

2020 *FIRST* GLOBAL CHALLENGE

FLAVORS OF THE WORLD RECIPE BOOK

The Flavors of the World Recipe Book is a compilation of recipes from 83 countries.

 **FIRST
GLOBAL**  **2020**
 **CONNECTING** 
COMMUNITIES

CONTENTS

| | |
|---|-----------|
| Appetizers, Snacks, & Side Dishes | 4 |
| Albania - Lakror (<i>pickled cabbage pie</i>) | 5 |
| Angola - Funge (<i>flour porridge</i>) | 6 |
| Argentina - Empanadas (<i>corn turnovers</i>) | 7 |
| Cabo Verde - Filhoses de Banana (<i>banana fritters</i>) | 8 |
| People's Republic of China - XianBing (<i>leek pies</i>) | 9 |
| Cuba - Pork Cracklings | 10 |
| Team Hope - Mutabbal (<i>eggplant dip</i>) | 11 |
| Kenya - Ugali (<i>corn flour porridge</i>) | 12 |
| Madagascar - Kobandravina (<i>banana peanut patties</i>) | 13 |
| Malaysia - Ketupat & Kuah Kacang (<i>rice cakes & peanut sauce</i>) | 14 |
| Puerto Rico - Bacalaítos (<i>codfish fritters</i>) | 15 |
| Switzerland - Fondue (<i>cheese dip</i>) | 16 |
| Turkey - Sarma (<i>stuffed grape leaves</i>) | 17 |
| Breakfast | 18 |
| Bulgaria - Banitsa (<i>cheese pastry</i>) | 19 |
| Serbia - Blackwheat Pie | 20 |
| Slovenia - Jajc pa Kruh (<i>egg & bread</i>) | 21 |
| Tunisia - Tajin (<i>frittata</i>) | 22 |
| United Arab Emirates - Balaleet (<i>sweet noodles & egg</i>) | 23 |
| United States of America - Buttermilk Pancakes | 24 |
| Breads & Sandwiches | 25 |
| Comoros - Futra (<i>coconut bread</i>) | 26 |
| Cyprus - Souvlakia (<i>grilled meat</i>) | 27 |
| El Salvador - Pupusas (<i>stuffed griddle cakes</i>) | 28 |
| Estonia - Karask (<i>barley bread</i>) | 29 |
| Honduras - Baleadas (<i>tacos</i>) | 30 |
| India - Vada Pav (<i>spicy potato burger</i>) | 31 |
| Kosovo - Leqenik (<i>cornbread</i>) | 33 |
| Paraguay - Sopa Paraguaya (<i>cornbread</i>) | 34 |
| Syria - Lahm bi 'Ajin (<i>meat with dough</i>) | 35 |
| Venezuela - Patacón (<i>plantain sandwich</i>) | 36 |
| Soups & Stews | 37 |
| Cambodia - Nuom Banhjok (<i>Khmer rice noodles</i>) | 38 |
| Colombia - Sancocho (<i>chicken & veggie soup</i>) | 39 |
| Ecuador - Locro (<i>potato soup</i>) | 40 |
| Eritrea - Tbsi (<i>beef stew</i>) | 41 |
| Grenada - Oil Down (<i>meat & veggie stew</i>) | 42 |
| Guatemala - Pepian (<i>meat & veggie stew</i>) | 43 |
| Republic of Korea - Banquet Noodles | 44 |
| Moldova - Zeamă de Pui (<i>chicken noodle soup</i>) | 45 |
| Mongolia - Bantan (<i>meat porridge</i>) | 46 |
| Spain - Gazpacho (<i>cold vegetable soup</i>) | 47 |
| Sudan - Mulah Al Tagaliya (<i>meat stew</i>) | 48 |

| | |
|---|-----------|
| Main Courses | 49 |
| Algeria - Couscous (<i>semolina & stew</i>) | 50 |
| Bangladesh - Begun Bharta & Panta Bhat (<i>spicy eggplant & fermented rice</i>) | 51 |
| Belize - Stew Chicken with Rice & Beans | 52 |
| Bolivia - Pique a lo Macho (<i>beef platter</i>) | 53 |
| Burkina Faso - Babenda (<i>stewed greens & rice</i>) | 54 |
| Chile - Pastel de Choclo (<i>corn cake</i>) | 55 |
| Finland - Smoked Salmon & Potatoes | 56 |
| Gambia - Chicken Yassa (<i>stew</i>) | 57 |
| Ghana - Waakye with Stew | 58 |
| Greece - Moussaka (<i>eggplant & meat casserole</i>) | 59 |
| Guinea-Bissau - Grilled Fish & Octopus Rice | 60 |
| Guyana - Cook-Up Rice | 61 |
| Hungary - Chicken Paprikash (<i>paprika chicken</i>) | 62 |
| Iran - Tahchin (<i>saffron rice & chicken</i>) | 63 |
| Iraq - Tikka (<i>barbecued meat</i>) | 64 |
| Lesotho - Likahare (<i>mixed offal</i>) | 65 |
| Mexico - Chiles en Nogada (<i>stuffed chilies</i>) | 66 |
| Montenegro - Kacamak (<i>corn flour potatoes</i>) | 67 |
| Morocco - Couscous (<i>semolina & stew</i>) | 68 |
| Namibia - Wambo Chicken & Oshithima (<i>porridge</i>) | 69 |
| Nigeria - Jollof Rice (<i>tomato rice</i>) | 70 |
| North Macedonia - Tavce Gravce (<i>baked beans</i>) | 71 |
| Poland - Pierogi (<i>potato dumplings</i>) | 72 |
| Qatar - Madhrooba (<i>rice porridge</i>) | 73 |
| Saint Kitts and Nevis - Stewed Saltfish | 74 |
| Seychelles - Grilled Fish | 76 |
| South Africa - Pap & Chutney with Boerewors (<i>sausage</i>) | 77 |
| Sri Lanka - Kiribath & Lunumiris (<i>coconut rice & spicy sambal paste</i>) | 78 |
| Suriname - Roasted Chicken with Fried Rice | 79 |
| Thailand - Prawns with Sausage & Egg | 80 |
| Turkmenistan - Palaw (<i>rice with meat</i>) | 81 |
| Zimbabwe - Sadza Nenyama (<i>maize porridge & beef stew</i>) | 82 |
| Desserts | 83 |
| Australia - Koala Cupcakes | 84 |
| Bosnia and Herzegovina - Baklava (<i>sweet pastry with nuts</i>) | 85 |
| Brazil - Brigadeiro (<i>fudge balls</i>) | 86 |
| Jamaica - Coconut Rock Buns | 87 |
| Latvia - Chocolate Jelly with Milk | 88 |
| Libya - Assida (<i>flour pudding</i>) | 89 |
| Nepal - Sweet (<i>sweet cheese balls</i>) | 90 |
| Oman - Halwa (<i>sweet jelly</i>) | 91 |
| Palestine - Qatayef (<i>mini stuffed pancakes</i>) | 92 |
| Russian Federation - Khvorost (<i>crunchy pastry</i>) | 93 |
| Singapore - Pandan Agar Jelly | 94 |
| Yemen - Bakhmari (<i>donuts</i>) | 95 |

APPETIZERS, SNACKS, & SIDE DISHES



ALBANIA

LAKROR (PICKLED CABBAGE PIE)



Lakror is one of the types of Byreks, a variety of flaky pastries. In Albania, the names and characteristics of a byrek vary in different regions. Common fillings include cheese (especially gjizë — salted curd cheese), ground meat and onions, pickled cabbage, spinach, and milk and eggs with pre-baked dough layers, but it can also be made with tomato and onions, peppers and beans, potato, or a sweet filling of pumpkin or nettles. This recipe is for the version with pickled cabbage. Lakror can be served both hot and cold.

