN THE TOMATOES
3. COOK UNTIL THE TOMATOES BREAK DOWN AND FORM A STEW.
4. SEASON WITH SALT AND PEPPER AND SERVE WITH PAP-PAP.

PREP TIME: 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 45 MINS

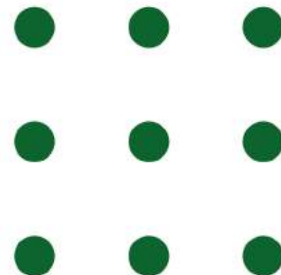
COUNTRY: LESOTHO

RECIPE AND PHOTO PROVIDED BY INTERNATIONALCUISINE.COM



MANDAZI

MANDAZIS ARE TYPICALLY EATEN AS A POST-MEAL SNACK OR DESSERT, AND THEY ARE FREQUENTLY SERVED WITH TEA OR FRESH FRUIT JUICE. TO MAKE A LITTLE EXTRA MONEY, MALAWIAN WOMEN ARE USUALLY SEEN SELLING MANDAZI ON THE STREETS, IN THE MARKETPLACES, AND EVEN AT THE BUS STOPS.



INGREDIENTS

3 CUPS ALL-PURPOSE FLOUR(375 G), PLUS MORE FOR DUSTING
½ CUP SUGAR(100 G)
1 ½ TEASPOONS BAKING POWDER
2 TEASPOONS GROUND CARDAMOM
½ TEASPOON KOSHER SALT
1 EGG, BEATEN
1 ½ OZ COCONUT MILK(400 ML), 1 CAN OIL, FOR FRYING

INSTRUCTIONS

1. IN A LARGE BOWL, WHISK TOGETHER THE FLOUR, SUGAR, BAKING POWDER, CARDAMOM, AND SALT. MAKE A WELL IN THE CENTER, THEN USE A RUBBER SPATULA TO MIX IN THE EGG AND COCONUT MILK UNTIL THE DOUGH COMES TOGETHER.
2. TURN THE DOUGH OUT ONTO A FLOURED SURFACE AND KNEAD UNTIL SMOOTH. DIVE THE DOUGH INTO 4 PORTIONS. ROLL OUT 1 PORTION OF DOUGH INTO A CIRCLE ABOUT ¼-INCH (6 ML) THICK. CUT INTO 8 TRIANGLES. REPEAT WITH THE REMAINING DOUGH PORTIONS.
3. HEAT THE OIL IN A LARGE POT UNTIL IT REACHES 350° F (180° C).
4. WORKING IN BATCHES, FRY THE MANDAZI FOR 2-3 MINUTES PER SIDE, UNTIL GOLDEN BROWN. DRAIN ON PAPER TOWELS. SERVE AS BREAKFAST OR A SNACK WITH KENYAN COFFEE OR CHAI.

PREP TIME: N/A

COOK TIME: 2-3 MINS EACH

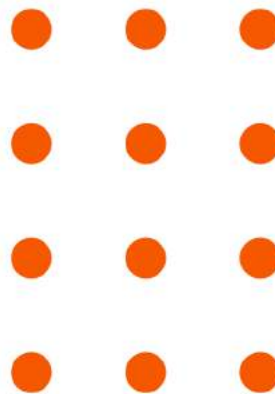
TOTAL TIME: UNDER 30 MINS

COUNTRY: MALAWI

RECIPE PROVIDED BY TASTY.COM

POTICA POPPY SEED ROLL

POTICA IS A DELICIOUS PASTRY THAT IS TYPICALLY FILLED WITH WALNUT OR POPPY SEED FILLING. THIS RECIPE USES A FILLING OF MILK, SUGAR, SEMOLINA, AND GROUND POPPY SEEDS. POTICA HAS A SIMULTANEOUS TART, GRITTY, AND SWEET FLAVOR.



INGREDIENTS

FOR DOUGH

1-2 TABLESPOONS WATER
1 TEASPOON BAKER'S YEAST
2 TABLESPOONS SUGAR
17-18 OUNCES ALL PURPOSE FLOUR PLUS A MORE FOR DUSTING
PINCH OF SALT
1.5 TEASPOONS BAKING POWDER
4 OUNCES OIL
8.5 OUNCES LUKEWARM WATER
2 TABLESPOONS WATER TO GREASE THE DOUGH
1 TABLESPOON MELTED BUTTER TO GREASE THE DOUGH
4-6 TABLESPOON CONFECTIONER'S SUGAR AFTER BAKING