INGREDIENTS

The dough

- ▶ 350g all-purpose flour
- ▶ A pinch of salt
- ▶ 1 cup lukewarm water
- ▶ 1 cup vegetable oil

The filling

- ▶ 0.5 kg pickled cabbage
- ▶ 0.5 cup olive oil
- ▶ A pinch of ground black pepper

DIRECTIONS ([video](#))

1. For the dough, make a nest in the middle of the flour. Add lukewarm water and mix by hand until it becomes dough. Knead for a few minutes. Cover with a damp paper towel and let it rest for 2 hours.
2. To make the filling, drain the pickled cabbage. Fry over medium heat with olive oil. Add the black pepper. Continue stirring while frying until it takes on a darker colour and the mass is halved. Let it cool.
3. Preheat the oven to 250 degrees Celsius.
4. Divide dough into two equal parts, then divide each of those into six small balls. Roll out each one to a diameter of 15 cm. Be careful with the amount of flour you add!
5. Stack six layers, brushing the top of each with oil. Lightly press the edges of the layers to seal them. The last layer is not brushed with oil, but sprinkled with flour. Repeat with the other six layers. One will form the bottom of the lakror, and one will form the top.
6. Roll out each stack of layers until it becomes the size of the pan you are using.
7. The bottom stack should be slightly larger than the top stack, as the dough needs to spill out onto the sides of the pan so it can be folded on top of the first layer.
8. Grease the pan with oil and place the big stack. Then start pouring and spreading the cabbage evenly.
9. Place the other stack on top of the cabbage. Fold the sides well and then cut it in your preferred manner.
10. Brush the lakror with vegetable oil.
11. Place in preheated oven. After 5 minutes, lower to 200 degrees Celsius and continue to bake for ~30 minutes until it becomes golden. After removing from oven, cover it with a pan or a paper towel and let it cool.

ANGOLA

FUNGE (FLOUR PORRIDGE)



Funge or pirão is a typical culinary accompaniment from Angola. Made with maize or cassava flour, it is the staple food of the people of northern Angola. The flour is cooked and stirred very frequently and vigorously, so that the right consistency is obtained. The variant made with corn acquires a yellow hue, while the one made with manioc has a grayish color with brown tints. The final consistency resembles, in a way, a glue, given its sticky character.

INGREDIENTS

- ▶ 0.5 liter water
- ▶ 200g cornmeal

DIRECTIONS ([video](#))

1. Put the water in a pan and bring it to a simmer until it gets a little warm.
2. Add 2 cups of cornmeal and bring it to a boil. Stir continuously until it is creamy like porridge.
3. Let it boil for a few minutes, and add 3 cups of cornmeal, little by little, until it thickens, continuously stirring with a wooden spoon, for about 15 minutes.
4. Place in a thermal lunch box, then eat.
5. We recommend serving it with stewed meat, fish calulu, beans, or grilled fish with tomato sauce and cabbages.

ARGENTINA

EMPANADAS

(CORN TURNOVERS)



Empanadas are made by filling dough with meats, vegetables, or fruits, and then baking or frying it in oil or fat. The name comes from the Castilian word “empanar,” which means to enclose something in dough or bread and to bake it in the oven. Its origin dates back to the custom of filling bread with meats or vegetables, which shepherds and travelers took to consume in the field.

Servings: 4-6 (12 empanadas)

INGREDIENTS

- ▶ 1 tbsp oil
- ▶ 1 medium white onion, chopped
- ▶ 1 medium purple onion, chopped
- ▶ 1 red bell pepper, chopped
- ▶ 1 green bell pepper, chopped
- ▶ Vegetable broth as needed
- ▶ 2 cans whole-kernel corn, drained
- ▶ 1 can creamed corn
- ▶ Empanada caps/dough
- ▶ Water

DIRECTIONS ([video](#))

1. In a pan with the oil, add the white and purple onions and red and green bell peppers and saute until they start to brown. Add in a little vegetable broth and stir until it is golden.
2. Add whole-kernel corn and creamed corn. Stir and reduce the flame. Cook until everything is warmed through.
3. Once the filling is ready, take one of the empanada caps (dough circles), wet it with a little water, and stretch it out. Add some filling in the center of the cap.
4. Finally, close the cap by pinching folds at the rim all the way around until you form a crescent shape.
5. Place the empanadas on a greased baking sheet and bake in the oven at 180 degrees Celsius until the dough turns golden.

CABO VERDE

FILHOSES DE BANANA (BANANA FRITTERS)



This recipe is very common in Cabo Verde and among Cape Verdians in many countries, and has been made for many generations. Banana is one of the few fruits that are naturally grown on the islands, usually sold at a price that is accessible for most of the population, and thus used to make delicious and low-cost recipes such as Filhoses. This is used not only as dessert (after lunch), but mostly as a snack at the end of the day as the meal before dinner, accompanied with milk and coffee or tea.

INGREDIENTS

- ▶ 1 egg
- ▶ 1 banana
- ▶ 1.5 spoonfuls sugar
- ▶ 0.5 a lemon peel, grated
- ▶ A pinch of salt
- ▶ 3 spoonfuls wheat flour
- ▶ 6 spoonfuls corn flour
- ▶ 1 spoonful cinnamon (optional)
- ▶ Milk
- ▶ Oil
- ▶ Cane honey (optional)

DIRECTIONS ([video](#))

1. Mash the banana in a bowl.
2. Whisk in the egg.
3. Add the salt, lemon peel, sugar, and cinnamon and mix well.
4. Mix in the wheat flour.
5. Mix in the corn flour, a little at a time, until you reach the right consistency.
6. In a pan with oil, drop spoonfuls of the batter. Once the edges start to brown, flip and cook the other side.
7. Once done, remove from the oil.
8. Serve with cane honey.

PEOPLE'S REPUBLIC OF CHINA



XIANBING (LEEK PIES)



XianBing are stuffed pies that come from northern Chinese cuisine. They are a popular street food and often prepared for New Year's celebrations. Typically, the filling includes Chinese chives (or garlic chives), eggs, vermicelli, and/or minced meat.

INGREDIENTS

- ▶ 300g Chinese chives
- ▶ 4 eggs
- ▶ 50g rice flour
- ▶ 300g farina
- ▶ 170 ml boiling water
- ▶ 60 ml cold water
- ▶ 10g salt
- ▶ 10g oyster sauce
- ▶ Oil

DIRECTIONS ([video](#))

1. To make the filling, chop the chives into small pieces using a knife or by pulsing in a food processor.
2. In a frying pan, scramble the eggs in a little oil, making sure to scrape into small pieces.
3. In a pan with some oil over medium heat, combine the chives and eggs together and season with the salt and oyster sauce. Set aside.
4. To make the dough, combine the rice flour and farina in a large bowl.
5. Add in the hot water and mix together. It should look shredded and clumpy.
6. Add in the cold water and continue mixing until it forms a ball.
7. Knead the dough until smooth, about 5 minutes.
8. Roll out the dough into a long rope and cut it into five equal pieces.
9. Roll each into a circle and flatten with a rolling pin.
10. Insert some of the filling in the center, then seal the dough around it to once again form a ball, this time with filling inside.
11. Flatten slightly with the rolling pin.
12. In a pan with some oil, fry the pie on medium heat until the bottom is slightly golden brown, then flip and do the same for the other side.
13. Serve immediately.