FOR FILLING

15 OUNCES MILK
8.5 OUNCES POPPY SEEDS VERY FINELY GROUND
4.5 OUNCES SUGAR
2 OUNCES SEMOLINA
2 TEASPOONS VANILLA EXTRACT

INSTRUCTIONS

1. IN A SMALL BOWL COMBINE 1-2 TABLESPOONS WATER, BAKER'S YEAST AND SUGAR. MIX AND LEAVE TO BUBBLE UP (10-15 MINUTES).
2. IN A MEDIUM SIZED BOWL ADD FLOUR, SALT, BAKING POWDER AND MIX EVERYTHING. MAKE AN INDENTATION AND ADD THE YEAST MIXTURE, OIL AND WATER. KNEAD INGREDIENTS SEVERAL MINUTES UNTIL YOU GET A SOFT BALL OF DOUGH. LEAVE DOUGH TO RISE FOR AN HOUR.
3. (MAKE WHILE DOUGH IS RISING) IN A MEDIUM SIZED POT ADD MILK AND BRING TO A BOIL ON MEDIUM. BRING TEMPERATURE DOWN TO LOW, ADD SUGAR, VANILLA EXTRACT AND GROUND POPPY SEEDS. MIX WELL UNTIL INTEGRATED.
4. WHILE CONTINUOUSLY STIRRING, ADD SEMOLINA. CONTINUE STIRRING AND COOKING ANOTHER 1-2 MINUTES. TURN THE STOVE OFF AND LET THE FILLING REST. WHEN THE FILLING COOLS DOWN DIVIDE IT INTO TWO EQUAL PARTS.
5. HEAT OVEN TO 355°F (180°C) AND DUST WORKING AREA WITH FLOUR IF NEEDED. (SOMETIMES THE DOUGH IS GREASY ENOUGH WHERE THIS ISN'T NECESSARY. YOUR CALL.) THE DOUGH SHOULD BE DOUBLED NOW, SO CUT IT INTO TWO EQUAL PARTS.
6. TAKE ONE DOUGH HALF AND ROLL IT OUT INTO AN (APPROXIMATELY) 8 BY 16 INCHES RECTANGLE. THEN TAKE ONE HALF OF THE FILLING AND SPREAD EVENLY OVER THE DOUGH RECTANGLE ALMOST ALL THE WAY TO THE SIDES. ROLL UP THE LONG SIDE AND PLACE IN A PAN (SIZED APPROXIMATELY 12 BY 17 INCHES) LINED WITH PARCHMENT PAPER. REPEAT WITH THE OTHER HALVES.
7. MIX WATER AND BUTTER THEN BRUSH POPPY SEED ROLLS WITH IT.
8. BAKE FOR 10-15 MINUTES, THEN TURN THE PAN AROUND AND COVER THE ROLL WITH PARCHMENT PAPER. BAKE AN ADDITIONAL 25 MINUTES. (TOTAL BAKING TIME IS 40 MINUTES.)
9. TAKE THE PAN OUT OF THE OVEN, AND LET IT COOL DOWN. YOU CAN COVER IT WITH A CLEAN, DRY KITCHEN TOWEL. DUST WITH CONFECTIONER'S SUGAR BEFORE SERVING.
10. THE ROLL KEEPS UP TO 3 DAYS. KEEP WRAPPED IN SARAN WRAP IN BREAD BOX. EAT LEFTOVER POTICA COLD OR REHEATED.

PREP TIME: 30 MINS

COOK TIME: 40 MINS

REST TIME: 1 HOUR

TOTAL TIME: 2 HOURS 10 MINS

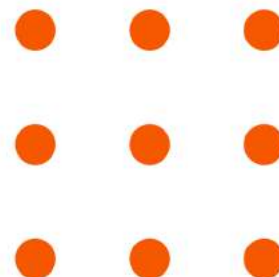
COUNTRY: MONTENEGRO

RECIPE PROVIDED BY BALKANLUNCHBOX.COM



EGG BHEJO

A TASTY EGG APPETIZER CALLED EGG BHEJO HAS A SPICY AND SOUR FILLING MADE OF ROASTED CHILLI FLAKES, PEANUT POWDER, FRIED ONIONS, AND FRIED GARLIC. IN BURMESE FAST FOOD RESTAURANTS, EGG BEJO IS A POPULAR DISH THAT IS TYPICALLY SERVED EITHER ALONE OR WITH ATHO.



INGREDIENTS

4 EGG
2 (BIG) (THINLY SLICED) ONION
1/2 CUP CORIANDER LEAVES (FINELY CHOPPED)
1TSP (MIX WITH 1/2 CUP WATER) TAMARIND PASTE
1TSP (MIX WITH TAMARIND WATER) SUGAR
1/2 TSP (MIX WITH 1/2 CUP WATER) SALT
10 NOS GARLIC PEARL

INSTRUCTIONS

1. IN A PAN ADD ENOUGH OIL AND FRY ONION UNTIL CRISPY AND SPREAD IT ON A PLATE
2. FINELY SLICE GARLIC AND FRY IN THE SAME OIL UNTIL BROWN AND CRISPY
3. BOIL EGG, REMOVE SHELL AND KEEP IT SEPARATELY
4. CRUSH FRIED ONION AND GARLIC, MIX WELL BY ADD 1OR 2TSP LEFT OVER OIL
5. SLIT BOILED EGG, STUFF GENTLY ONION GARLIC MIX, ADD 1TSP SALT WATER, THEN ADD 1TSP TAMARIND WATER AND STUFF SOME FRESH CORIANDER LEAVES AND SERVE AS STARTER

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: MAYNMAR

RECIPE PROVIDED BY COOKPAD.COM

POFFERTJES

SMALL, FLUFFY YEASTED DELICACIES CALLED POFFERTJES, OR DUTCH MINI PANCAKES, ARE BAKED IN A SPECIAL CAST-IRON SKILLET AND PRONOUNCED PUFF' UR JIS. THEY ARE TRADITIONALLY SERVED HOT AND ACCOMPANIED BY A PAT OF BUTTER AND A GENEROUS DUSTING OF CONFECTIONERS' SUGAR. THEY ARE SOLD ALL ACROSS THE NETHERLANDS.



INGREDIENTS

1 ½ CUPS (12 OUNCES, 350 ML) MILK, HEATED TO ABOUT 105°F (SEE TIP 1)
2 ¾ TEASPOONS INSTANT YEAST
1 ¾ CUPS (8.75 OUNCES, 250 GRAMS) ALL-PURPOSE FLOUR
2 TABLESPOONS GRANULATED SUGAR
PINCH OF SALT
1 LARGE EGG
UNSALTED BUTTER (SEE TIP 2)
CONFECTIONERS' SUGAR FOR SPRINKLING ON POFFERTJES

INSTRUCTIONS

1. ADD YEAST TO LUKEWARM MILK; STIR TO COMBINE. ALLOW TO SIT FOR ABOUT 10 MINUTES OR UNTIL FROTHY.
2. WHISK TOGETHER FLOUR, SUGAR AND SALT IN A LARGE BOWL. ADD MILK/YEAST MIXTURE AND EGG. BEAT WITH ELECTRIC MIXER ON HIGH UNTIL SMOOTH, ABOUT 1 MINUTE. (SEE TIP 3)
3. COVER BOWL WITH PLASTIC WRAP; LET SIT UNTIL BUBBLY AND DOUBLED IN SIZE, ABOUT 45 MINUTES.
4. HEAT POFFERTJES PAN ON MEDIUM HEAT UNTIL HOT, 3 TO 4 MINUTES. BRUSH CAVITIES WITH MELTED BUTTER. ADD ABOUT 1 TABLESPOON OF BATTER TO EACH OF THE CAVITIES. WHEN SMALL BUBBLES START TO APPEAR AND THE TOP STARTS TO LOOK A BIT DRIED OUT, QUICKLY FLIP POFFERTJES. (SEE TIPS 4 AND 5)
5. ALLOW POFFERTJES TO COOK ON OTHER SIDE UNTIL NICELY BROWNED, ABOUT 2 MINUTES. REMOVE FROM PAN. REPEAT WITH REMAINING BATTER.
6. SERVE HOT WITH A PAT OF BUTTER AND A SPRINKLING OF CONFECTIONERS' SUGAR.
7. YIELD, ABOUT 60 POFFERTJES.

PREP TIME: 15 MINS

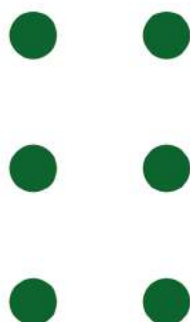
COOK TIME: 20 MINS

RIISING TIME: 45 MINS

TOTAL TIME: 1 HOUR 20 MINS

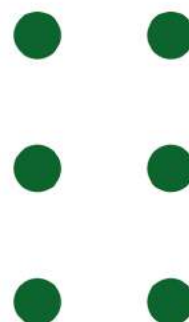
COUNTRY: THE NETHERLANDS

RECIPE PROVIDED BY PUDGEFACTOR.COM



JULEKAKE

A TRADITIONAL NORWEGIAN CHRISTMAS BREAD, JULEKAKE HAS A DELIGHTFUL CARDAMOM FLAVOR WITH CANDIED FRUITS.



INGREDIENTS

2 (.25 OUNCE) PACKAGES ACTIVE DRY YEAST
½ CUP WARM WATER (110 DEGREES F/45 DEGREES C)
2 CUPS COLD MILK
1 CUP WHITE SUGAR
1 CUP BUTTER, MELTED
2 TEASPOONS SALT
8 ½ CUPS ALL-PURPOSE FLOUR, DIVIDED
1 CUP GOLDEN RAISINS
½ CUP CANDIED CHERRIES, SLICED
½ CUP CHOPPED CANDIED CITRON
1 TABLESPOON GROUND CARDAMOM
1 LARGE EGG WHITE, BEATEN

INSTRUCTIONS

1. DISSOLVE YEAST IN WARM WATER.
2. POUR COLD MILK INTO A WIDE, SHALLOW, HEAVY-BOTTOMED SAUCEPAN. HEAT OVER MEDIUM HEAT, STIRRING FREQUENTLY, UNTIL SMALL BUBBLES APPEAR AROUND THE OUTSIDE OF THE SAUCEPAN.
3. REMOVE FROM THE HEAT AND TRANSFER TO A LARGE BOWL. STIR IN SUGAR, MELTED BUTTER, AND SALT; LET SIT UNTIL LUKEWARM, 5 TO 10 MINUTES.
4. ADD YEAST MIXTURE, THEN STIR IN 4 CUPS FLOUR. COVER AND LET RISE IN A WARM PLACE UNTIL DOUBLED IN SIZE, ABOUT 2 HOURS.
5. PUNCH DOWN DOUGH. STIR IN RAISINS, CHERRIES, CITRON, AND CARDAMOM. WORK IN REMAINING 4 ½ CUPS FLOUR UNTIL A SOFT DOUGH FORMS. COVER AND LET RISE IN A WARM PLACE UNTIL DOUBLED IN SIZE, 2 TO 3 HOURS.
6. KNEAD DOUGH SLIGHTLY ON A LIGHTLY FLOURED SURFACE. DIVIDE INTO FOURTHS AND FORM INTO ROUND LOAVES. PLACE LOAVES ONTO GREASED COOKIE SHEETS. COVER AND LET RISE IN A WARM PLACE UNTIL DOUBLED IN SIZE, 1 TO 2 HOURS.
7. PREHEAT THE OVEN TO 350 DEGREES F (175 DEGREES C). BRUSH LOAVES WITH EGG WHITE.
8. BAKE IN THE PREHEATED OVEN UNTIL GOLDEN BROWN, 30 TO 40 MINUTES.