CUBA

PORK CRACKLINGS



INGREDIENTS

- ▶ 1 kg pork skin
- ▶ 1 tbsp oil
- ▶ Salt to taste

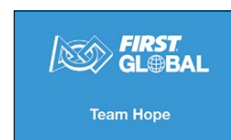
DIRECTIONS

1. Cut the pork skin into squares, also slicing the inner part.
2. Add salt to taste.
3. Spread the oil in the pan.
4. Add in the skin and stir continuously until they are crispy.
5. Remove the cracklings from the pan, placing them on a paper towel to remove the excess fat.

Team Cuba presents Pork Cracklings, a typical cuban dish that is made with the skin of the pig. Pig skin is cut into squares, which are then slit so that as it is cooked over medium heat, it releases the fat and the pork rinds are fried. This dish is widely used in parties, mainly in New Year's celebrations in our country. The resulting fat is widely used in the preparation of other typical dishes of our cuisine.

TEAM HOPE

MUTABBAL (EGGPLANT DIP)



Mutabbal is one of the most popular appetizers offered in the Arab world, characterized by its ease of preparation and the simplicity of its ingredients. It contains a high nutritional value and a low amount of calories, so it does not raise blood pressure. Syrian Mutabbal is one of the famous entrees known in various countries of the Arab world, specifically in the Levant, and is distinguished by its varied and distinctive flavors, as well as its delicious taste. It is considered one of the favorite dishes for a large number of people, and it is served alongside many meals, including grills, pans, and pickles. This dish can be prepared easily using a fire, grill, or even an oven at home, and you can personalize it to your liking.

INGREDIENTS

- ▶ 2 eggplants
- ▶ 3 tbsp yoghurt
- ▶ 2 tbsp tahini
- ▶ A pinch of salt
- ▶ A pinch of dry mint
- ▶ A pinch of cumin
- ▶ 2 garlic cloves

DIRECTIONS ([video](#))

1. First, put the eggplants onto a baking tray. Set the oven to 200 degrees Celsius. Bake the eggplants for about 1 hour, but make sure to check on them before the hour ends because the size of the eggplants will affect the time they need to cook.
2. Once the eggplants are soft, take them out of the oven.
3. Peel the eggplants, and then smash them in a bowl until it becomes a purée.
4. Add yoghurt, tahini, dry mint, cumin, salt and the garlic to the eggplant purée and mix well.
5. After it is homogeneous, put it on a platter. Pour some olive oil on top, and it's ready to eat.

KENYA

UGALI (CORN FLOUR PORRIDGE)



Ugali is a type of thick maize flour porridge. To us, it is not just a meal. Ugali gives us the strength we need to undertake our daily activities. When ugali is served, it is placed on the table where everyone cuts a piece for themselves, while considering the other members of the family. It is said that “food brings us together on many different levels. It nourishes the soul and body.” Ugali unifies us as families, and as a country as well. With unity, we get to live in a peaceful community. Ugali might just be food, but to us Kenyans it means much more than that.

Servings: 4-5

INGREDIENTS

- ▶ 4 cups maize flour
- ▶ 2 cups water

DIRECTIONS ([video](#))

1. Put the water in a cooking pot over a source of heat and wait until it boils.
2. When the water has boiled, begin adding maize flour as you stir the mixture.
3. Stir briskly using the cooking stick as you gradually add the maize flour and cook it to a thickened consistency. All you need to do is to have patience and know when to stop adding flour so that the ugali is not crumbly with flour lumps. You should also ensure you add enough flour so that the ugali does not remain in the porridge-like consistency.
4. When the ugali is ready, shape it into a dome and cover it for a short time as you lower the heat level.
5. You can serve it with some greens or stew, all depending on your personal liking.
6. Remember, no one is born a great cook; one learns by doing.

MADAGASCAR

KOBANDRAVINA

(BANANA PEANUT PATTIES)



Kobandravina is consumed daily by the vast majority of Malagasy people, mainly in the late afternoon as a snack for pupils returning from school, city dwellers, and farmers in the fields. You can buy it as a snack in trucking stations, folded in banana leaves. Made with vanilla, today Koba are prepared by street vendors who carry them on their heads in a basket. They walk through the neighborhoods yelling “Koba... Koba... vao mafana!” It’s the common “whistle” awaited every day by all Malagasy people. A great Malagasy group, Tarika, has even dedicated a tribute to this dish in a song titled “Koba.”

Prep time: 15 minutes

Cook time: 15-25 minutes

Servings: 10

INGREDIENTS

- ▶ 3 bananas
- ▶ 1 vanilla pod or 0.33 teaspoon vanilla
- ▶ 30g peanuts (whole or crushed)
- ▶ 30g sugar
- ▶ 150g rice flour
- ▶ Banana leaves (taken from a banana tree or found in Asian or African stores) or parchment paper
- ▶ Kitchen twine or raffia

DIRECTIONS ([video](#))

1. Peel the bananas, then mash them in a dish with a fork.
2. Cut the vanilla pod in half lengthwise, then scrape (with the tip of a knife) the inside of the pod to collect the seeds.
3. Crush the peanuts (by putting them in a freezer bag and hitting them with a rolling pin, for example).
4. To the mashed banana, add the rice flour, sugar, vanilla seeds, and crushed peanuts and mix well.
5. Clean the banana leaves with water.
6. Cut them into squares and let them soften in hot water for a few minutes. Then drain and lay them flat.
7. Place 3 tbsp (approximately) of banana paste in the center of the leaf and fold the leaf to close it. Use string or raffia to hold it.
8. Steam it for 15-20 minutes in a pressure cooker or about 20-25 minutes in a daisy steamer.
9. Your Kobandravina is now ready to be eaten. It is better to eat it when it is still warm. *Mihinana finaritra daholo o* — Enjoy!

MALAYSIA

KETUPAT & KUAH KACANG (RICE CAKES & PEANUT SAUCE)



Ketupat and kuah kacang are the most popular and well-known food in Malaysia, especially during festivities. When you think about “Hari Raya” (Eid celebration), you think of ketupat and kuah kacang. Ketupat is a diamond-shaped rice cake and made of rice compressed and wrapped in woven coconut leaves cooked in a pot of boiling water, while kuah kacang is a peanut sauce. In Malaysia, ketupat is often served with kuah kacang, but other accompaniments include satay (meat skewers) and rendang (spicy meat).

INGREDIENTS

- ▶ 1 kg rice
- ▶ 12 pieces young coconut leaves
- ▶ 2 liters water (add more if necessary)
- ▶ 400g groundnuts (peanuts)
- ▶ 2 garlic cloves
- ▶ 4 medium red onions
- ▶ 1 piece medium-size galangal
- ▶ 0.5 a ginger root
- ▶ 3 sticks lemongrass
- ▶ 1 small bowl ground chili
- ▶ 1 small bowl tamarind water

- ▶ 0.5 cup palm sugar
- ▶ 2 tbsp sugar
- ▶ 3 tbsp cooking oil
- ▶ 1 tbsp salt

DIRECTIONS [\(video\)](#)

1. To make the ketupat, weave the coconut leaves (see video for guidance).
2. Then, fill the ketupat with washed and dried rice through the hole on top.
3. Cook it in a pot of boiling water for about 2 hours, or until firm. Remove it from the pot using a strainer. When boiling the ketupat, make sure the water covers the ketupat and the pot doesn't become dry. Check from time to time and add water when necessary.
4. To make the kuah kacang, blend together the garlic, onions, galangal, and ginger into a paste.
5. Heat up the cooking oil in a pan, then add all of the blended ingredients and cook over a slow fire, stirring consistently.
6. Next, add the ground chilies and stir until the oil separates from the sauce.
7. Add the lemongrass and water (the sauce should be thick in texture.)
8. Then, add the blended groundnuts (roasted peanuts) and stir it well.
9. Add the palm sugar, tamarind water, salt, and sugar and continue stirring until the ingredients are mixed well.
10. If it is too concentrated, add some water and stir it again.
11. Adjust the taste and level of spiciness according to your liking, and now you have your kuah kacang!