PREP TIME: 30 MINS

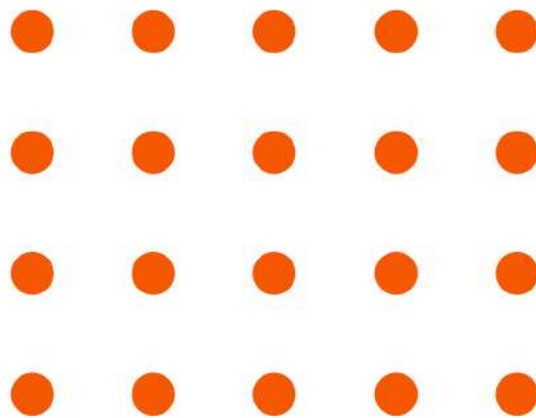
COOK TIME: 30 MINS

ADDITIONAL TIME: 5.5 HOURS

TOTAL TIME: 6 HOURS 30 MINS

COUNTRY: NORWAY

RECIPE AND PHOTO PROVIDED BY ALLRECIPES.COM



CALDO VERDE

ONE COMMON SOUP IN PORTUGUESE COOKING IS CALDO VERDE. FINELY SHREDDED PORTUGUESE CABBAGE, OR COUVE-GALEGA, POTATOES, OLIVE OIL, SALT, AND BLACK PEPPER ARE THE MAJOR TRADITIONAL INGREDIENTS OF CALDO VERDE, WHICH IS MOSTLY FLAVORED WITH ONION AND GARLIC.

INGREDIENTS

- 4 TABLESPOONS OLIVE OIL, DIVIDED
- 1 MEDIUM ONION, MINCED
- 1 CLOVE GARLIC, MINCED
- 6 MEDIUM POTATOES, PEELED AND THINLY SLICED
- 2 QUARTS COLD WATER
- 6 OUNCES LINGUIÇA SAUSAGE, THINLY SLICED
- 2 ½ TEASPOONS KOSHER SALT
- GROUND BLACK PEPPER TO TASTE
- 1 POUND KALE, RINSED AND JULIENNED

INSTRUCTIONS

1. HEAT 3 TABLESPOONS OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD ONION AND GARLIC AND COOK FOR 3 MINUTES. ADD POTATOES AND COOK, STIRRING CONSTANTLY, FOR 3 MINUTES. POUR IN WATER AND BRING TO A BOIL; BOIL GENTLY UNTIL POTATOES ARE VERY TENDER, ABOUT 20 MINUTES.
2. MEANWHILE, COOK SAUSAGE IN A LARGE SKILLET OVER MEDIUM-LOW HEAT UNTIL IT HAS RELEASED MOST OF ITS FAT, ABOUT 10 MINUTES. DRAIN.
3. USE AN IMMERSION BLENDER TO PURÉE POTATO MIXTURE. STIR IN SAUSAGE AND SEASON WITH SALT AND PEPPER. INCREASE THE HEAT TO MEDIUM, COVER, AND SIMMER FOR 5 MINUTES.
4. STIR IN KALE AND SIMMER UNTIL TENDER AND BRIGHT GREEN, ABOUT 5 MINUTES. STIR IN REMAINING 1 TABLESPOON OLIVE OIL AND SERVE IMMEDIATELY.

PREP TIME: 30 MINS

COOK TIME: 45 MINS

TOTAL TIME: 1 HOUR 15 MINS

COUNTRY: PORTUGAL

RECIPE AND PHOTO PROVIDED BY ALLRECIPES.COM

RUSSIAN CABBAGE BORSCHT

EVEN THOUGH THIS ISN'T YOUR USUAL BORSCHT, YOU SHOULD TRY THIS DELICIOUS RUSSIAN CABBAGE BORSCHT! GARNISH WITH ADDITIONAL DILL WEED, DICED FRESH TOMATOES, AND SOUR CREAM.