PUERTO RICO

BACALAÍTOS

(CODFISH FRITTERS)



Bacalaítos are a common Puerto Rican street food. They are codfish pancake-like fritters made using dry salted codfish that has been boiled or left overnight in water to remove most of its salt.

INGREDIENTS

- ▶ Water
- ▶ 1 cup multipurpose flour
- ▶ 0.5 sachet of preferred seasoning
- ▶ 1-2 desalted codfish (should be rinsed and boiled for 15-20 minutes)
- ▶ 2 pinches coriander
- ▶ Oil

DIRECTIONS

1. Mix the dry ingredients (flour, seasoning, and coriander) together.
2. Add in the shredded cod.
3. Add in water a little at a time until it's the consistency of pancake batter.
4. Fill a pan with some oil on medium heat.
5. Scoop in some of the batter and fry until lightly browned.
6. Enjoy with a Puerto Rican piña colada!

SWITZERLAND

FONDUE (CHEESE DIP)



Fondue is a very popular and nutritious dish in Switzerland. The French word “fondue” already implies that something (in our case cheese) is melted. In addition, you’ll need some bread to dip it into it. Traditionally, the tools required are a caquelon, a pan for melting the cheese; a réchaud, some fire device which keeps the melted cheese boiling; and some narrow but long forks. If you don’t have those available, you can always substitute them with something similar. Usually the dish is enjoyed during winter time, when it is cold and wet outside. However, you can also eat it during the summer time outside of your house so that there is no smell of cheese inside. Eating fondue is a social event. Therefore, take your time eating, because you also have to be careful NOT to burn your tongue while eating the piece of bread covered with hot cheese. In case you lose your piece of bread in the melted cheese while eating, it is traditional for you to fulfill a task (e.g. sing a song, do some push-ups, etc.). Therefore, you should always enjoy fondue with at least one other person. In a variant for kids, you replace the contents with chocolate and dip in fruit. Enjoy this recipe and adjust it to your taste and available ingredients.

Ready in: 30 minutes

Servings: 4

INGREDIENTS

- ▶ 1-2 garlic cloves, finely chopped
- ▶ 800g (~2 lb) grated cheese or cheese mixture (of semi-hard cheese)
- ▶ 4 tbsp cornstarch
- ▶ 0.35 liter white wine (or other liquid)
- ▶ 1 tbsp lemon juice
- ▶ 0.04 liter kirsch liquor
- ▶ Some spices (e.g., pepper, nutmeg)
- ▶ 800g (~2 lb) bread

DIRECTIONS

1. Cut the bread into cubes of 2-3 cm (approximately 1 in) side length.
2. Pour the cheese together with the cornstarch and the garlic in the cold caquelon and mix it.
3. Pour the white wine and the lemon juice into the caquelon.
4. Turn the cooktop on and stir the contents in the caquelon; bring to a boil.
5. Add in the spices and stir. Once fully melted and mixed, turn on the réchaud on the table and place the caquelon with the boiling cheese on it.
6. Take a piece of bread, spike it on the fork, and dip it in the melted cheese by slowly rotating the fork.
7. Take the fork out, wait a little bit for the cheese to cool down, and eat the bread covered in melted cheese.
8. Repeat the previous steps until there is no melted cheese left in the caquelon.
9. Turn off the réchaud.

TURKEY

SARMA

(STUFFED GRAPE LEAVES)



Sarma is a food that is consumed with relish in every region of Turkey. This dish, which was very common in the Ottoman Empire and has carried on until today, has been enriching Turkish tables for centuries. The fact it is prepared in different regions of our country with different methods and different ingredients reflects the richness of Turkish cuisine. For example, some sarmas' main ingredient is rice, while others' is meat. Although the construction of it is troublesome, it is consumed widely in Turkey. You can see the stuffed grape leaves in the middle of almost every invitation table.

INGREDIENTS

- ▶ 1 onion, chopped
- ▶ 3 glasses cooked rice
- ▶ 1 tbsp tomato paste
- ▶ 1 tbsp paprika
- ▶ 1 tsp black pepper
- ▶ 1 tsp cumin
- ▶ 1 tsp mint
- ▶ 1 tsp salt
- ▶ Olive oil
- ▶ 1 bunch of parsley, chopped
- ▶ 1 tbsp pomegranate syrup
- ▶ 0.5 a lemon, juiced
- ▶ 300g grape leaves

DIRECTIONS ([video](#))

1. Add 1 small tea glass of olive oil to a pan.
2. Add the chopped onion to the pan and roast it with olive oil.
3. Add tomato paste.
4. Add 3 small tea glasses rice and keep roasting.
5. Add salt and spices (paprika, black pepper, cumin, and mint) and mix together.
6. Add 2 small tea glasses of boiled water.
7. Cook on low heat for approximately 10 minutes.
8. Add chopped parsley.
9. Add lemon juice and pomegranate syrup. Mix it, and the mixture is ready!
10. To form, lay the grape leaves on the table.
11. Add some mixture on a leaf and roll (see video).
12. Place all of the sarma in a pot in rows.
13. Add some olive oil and 4 small tea glasses of water to the sarma pot.
14. The Sarma is ready after 40 minutes cooked on low heat.

BREAK-FAST



BULGARIA

BANITSA (CHEESE PASTRY)



Banitsa is one of the most popular traditional Bulgarian meals, often eaten for breakfast. There are a lot of different recipes to make a banitsa, but this is the easiest way.

INGREDIENTS

- ▶ 3-4 eggs
- ▶ 1 cup yogurt
- ▶ 2 cups white cheese (like feta)
- ▶ 0.25-0.5 cup oil
- ▶ 1 package filo dough (16 sheets), thawed
- ▶ 0.33-0.5 cup seltzer water

DIRECTIONS ([video](#))

1. The first step is to oil the bottom of a tray well.
2. After that, take the white cheese and crumble it into small bits in a bowl, then combine with the yogurt.
3. Then cut the filo dough slightly larger than the tray you are using.
4. The next step is to lay one sheet into your tray in a horizontal position, then add some feta cheese.
5. Repeat that until you reach the top of the tray.
6. Afterwards, cut the whole thing into pieces.
7. When you are ready, crack the eggs into a bowl, add the carbonated mineral water, and whisk.
8. Pour the egg mixture over the banitsa, making sure it covers the top and goes into the gaps that you have cut for your portions.
9. The last step is to bake the banitsa on a moderate temperature in the oven (around 180 degrees Celsius) for around 40 minutes or until the top is golden brown.

SERBIA

BLACKWHEAT PIE



This dish is a specialty of southwest Serbia and is highly appreciated all across the country. The climate and height make this region ideal for farming plants like blackwheat and raising cows whose milk is used for making the delicious cheese. Our ancestors were raised on this dish and it is one of the visible treasures we inherited from Serbia's glorious history. The tradition and original ingredients are what make this dish special! Thanks grandma for teaching me how to make "pita od heljde!" All the ingredients used are from local households from the Zlatar mountain, including blackwheat flour, white cheese, milk, kajmak, prosciutto, and eggs.