INGREDIENTS

- 1 ½ CUPS THINLY SLICED POTATOES
- 1 CUP THINLY SLICED BEETS
- 4 CUPS VEGETABLE STOCK OR WATER
- 2 TABLESPOONS BUTTER
- 1 ½ CUPS CHOPPED ONIONS
- 1 TEASPOON CARAWAY SEED (OPTIONAL)
- 2 TEASPOONS SALT
- 1 CELERY STALK, CHOPPED
- 1 LARGE CARROT, SLICED
- 3 CUPS COARSELY CHOPPED RED CABBAGE
- BLACK PEPPER TO TASTE
- ¾ TEASPOON FRESH DILL WEED
- 1 TABLESPOON CIDER VINEGAR
- 1 TABLESPOON HONEY
- 1 CUP TOMATO PUREE
- SOUR CREAM, FOR TOPPING
- CHOPPED TOMATOES, FOR GARNISH

INSTRUCTIONS

1. PLACE SLICED POTATOES AND BEETS IN A MEDIUM SAUCEPAN OVER HIGH HEAT; COVER WITH STOCK, AND BOIL UNTIL VEGETABLES ARE TENDER. REMOVE POTATOES AND BEETS WITH A SLOTTED SPOON, AND RESERVE STOCK.
2. MELT BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT. STIR IN ONIONS, CARAWAY SEEDS, AND SALT; COOK UNTIL ONIONS BECOME SOFT AND TRANSLUCENT. THEN STIR IN CELERY, CARROTS, AND CABBAGE. MIX IN RESERVED STOCK; COOK, COVERED, UNTIL ALL VEGETABLES ARE TENDER, ABOUT 10 MINUTES.
3. ADD POTATOES AND BEETS TO THE SKILLET. SEASON WITH BLACK PEPPER AND DILL WEED. STIR IN CIDER VINEGAR, HONEY, AND TOMATO PUREE. COVER, REDUCE HEAT TO MEDIUM LOW, AND SIMMER AT LEAST 30 MINUTES. SERVE TOPPED WITH SOUR CREAM, EXTRA DILL WEED, AND CHOPPED FRESH TOMATOES.



PREP TIME: 20 MINS

COOK TIME: 45 MINS

TOTAL TIME: 1 HOUR 5 MINS

COUNTRY: RUSSIA

RECIPE AND PHOTO PROVIDED BY ALLRECIPES.COM

GREEN FIG SALAD

THIS SALAD OF GREEN BANANAS OR FIGS IS COMPARABLE TO A POTATO SALAD. AFTER TASTING THIS SALAD, I CAN SEE WHY ST. LUCIANS ARE SO PROUD OF IT. THE UNIQUE COMBINATION OF SALT COD AND GREEN BANANAS WILL MAKE YOU WANT THIS DISH OVER AND OVER.



INGREDIENTS

5 GREEN COOKING BANANAS (GREEN FIG)
3 SCALLIONS
1 C DICED RED BELL PEPPER
1/4 TSP BLACK PEPPER
1/2 TSP OLIVE OIL
1/2 C MAYONNAISE OR MIRICLE WHIP
1 CLOVE MINCED GARLIC
1 C SALTED COD, PREPARED
1 TBSP PARSLEY, CHOPPED

INSTRUCTIONS

1. PREPARE SALT COD BY SIMMERING IN WATER FOR 1/2 HOUR, DRAIN SALTY WATER, ADD FRESH WATER, AND REPEAT 2 MORE TIMES. AFTER FINAL SIMMER, DRAIN AND USING A FORK OR YOUR HANDS, BREAK COD INTO SMALL SHREDDED BITS.
2. THE GREEN COOKING BANANAS WILL BE VERY FIRM AND DIFFICULT TO PEEL. IF THERE IS A SAP, DO NOT GET ON CLOTHING AS IT WILL STAIN, ADD VEGETABLE OIL TO HANDS FOR EASY HANDLING. TRIM OFF STEM FROM BOTH ENDS AND RUN A KNIFE DOWN THE FULL LENGTH OF BANANA THE DEPTH OF THE PEEL. COVER WITH SALTED WATER AND BRING TO A BOIL FOR 10 TO 15 MINUTES, THE CUT YOU MADE WILL OPEN UP AND ALLOW FOR EASY REMOVAL OF THE PEEL. THE WATER WILL DISCOLOUR WHILE BOILING, THIS IS NATURAL. ALLOW BANANAS TO COOL, REMOVE AND CHOP INTO 1" PIECES SIMILAR TO POTATO SALAD.
3. DICE THE BELL PEPPERS, CHOP SCALLIONS AND PARSLEY. PLACE A NONSTICK FRYING PAN ON A MEDIUM HEAT WITH THE OLIVE OIL AND ADD SCALLIONS, GARLIC, COD BITS, GREEN PEPPERS AND PEPPER. A HOT PEPPER MAY BE ADDED IF YOU LIKE THE ADDED HEAT, TURN DOWN HEAT TO MED LOW AND SAUTE TO BRING OUT THE NATURAL FLAVOURS OF THESE INGREDIENTS. ALLOW TO COOL.
4. IN A LARGE BOWL PLACE THE DICED (COOKED AND COOLED) BANANAS, THEN TOP WITH THE FLAVORED INGREDIENTS (WHICH SHOULD BE COOLED) AND ADD MAYONNAISE. TASTE TO CHECK FOR SALTINESS AND ADJUST IF NECESSARY. GIVE IT A GOOD MIX AND CHILL IN REFRIGERATOR TO ALLOW FLAVOURS TO GET HAPPY.

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: ST. LUCIA

RECIPE PROVIDED BY JUSTAPINCH.COM

MUHAMMARA

WALNUTS AND ROASTED RED PEPPER ARE USED IN THIS RECIPE FOR MUHAMMARA. YOU'LL SEE WHY THIS SPREAD IS SO POPULAR IN THE MIDDLE EAST ONCE YOU MAKE IT AND CAN'T STOP EATING IT.

INGREDIENTS

4 TABLESPOONS OLIVE OIL, DIVIDED
1 1/4 CUPS RAW WALNUT HALVES
1/3 CUP FRESH BREAD CRUMBS
1 CUP FIRE-ROASTED RED BELL PEPPERS - PEELED, SEEDED, COARSELY CHOPPED
2 GARLIC CLOVES, CRUSHED
2 TABLESPOONS LEMON JUICE
2 TEASPOONS POMEGRANATE MOLASSES
1 TEASPOON SALT, PLUS MORE IF NEEDED
1 TEASPOON PAPRIKA
1 TEASPOON ALEPPO PEPPER FLAKES OR OTHER RED PEPPER FLAKES, PLUS A PINCH OR SO FOR GARNISH
1/2 TEASPOON CUMIN
1/2 TEASPOON CAYENNE PEPPER
1 TABLESPOON CHOPPED ITALIAN PARSLEY FOR GARNISH



INSTRUCTIONS

1. HEAT A SKILLET OVER MEDIUM HEAT. ADD WALNUTS AND DRIZZLE WITH 1 TABLESPOON OLIVE OIL. COOK AND STIR FREQUENTLY UNTIL WALNUTS SMELL TOASTED AND ARE LIGHTLY BROWNED, ABOUT 5 MINUTES. REMOVE FROM HEAT AND TRANSFER WALNUTS TO A PLATE TO COOL. RESERVE 2 OR 3 TO COARSELY CHOP AND USE FOR GARNISH.
2. PLACE THE SKILLET OVER MEDIUM HEAT; ADD 1 TABLESPOON OLIVE OIL. SPRINKLE IN BREAD CRUMBS; COOK AND STIR FREQUENTLY UNTIL CRUMBS TURN GOLDEN BROWN, 3 OR 4 MINUTES. REMOVE FROM HEAT AND SPRINKLE ONTO PLATE WITH WALNUTS.
3. PLACE PEPPERS IN BOWL OF A FOOD PROCESSOR. ADD WALNUTS, TOASTED BREAD CRUMBS, GARLIC, LEMON JUICE, POMEGRANATE MOLASSES, SALT, PAPRIKA, ALEPPO PEPPER FLAKES, CUMIN, AND CAYENNE PEPPER. DRIZZLE WITH REMAINING 2 TABLESPOONS OLIVE OIL.
4. PULSE ON AND OFF, SCRAPING MIXTURE DOWN OCCASIONALLY, UNTIL MIXTURE IS FAIRLY FINE AND SMOOTH. TRANSFER TO A BOWL; COVER AND REFRIGERATE UNTIL CHILLED, ABOUT 2 HOURS.
5. TRANSFER TO A SHALLOW SERVING BOWL. USE THE BACK OF A SPOON TO SWIRL INDENTATIONS ON THE SURFACE TO CAPTURE THE GARNISHES. GARNISH WITH RESERVED CHOPPED WALNUTS, A DRIZZLE OF OLIVE OIL, PEPPER FLAKES, AND CHOPPED PARSLEY.

PREP TIME: 15 MINS

COOK TIME: 10 MINS

ADDITIONAL TIME: 2 HOURS

TOTAL TIME: 2 HOURS 25 MINS

COUNTRY: SYRIAN ARAB REPUBLIC

RECIPE PROVIDED BY ALLRECIPES.COM

TAIWANESE DUMPLINGS

WITH THIS RECIPE FROM A TAIWANESE COOK, YOU CAN STOCK YOUR FREEZER WITH HOMEMADE DUMPLINGS LOADED WITH PORK, NAPA CABBAGE, AND CILANTRO.



INGREDIENTS

2 HEADS NAPA CABBAGE, FINELY CHOPPED
1 BUNCH CILANTRO, CHOPPED
2 POUNDS GROUND PORK
3 JALAPENO PEPPERS, MINCED
2 LARGE EGG WHITES
1 (2 INCH) PIECE GINGER ROOT, PEELED AND MINCED
1 TABLESPOON SESAME OIL
SALT AND GROUND BLACK PEPPER TO TASTE
3 (16 OUNCE) PACKAGES POTSTICKER WRAPPERS, OR MORE AS NEEDED

INSTRUCTIONS

1. SPREAD CABBAGE AND CILANTRO OVER A CLEAN DISH TOWEL. GATHER UP TOWEL AND SQUEEZE OUT AS MUCH MOISTURE FROM CABBAGE AS POSSIBLE.
2. TRANSFER CABBAGE AND CILANTRO TO A LARGE BOWL. ADD PORK, JALAPENO PEPPERS, EGG WHITES, GINGER, AND SESAME OIL. MIX THOROUGHLY WITH YOUR HANDS. SEASON WITH SALT AND PEPPER.
3. LINE 2 BAKING SHEETS WITH WAXED PAPER. FILL A SMALL BOWL WITH WATER.
4. HOLD A POTSTICKER WRAPPER IN THE PALM OF YOUR HAND. PLACE A TABLESPOONFUL PORK MIXTURE IN THE CENTER. DIP A FINGER IN WATER AND WET THE EDGES OF THE WRAPPER. FOLD UP EDGES AND PINCH TOGETHER TO SEAL. TRANSFER DUMPLING TO THE PREPARED BAKING SHEET. REPEAT WITH REMAINING WRAPPERS AND PORK MIXTURE.
5. PLACE DUMPLINGS IN THE FREEZER UNTIL FIRM, ABOUT 2 HOURS. TRANSFER TO LARGE RESEALABLE PLASTIC BAGS AND STORE IN THE FREEZER.