Servings: 4

INGREDIENTS

- ▶ 10 tbsp blackwheat flour
- ▶ 10 tbsp white flour
- ▶ 2.5 deciliter mild water
- ▶ A pinch of salt
- ▶ 0.5 kg white cheese
- ▶ 2 eggs
- ▶ 1 cup milk
- ▶ Oil

DIRECTIONS ([video](#))

1. Mix the blackwheat flour, white flour, and salt in a bowl.
2. Add the water and stir to form a homogenous batter.
3. Heat some oil or butter in a pan on the stove.
4. When the pan is hot, pour some batter onto it and cook. Once bubbles start forming on the top, flip and cook the other side.
5. Once all of your pancakes are made, it's time to assemble the pie.
6. In a bowl, squash the white cheese with a fork. Mix in the eggs, then the milk, until well combined.
7. In the bottom of a circular baking dish, slather a little bit of oil, then place in your first pancake.
8. Spread 2 tbsp of the cheese mixture on it, and then place another pancake on top. Repeat the process until you have used all of the pancakes.
9. Cut the pie into squares.
10. Pour the rest of your filling on top of the pie, making sure to fill the cracks.
11. Bake for about 45 minutes at 200 degrees Celsius.
12. To serve, take a couple slices and pair with kajmak cheese and prosciutto.

SLOVENIA

JAJC PA KRUH (EGG & BREAD)



Jajc pa kruh (egg and bread) is a quickly prepared dish made from, well, eggs and bread. It is inexpensive and very filling, which makes it an ideal breakfast for a long day of work. Another upside of jajc pa kruh is that it's a great way to make use of older bread which has started to dry out and would otherwise be thrown out. This is a perfect power-meal for those long days of working, traveling, studying or, perhaps, participating in a robotics competition. It takes about 30 minutes to prepare, requires little skill and ingredients, promotes local food producers, and reduces food waste.

INGREDIENTS

- ▶ 5 eggs
- ▶ 3-5 slices bread, cubed (fresh or stale)
- ▶ 1 onion, chopped
- ▶ 3 cloves garlic, chopped
- ▶ 2 strips bacon, 1 sausage, or any other meat, chopped (optional)
- ▶ Salt, pepper, and other spices
- ▶ 2 tbsp oil or other fat

DIRECTIONS ([video](#))

1. Heat up a pan and add some fat or oil to fry the onion.
2. Once warm, add onions and keep stirring until you notice a change in color, then add the rest of the vegetables (if preferred). Once all of the onion pieces get golden brown, put the pan on the side to cool down.
3. Put the bread in a bowl and add enough eggs to cover all of the bread. Keep mixing until the whites and the yolks form a homogeneous paste.
4. Now add spices. If you can get Vegeta in your area, we suggest using it instead of salt, as it adds more flavor.
5. Keep mixing until the bread fully absorbs the egg. If a piece is not sufficiently soaked, it will be hard on the inside and not very tasty.
6. You can let it sit in a fridge for a couple hours, which should give the bread enough time to absorb the eggs. If, at some point, you find that you did not use enough eggs, you can add another one or pour in a small amount of milk. This will result in a slightly different texture, so if you haven't made a similar dish before, we encourage you to try both with and without milk to see which one you like best.
7. Once the bread is soaked, put the pan on the stove and pour the bread mixture into the pan and do not stop stirring! The egg will thicken and change color quickly, but the inside of the bread pieces might not be cooked yet.
8. At one point the egg will stop sticking to the pan. This is your cue to prepare the plates. Keep frying for at least 3-5 more minutes and serve fresh.

TUNISIA

TAJIN (EGG FRITTATA)



Here we present our traditional food Tajin, which is so tasty! Tajin is a North African egg dish similar to a frittata, often eaten with salad.

INGREDIENTS

- ▶ 1 tbsp oil
- ▶ 1 onion, chopped
- ▶ 250g minced meat
- ▶ 1 handful parsley, chopped
- ▶ 6 eggs
- ▶ 100g cheese, grated
- ▶ 2 potatoes, chopped
- ▶ Salt and pepper to taste

DIRECTIONS

1. Add oil to a pan on the stove and cook the onions until they become soft and light brown.
2. Add the minced meat to the onions and cook for 4 minutes.
3. When the meat is halfway done, add spices to taste (e.g., cumin, coriander, salt, and pepper) and half of the parsley.
4. In a separate pan with some oil, fry the potatoes until brown.
5. In a bowl, mix the eggs, cheese, fried potatoes, and the rest of the parsley.
6. Pour the egg mixture into a baking dish with the onions and meat.
7. Add some cheese on top.
8. Bake for about 35 minutes at 180 degrees Celsius.

UNITED ARAB EMIRATES



BALALEET (SWEET NOODLES & EGG)



Balaleet is a sweet and savory dish that is the traditional breakfast in the United Arab Emirates, and it is eaten either hot or cold. It consists of sweetened vermicelli noodles and a simple egg omelet.

Servings: 2

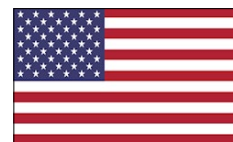
INGREDIENTS

- ▶ 2 tbsp oil
- ▶ 1 cup vermicelli noodles
- ▶ 0.5 cup water
- ▶ 4 tbsp butter
- ▶ 0.33 cup sugar
- ▶ A pinch of saffron
- ▶ 2 eggs, beaten

DIRECTIONS ([video](#))

1. Add the oil to a pan on medium heat.
2. Pour in 0.5 cup of the vermicelli noodles and cook, stirring, until it's a toasted brown/red.
3. Once the vermicelli is toasted, add in the water.
4. Then, add in the rest of the vermicelli.
5. Cook and stir as needed until the noodles have soaked up most of the water.
6. Then, add in 3 tbsp of butter and the sugar. Mix until well combined.
7. To make the egg omelet, put the remaining 1 tbsp of butter into a nonstick pan.
8. Once melted, pour in the eggs and cook until the bottom is cooked through, then flip and cook the other side as well.
9. Serve the noodles on a plate with the omelet on the side.

UNITED STATES OF AMERICA BUTTERMILK PANCAKES



Because our country is so young, there are very few “American foods.” Instead, as a country we have adopted the best foods from around the world. However, one great example of our own is buttermilk pancakes, which are a staple of the American breakfast.

INGREDIENTS

- ▶ 1 cup all-purpose flour
- ▶ 1 tbsp sugar
- ▶ 1 tsp baking powder
- ▶ 0.5 tsp baking soda
- ▶ 0.25 tsp salt
- ▶ 1 cup buttermilk
- ▶ 2 tbsp + 2 tsp milk
- ▶ 1 egg
- ▶ 1 tbsp + 2.33 tsp butter, melted

DIRECTIONS ([video](#))

1. Begin by mixing the flour, sugar, baking powder, baking soda, and salt.
2. In a second bowl, whisk the buttermilk, milk, egg, and melted butter.
3. Combine the contents of the two bowls until all the lumps are gone.
4. Heat a griddle to 250 degrees Fahrenheit and cover the griddle with a thin layer of melted butter. Use a 0.25-cup scoop to place eight pancakes on the griddle.
5. Cook the pancakes for 6 minutes. Flip them and cook them for an additional 2 minutes.
6. Then, they are ready to serve with your favorite syrup.