PREP TIME: 1 HOUR 15 MINS

COOK TIME: N/A

ADDITIONAL TIME: 2 HOURS

TOTAL TIME: 3 HOURS 15 MINS

COUNTRY: TAIWAN

RECIPE PROVIDED BY ALLRECIPES.COM

FRUIT CHOW

TRINIDAD AND TOBAGO'S FRUIT CHOW IS A DELECTABLE TREAT. YOU CAN CHOOSE TO PUREE THE FRUIT INTO A SMOOTH SAUCE, SLICE IT INTO THE CONSISTENCY OF A PICO DE GALLO, OR LEAVE IT CHUNKY.

INGREDIENTS

2 CUPS FRESH PINEAPPLE OR MANGO PIECES
¼ CUP FINELY CHOPPED CULANTRO OR CILANTRO
1 GARLIC CLOVE, THINLY SLICED
1 TSP. FINELY GRATED LIME ZEST
2 TBSP. (OR MORE) FRESH LIME JUICE
KOSHER SALT, FRESHLY GROUND PEPPER

INSTRUCTIONS

1. TOSS PINEAPPLE, CULANTRO, GARLIC, LIME ZEST, AND LIME JUICE IN A MEDIUM BOWL; SEASON WITH SALT AND PEPPER. LET SIT AT ROOM TEMPERATURE AT LEAST 2 HOURS, OR COVER AND CHILL UP TO 12 HOURS.
2. JUST BEFORE SERVING, TASTE CHOW AND ADD MORE LIME JUICE AND SEASON WITH MORE SALT AND PEPPER IF NEEDED.
3. USE THE SILKY SHREDS OF ROTI TO SCOOP UP ALL THE VARIOUS CURRIES, CHOWS AND CHOKAS THAT MAKE UP THIS ROTI LIME FEAST.



PREP TIME: N/A

COOK TIME: N/A

CHILL TIME: 2 - 12 HOUR

TOTAL TIME: N/A

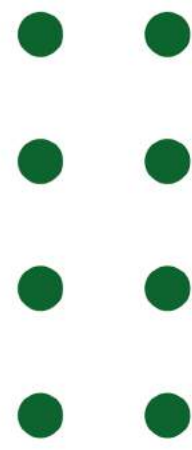
COUNTRY: TRINIDAD AND TOBAGO

RECIPE AND PHOTO PROVIDED BY BONAPPETIT.COM



WATERMELON MOZZARELLA SALAD

THIS WATERMELON MOZZARELLA SALAD IS A FRESHING MICTURE OF WATERMELON, MOZZA CHEESE AND OTHER INGREDIENTS THAT IS A POPULAR SIDE IN THE UNITED ARAB EMIRATES



INGREDIENTS

- 150 GMS MOZZARELLA CHEESE
- 200 GMS WATERMELON
- 100 GMS CHERRY TOMATO
- 2 GMS BASIL
- 10 ML BALSAMIC VINEGAR
- 10 ML OLIVE OIL
- 1 GM DRY BLACK OLIVES
- 1 GM SALT AND PEPPER

INSTRUCTIONS

- 1.CUT THE MOZZARELLA, WATERMELON AND CHERRY TOMATO.
2. MIX THE OLIVE OIL AND BALSAMIC TOGETHER.
3. PUT ALL OF THEM IN A MIXING BOWL AND MIX THEM WELL.
4. PLACE IT ON THE PLATE AND GARNISH IT WITH BASIL AND DRY BLACK OLIVES.

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: UNITED ARAB EMIRATES

RECIPE AND PHOTO PROVIDED BY GULFNEWS.COM



APRICOT CHICKEN RICE

THIS APRICOT CHICKEN RICE IS A DELICACY IN UZBEKISTAN. MIXED WITH A VARIETY OF VEGETABLES, THIS SIMPLE RICE DISH WORKS AS A PERFECT SIDE!

INGREDIENTS

- 1 CHICKEN THIGH
- 2 CARROTS
- 1 ONION
- 100 ML VEGETABLE OIL
- 15 DRIED APRICOTS
- 2 CUPS RICE (400ML)
- GREEN ONION
- SALT

INSTRUCTIONS

- 1.CUT CARROTS AND CHICKEN LIKE THIS PHOTOS. AND SLICE ONION.
- 2.HEAT VEGETABLE OIL IN PAN AND FRY ONION UNTIL GOOD BROWN. ADD CHICKEN, CARROTS AND SALT (1 TEASPOON). SET ASIDE.
- 3.IN 1500-2000ML WATER, COOK DRIED APRICOTS FOR 15- 20 MINUTES.
- 4.COMBINE ALL IN PAN AND SEASON WITH SALT TO TASTE. COOK 15-20 MINUTES AFTER BOILING. STAY FOR 10 MINUTES. SPRINKLE CHOPPED GREEN ONION.
- 5.ENJOY WITH CABBAGE SALAD.