BREADS & SAND- WICHES



COMOROS

FUTRA (COCONUT BREAD)



Futra is one of the oldest traditional bread recipes that was accessible to everyone — even modest people who could not afford the French baguette back when it was a luxury. It used to be only eaten for iftar (dinner at sunset taken by Muslims around the world who observe fasting during Ramadan, the holy month for Muslims). Today, you can find many versions of it in different festivities and ceremonies. It is usually eaten dipped in meat or chicken sauce.

INGREDIENTS

- ▶ 1 kg wheat flour
- ▶ 2 tbsp yeast
- ▶ 12g baking powder
- ▶ 100g powdered milk
- ▶ 4 eggs, lightly beaten
- ▶ 1 cup melted ghee (clarified butter)
- ▶ 600 ml coconut milk
- ▶ Salt to taste (about 5 ml)
- ▶ Sesame seeds for topping (optional)
- ▶ Salt water (5 ml of salt in 250 ml of water) for cooking
- ▶ 1 egg white (optional)

DIRECTIONS ([video](#))

1. Mix all the dry ingredients, excluding the salt, in a large bowl.
2. Add the eggs and ghee and stir well.
3. Mix the coconut milk with salt to taste and slowly stir into the batter.
4. Leave the bowl in the sun for the batter to rise, or let the batter sit for an hour.
5. Once the batter has doubled in size, it is ready to cook.
6. You can use an electric, gas, or charcoal oven (similar to a pizza oven), or a charcoal stove. If you choose a charcoal stove like us, you will need a pan. The pan must **not** be non-stick (traditional Comorian pans are made of cast aluminium).
7. Preheat the frying pan on top of the stove. When hot, splash enough salt water into the pan to just cover the base, and then pour sufficient batter to cover the base to a depth of about 1-1.5 cm. Sprinkle with sesame seeds if you like. Put the frying pan on top of the hot stove. Once the top of the bread is set and no longer liquid, turn the pan over without loosening the bread from the base so that the top of the bread can cook directly over the charcoal. It is done when the surface of the bread is golden.
8. If using an oven, preheat it to moderate heat and pour the batter into a baking pan. For a more golden top, brush the beaten egg white on top of your bread before you put it in the oven. Bake for 10-15 minutes maximum.
9. Loosen the cooked bread from the pan and serve warm with butter. You can also eat your bread with salsa or different kinds of sauce.

CYPRUS

SOUVLAKIA

(GRILLED MEAT SANDWICH)



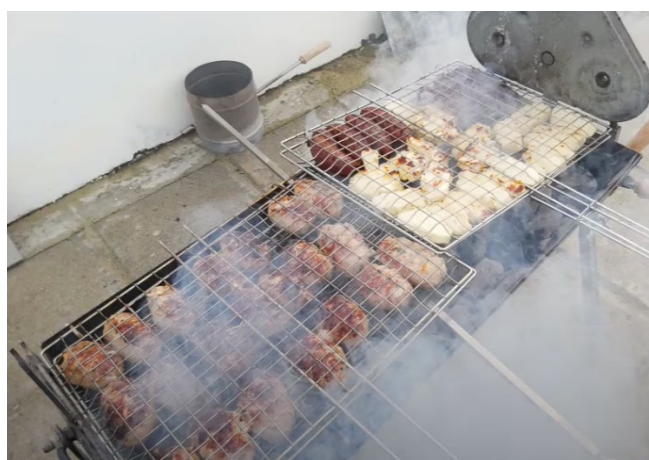
Souvlakia is a traditional Greek food that people in Cyprus gave their own spin to.

INGREDIENTS

- ▶ Pork, cut into chunks
- ▶ Halloumi (cheese made in Cyprus)
- ▶ Sheftalia (similar to pork meatballs)
- ▶ Traditional pita bread
- ▶ Lemon
- ▶ Yogurt
- ▶ A fokou (a barbecue that has spinning metal skewers specifically to prepare souvlakia)

DIRECTIONS

1. Take some of the fokou skewers, stick them through a lemon, and then pull the lemon out.
2. Skewer the pork chunks and add salt on them. Place the skewers on the warm fokou and cook for 30 minutes or until done.
3. For the sheftalia and halloumi, place them onto grills and then place the grills on the fokou for 15 minutes on one side, then turn it around and cook it for another 15 minutes.
4. Place everything into a traditional pita and add yogurt and lemon.
5. Enjoy!



EL SALVADOR

PUPUSAS

(STUFFED GRIDDLE CAKES)



Pupusas are the national dish of El Salvador, and consist of a corn or flour griddle cake stuffed with one or more ingredients, such as beans, meat, and vegetables. It is a dish that, more than being a delicious meal, we could say represents family, unity, and good times. In general, families eat this dish on weekends, and so it represents the joy of eating rich and sharing moments with family and friends. The pupusa has become such an important dish in our country that it has a national day. Since 1 April 2005, the Legislative Assembly of El Salvador decreed the second Sunday of each November as "The National Day of the Pupusa," because it is a dish that always represents good moments, friendship, and union.

INGREDIENTS

- ▶ 5 tomatoes, quartered
- ▶ 1 onion, quartered
- ▶ 1 green pepper, quartered
- ▶ Salt to taste
- ▶ 3 cups corn flour
- ▶ 1.5 cups water
- ▶ 1 cup mashed beans
- ▶ Cheese
- ▶ Oil
- ▶ Chicken, meat, spices, etc. to taste
- ▶ Curtido (cabbage slaw)

DIRECTIONS ([video](#))

1. To make the salsa, in a blender liquify tomatoes, add in onion, green pepper, and salt, and blend until desired consistency is reached. Cook over low heat until bubbly, then allow to cool.
2. To make the pupusas, in a large bowl mix 3 cups of corn flour, then pour in the water and knead well. Add more water as needed, 1 tbsp at a time, until you have a firm dough that does not crack at the edges when pressed.
3. With this amount of dough, you can get about six pupusas. Press a notch into each ball with your thumb. Place about 1 tbsp of filling (beans, cheese, ham, etc.) in each indentation and fold dough to enclose completely. Press the ball with your palms to form a disk, being careful not to spill the filling.
4. Palm down the pupusa in a skillet over medium or high heat. Cook for 2-3 minutes depending on the fire.
5. Remove the pupusa when it is slightly browned on both sides, place it on a plate, and accompany it with salsa and curtido.

ESTONIA

KARASK (BARLEY BREAD)



Karask is a traditional bread in Estonia. It is also known in other countries, such as Scotland and Ireland, as soda bread. Traditionally it is made using butter and oil, eggs, and buttermilk.

INGREDIENTS

- ▶ 2.5 deciliter sour milk, kefir, or buttermilk
- ▶ 1 egg
- ▶ 1 tsp salt
- ▶ 1 tsp sugar
- ▶ 2 tbsp oil or melted butter
- ▶ 1 tsp cumin seeds
- ▶ 3 deciliter barley flour
- ▶ 1.5 deciliter wheat flour
- ▶ 1 tsp baking soda

DIRECTIONS ([video](#))

1. Crack the egg into a bowl.
2. Add salt, sugar, and whisk together.
3. Add in sour milk, oil or melted butter, cumin seeds, and the flour mixed with the baking soda.
4. Once mixed into a dough, pour into a butter-greased loaf pan.
5. Bake at 200 degrees Celsius for 20-25 minutes until the crust is golden on top.
6. Enjoy with butter, honey, or lingonberry jam!