PREP TIME: N/A

COOK TIME: 50 MINS

TOTAL TIME: N/A

COUNTRY: UZBEKISTAN

RECIPE AND PHOTO PROVIDED BY

CHICHA

THIS VENEZUELAN CHICHA IS INCREDIBLY RICH, SMOOTH, AND CREAMY! EVERYONE WILL LOVE THIS COOL, INCREDIBLY SIMPLE DRINK TO CREATE.



INGREDIENTS

1 CUP (215 GR) WHITE RICE
2 CINNAMON STICKS
5 CUPS (1.2 L) WATER, DIVIDED
1 TEASPOON SALT
1 CUP (240 ML) WHOLE MILK
12 OZ (354 ML) EVAPORATED MILK
14 OZ (397 G) SWEETENED CONDENSED MILK
2 TEASPOONS (10 ML) PURE VANILLA EXTRACT
ICE AND GROUND CINNAMON TO SERVE

INSTRUCTIONS

1. PLACE RICE, CINNAMON STICKS, AND 1 CUP OF WATER IN A BOWL; MIX TO COMBINE. LET THE RICE SOAK FOR AT LEAST AN HOUR UP TO OVERNIGHT.
2. TRANSFER SOAKED RICE TO A MEDIUM SAUCEPAN OR POT. ADD 4 CUPS OF WATER AND SALT; MIX TO COMBINE. COOK OVER MEDIUM-LOW HEAT FOR 30-35 MINUTES, OR UNTIL THE RICE IS SUPER TENDER AND MUSHY. LET THE COOKED RICE COOL.
3. ONCE THE RICE HAS COOLED, REMOVE THE CINNAMON STICKS. PLACE RICE IN A BLENDER. ADD WHOLE MILK, EVAPORATED MILK, SWEETENED CONDENSED MILK, AND VANILLA EXTRACT; BLEND UNTIL SMOOTH. NOTE: YOU CAN ADD MORE MILK IF THE CHICHA IS TOO THICK FOR YOUR LIKING.
4. TRANSFER TO A JAR AND REFRIGERATE UNTIL READY TO SERVE.
5. SERVE WITH ICE IF DESIRED, GARNISH EACH SERVING WITH GROUND CINNAMON OR CINNAMON STICKS.

PREP TIME: 10 MINS

COOK TIME: 35 MINS

SOAK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 45 MINS

COUNTRY: VENEZUELA

RECIPE AND PHOTO PROVIDED BY MOMMYSHOMECOOKING.COM

CHIKANDA

YOU SIMPLY MUST SAMPLE CHIKANDA, ALSO REFERRED TO AS AFRICAN POLONY, WHICH IS AMONG THE MOST DELECTABLE DISHES IN ZAMBIA. IT'S REFERRED TO AS A WILD EDIBLE ORCHID.



INGREDIENTS

250G CHIKANDA
500G GROUNDNUTS (IN POWDER FORM)
SALT
SOME CHILI POWDER
¾ TEASPOON SODA
A SIEVE
A CHARCOAL BRAZIER
A MORTAR AND PESTLE

INSTRUCTIONS

1. WASH THE CHIKANDA IN CLEAN COLD WATER AND THEN DRY IT ON A TRAY FOR SOME TIME
2. AFTER IT HAS DRIED, POUND THE CHIKANDA USING A MORTAR AND PESTLE AND SIEVE OUT THE FINE POWDER. REPEAT THE PROCESS OF POUNDING AND SIEVING UNTIL MOST OF THE CHIKANDA IS IN POWDER FORM.
3. POUR SOME WATER (2-3 CUPS) IN A MEDIUM POT AND ADD THE POWDERED GROUNDNUTS (AT LEAST A CUP OR ENOUGH TO FORM A LIGHT PASTE)
4. PUT THE POT ON A CHARCOAL BRAZIER AND STIR CONTINUOUSLY TILL THE GROUNDNUTS ARE COOKED.
5. ADD THE CHIKANDA POWDER BIT BY BIT, AND STIR CONTINUOUSLY TILL THE PASTE BECOMES THICK. ALSO ADD SOME SALT AND CHILLI
6. DISSOLVE THE ¾ TEASPOON OF SODA INTO WATER AND ADD INTO THE MIXTURE, STIRRING UNTIL IT BECOMES VERY THICK
7. CONTINUE TO STIR VIGOROUSLY WITH A WOODEN SPOON UNTIL THE CHIKANDA IS COOKED AND TURNS BROWN IN COLOUR.
8. COVER FOR 10 MINUTES.
9. REMOVE IT FROM THE FIRE AND GET SOME OF THE CHARCOAL FROM YOUR BRAZIER AND PUT IT ON TOP OF THE LID OF YOUR CHIKANDA POT. (TURN THE LID UPSIDE DOWN) SO THAT THE CHIKANDA CAN BAKE AND BROWN ON TOP AS WELL. LEAVE THIS CHARCOAL FOR AT LEAST 15-30 MINUTES

PREP TIME: N/A

COOK TIME: N/A

TOTAL TIME: N/A

COUNTRY: ZAMBIA

RECIPE AND PHOTO PROVIDED BY ZAMBIANKITCHEN.COM