HONDURAS

BALEADAS (TACOS)



The baleada is a benchmark of traditional food in our country and has become the most consumed dish by Hondurans. A serving of two baleadas is considered a complete dinner. There is no official version of the origin of the name “baleada,” meaning “shot,” but the best known story is the one told as an urban legend. In the northern part of the country, a woman used to sell flour tortillas with beans and cheese. One day there was a shooting in the area and a bullet hit the woman; the wound was not deep, and a few days later she returned to continue preparing the tortillas. From that day on, the workers in the area began to say “we are going to eat where the ‘baleada’ happened.”

INGREDIENTS

- ▶ 2.5 cups flour
- ▶ 1 cup hot water
- ▶ 1 tsp salt
- ▶ 0.5 tsp baking powder
- ▶ 0.33 cup vegetable shortening
- ▶ 2 cups beans cooked with a little broth
- ▶ 1 onion, chopped

- ▶ Eggs
- ▶ Cheese
- ▶ Avocado
- ▶ Oil

DIRECTIONS ([video](#))

1. To prepare the tortillas, mix the flour, baking powder, salt, and then mix again with the vegetable shortening until a well-textured dough is obtained. Add the water and knead until the mixture is moldable without sticking to the hands.
2. When the dough is ready, make balls with the dough and let them rest for 10 minutes, this way they will be tastier. Use a piece of aluminum foil and make the tortillas of the desired size and cook them on a griddle.
3. To prepare the beans, cut the onion as finely as possible. Heat the saucepan, add the chopped onion, and fry it for about 1 minute, stirring regularly to achieve satisfactory cooking.
4. Add the beans, 0.5 tsp salt, and crush with a bean masher in the saucepan until you get a consistency similar to that of a puree. Fry the beans for about 5 minutes and stir constantly until medium-fried and thick.
5. In another pan, put oil to heat and fry the eggs.
6. To put together the baleada, grab a tortilla, add beans and cheese or butter, fried eggs, and avocado.
7. If you have leftovers, you can freeze the fried beans without any problem as they take a couple of weeks to reach their state of decomposition in a freezer. You can store tortillas for baleadas in the refrigerator, but it is recommended that they be eaten instantly as they are tastier.

KOSOVO

LEQENIK (CORNBREAD)



Leqenik has traces back to our ancestors in 10th century BC, the Illyrians. They were pagans and used to celebrate the beginning of summer with food made out of nettles and corn, and bathe with the water of boiled nettles as a way to gain strength for the whole year. One of their creations was also Leqenik. Today, the holiday is called Shën Gjergji to honour our national hero Gjergj Kastrioti, who liberated the Albanian people and the rest of Europe by defeating the Ottoman Empire in the 15th century, and Leqenik remains a great part of the celebrations. Leqenik is perfect for every part of the day; whether you crave it for breakfast, lunch, dinner, or as an appetizer, is entirely up to you!

INGREDIENTS

- ▶ 2 eggs
- ▶ 500 ml yogurt
- ▶ 250g sour cream
- ▶ 0.5 cup oil
- ▶ 2.5 glasses corn flour, sifted
- ▶ 1 tsp salt
- ▶ 10g baking powder

DIRECTIONS ([video](#))

1. The first step is to break the eggs and put them in a big bowl. Afterwards, take the salt and baking powder and add them to the bowl. Mix all of the ingredients with a whisk.
2. Add the yogurt and the sour cream in the bowl and mix all the ingredients with the whisk.
3. Next, add the oil and mix.
4. Add the corn flour to the mixture.
5. All of the dough in the bowl now needs to be mixed with a spoon because it makes the flour blend better. After the dough starts sticking together and it doesn't fall easily from the spoon, it is ready. If you'd like, you can also put sliced spinach or nettles into the dough to give Leqenik a bit more texture and taste.
6. Preheat the oven for about 8 minutes at 220 degrees Celsius. Then put baking paper into a pie pan and then add the dough into the pan. With a spoon, level the dough up gently and then put it in the oven. The finished Leqenik has a brown upper crust and should be done after about 30 minutes in the oven.
7. Wait about 5 minutes for it to cool and then cut it into tiny squares.
8. We recommend eating it with a side of cheese, pickles, olives, or even roasted peppers. The usual drink of choice is black tea.

INDIA

VADA PAV (SPICY POTATO BURGER)



Vada pav is a popular Indian street food, mainly prepared with dinner rolls stuffed with spiced potato fritters with a variety of dips. This snack is also referred to as the Indian burger, also known as the Bombay burger, because it hails from Maharashtra or Marathi cuisine. Generally, it is served as an evening snack, but can also be adapted to breakfast. Of all India's street snacks, the vada pav has grown to be the darling of the masses. Legend has it that it all started way back in 1971 with Ashok Vaidya's food stall, stationed just outside Dadar railway station. He was the first one to envelope a crisp, hot vada with a dip-slathered pav and serve it to a customer who was in a tearing hurry. Today the vada pav is considered very sacred and religious, and is served as a delicacy during Maharashtrian festivals like Diwali, Holi, and Ganesh Chaturthi. The love for its taste has grown all over the country!

Prep time: 25 minutes
Cook time: 25 minutes
Total time: 50 minutes
Servings: 12

INGREDIENTS

- ▶ 2 tbsp oil
- ▶ 1 tsp mustard seeds
- ▶ A pinch of asafoetida
- ▶ A few curry leaves
- ▶ 1 tbsp ginger, crushed
- ▶ 1 tbsp garlic, crushed
- ▶ 1 tbsp chili, finely chopped
- ▶ 2 tbsp coriander, finely chopped
- ▶ 1 tsp turmeric powder
- ▶ 6 potatoes, boiled & mashed
- ▶ 1 tsp salt
- ▶ 300g gram (chickpea) flour
- ▶ 1 tsp turmeric powder
- ▶ A pinch of asafoetida
- ▶ 1 tsp salt
- ▶ 150-200 ml water
- ▶ Dinner rolls
- ▶ Oil for frying

Cilantro/coriander dip

- ▶ 1 bowl coriander leaves
- ▶ 1 tsp salt
- ▶ 1 tsp garlic paste
- ▶ 4-5 green chilies
- ▶ Water to blend

Gunpowder dry mix

- ▶ 1.5 bowls peanuts
- ▶ 8-9 cloves garlic
- ▶ 1 tsp red chili powder
- ▶ 1 tsp salt

Tamarind dip

- ▶ 1 bowl soaked deseeded tamarind
- ▶ 1 tsp salt
- ▶ 0.5 tsp red chili powder
- ▶ 0.33 bowl jaggery
- ▶ Dry ginger powder
- ▶ Water
- ▶ Oil

DIRECTIONS ([video](#))

1. In a large pan, heat oil and add asafoetida, crushed ginger, and garlic.
2. Add and splutter mustard seeds, green chili, coriander, and curry leaves.
3. Further, add turmeric powder and salt and saute for 30 seconds.
4. Additionally, add mashed boiled potato and blend spices well into it.
5. Turn off the flame. When the mix is cool, shape round patties out of it.
6. Now, prepare the batter by blending the gram (chickpea) flour, asafoetida, turmeric, and salt along with water to arrive at a thick, flowing-consistency, lump-free batter.
7. Dip the shaped potato patty in the prepared gram flour batter, coat well, and deep fry in hot oil, stirring occasionally. Fry on medium flame till the vada turns golden and crisp.
8. Drain the vada on a paper towel to absorb excess oil. Keep aside.

Coriander/cilantro dip

1. Roughly chop the green chilies. Add them to a blender.
2. Add the garlic paste and the salt to the blender.
3. Add coriander to the blender and pulse a few times.
4. Add water and pulse until blended.

Gunpowder mix

1. Add the peanuts to the blender.
2. Add the garlic cloves and the red chili powder and blend until mixed.
3. Add salt to the blender.
4. Pulse until small and dry lumps are formed.

Tamarind dip

1. Heat oil in a pan. Add the dry ginger powder and red chili powder.
2. With your hands, squeeze the pulp from the tamarind in a pan.
3. Stir and then add the strained tamarind pulp. Cook for 2-3 minutes.
4. Add the jaggery and salt and cook for 4-5 minutes until it thickens a bit.

Assembly

1. Slice the dinner roll in the center halfway without cutting fully.
2. Spread 1 tsp coriander dip on one side, 1 tsp tamarind dip and 0.5 tsp gunpowder mix on the other side inside the dinner roll.
3. Place the prepared vada in the center of the dinner roll.
4. Finally, press the vada pav and it's ready to be devoured.



PARAGUAY

SOPA PARAGUAYA (CORNBREAD)



Sopa Paraguaya is considered to be one of the greatest Paraguayan dishes in every region of the country. The peculiar thing about this dish is that it's a "solid soup" made with corn meal. This dish was accidentally invented by the official servant of the second Paraguayan president, Carlos Antonio Lopez. The story goes that the president invited a foreign official to lunch, and requested for the kitchen to prepare the president's favorite soup. However, the cook forgot to supervise the process and the soup ended up being overcooked and dried up, leaving it with the appearance and consistency of the cake it is today. When the foreign official received a serving, he questioned it being a soup, and the president, trying to think of a way out of the situation, simply told him that this is what Paraguayan soup is like, and it's been a part of our culture ever since. Nowadays, the sopa paraguaya meal is the favorite meal chosen by most Paraguayan people.

INGREDIENTS

- ▶ 0.5 kg corn flour
- ▶ 300g Paraguayan cheese
- ▶ 150g pork fat
- ▶ 3 onions, chopped
- ▶ 6 eggs
- ▶ 0.5 liter cow's milk
- ▶ Salt to taste

DIRECTIONS ([video](#))

1. Make a fire in a Tatakua (Paraguayan oven).
2. Heat the pork fat in a pan, then add the onions and salt to it. Cook until the onions are transparent. Remove from the pan and save.
3. In a bowl, crack the eggs and whisk vigorously.
4. Add the corn flour, milk, and salt to the eggs and mix well.
5. Then add the cooked onions and mix.
6. Crumble the cheese into the mixture and incorporate well.
7. Grease a baking pan and pour in the batter.
8. Bake it for about 30 minutes.
9. Enjoy!

SYRIA

LAHM BI 'AJIN (MEAT WITH BREAD)



Lahm bi 'ajin (لحم بعجين) also known as lahmacun, lahmajun, and other spellings, is a round, thin piece of dough topped with meat (most commonly beef or lamb). It is sometimes described as Arabic pizza, Turkish pizza, Armenian pizza, or similar names. It is of Middle Eastern, rather than European, origin. Flatbreads in the Middle East have been cooked for thousands of years. They have been used to wrap meat and other foods for convenience and portability. "Sfiha" is another form of "Lahm bi 'ajin", but it's made with minced meat (sometimes minced with tomatoes and onions).

INGREDIENTS

- ▶ 200g (~0.5 lb) fat, chopped
- ▶ 1.5 kg (~3.33 lb) meat, chopped
- ▶ 1 big spoon salt
- ▶ 0.5 big spoon pepper
- ▶ Prepared dough

DIRECTIONS ([video](#))

1. Spread the salt and pepper on the meat and fat pieces, and mix them all together (trying to season all the pieces).
2. Take a piece of prepared dough and flatten into a small pizza shape.
3. Spread some of the mixture on top of the flattened dough.
4. Continue until you've used all of the meat.
5. Bake in a hot oven until the meat is ready.
6. Usually, people drink yogurt with the meal.

VENEZUELA

PATAcón

(PLANTAIN SANDWICH)



Venezuelan patacón is a sandwich made with fried plantains instead of bread.

INGREDIENTS

- ▶ 1 plantain
- ▶ Canola oil
- ▶ 1 shredded chicken breast
- ▶ Tomato
- ▶ Lettuce
- ▶ Sliced cheese
- ▶ Ketchup
- ▶ Mayonnaise

DIRECTIONS ([video](#))

1. Preheat a cup of canola oil in a frying pan.
2. Peel the plantain and cut it in half.
3. Place the plantain pieces on the pan to fry over medium to high heat. When the oil bubbles begin to diminish, the plantains are removed from the heat.
4. The plantain is placed between two kitchen boards and flattened. Fry again with medium to high heat until they are well cooked.
5. Place both cooked plantains and fill them with chicken, sliced cheese, lettuce, tomato, ketchup, and mayonnaise.
6. Enjoy!

SOUPS & STEWS



CAMBODIA

NUOM BANHJOK (KHMER RICE NOODLES)



Nuom Banhjok (នំបញ្ចុក) has become a symbol of unity in Cambodian society. It is a tool that brings social connection, meaning people who have different income could eat nuom banhjok as their daily meal. From the old days until now, people still eat nuom banhjok during family gatherings, team gatherings, and other traditional and special events. Nuom banhjok brings our people a sense of nationalism and patriotism, especially when we eat it outside Cambodia, we just feel nostalgic.

INGREDIENTS

- ▶ 1 kg freshwater/rice field fish
- ▶ 1 tbsp fermented fish (prahok, ប្រាហុក)
- ▶ 0.5 tbsp sugar
- ▶ 1.5 tbsp fish sauce
- ▶ 1.5 tbsp salt
- ▶ 1 cup coconut milk
- ▶ 2 liters water
- ▶ 1 cup ground spices (kroeung, គ្រឿង)
 - ▶ 4 cloves garlic, minced
 - ▶ 0.5 cup lemongrass, chiffonaded
 - ▶ 1 tbsp finger rhizome root, sliced
 - ▶ 0.5 tsp turmeric powder
 - ▶ 1 cup fish broth
- ▶ 1.5 tbsp palm sugar

DIRECTIONS (video)

1. Make the kroeung by blending together the garlic, lemongrass, finger rhizome, and turmeric.
2. Cook the fish by steaming it in a pot (normally our local villagers use clay pots, because we believe it would add more taste to the dish) for 15 minutes, then take it out.
3. Mix the kroeung and fish together.
4. Boil the water in the same pot the fish was in, add the prahok and cook for 3-5 minutes, then take it out.
5. After that, we put the palm sugar into that pot and the coconut milk, salt, and fish sauce. Lastly, add the kroeung and wait for it to boil again. The reason we put prahok is because it has a strong scent. Prahok is one of the most frequently used in Khmer cuisine, especially among villagers. Our villagers and elderly people feel that food is dull, so we cannot miss an ingredient in our local food, especially Nuom Banhjok. Prahok is just like butter or cheese for Western cuisine.
6. We prepare the vegetables (e.g., bean sprouts, shredded cabbage, cucumber, banana blossom, mint, etc.) to eat with nuom banhjok. Just like with prahok, our local people love to eat nuom banhjok with our local vegetables, because they feel that vegetables add taste to the dish.

COLOMBIA

SANCOCHO

(CHICKEN & VEGGIE SOUP)



Sancocho is a very popular dish that can be made with fish, beef, chicken, pigeon peas, or pork. Sancocho de gallina or sancocho valluno have their origin in the Colombian region of Valle. Traditionally, this soup is made with chicken, but other meats can also be used. In Colombia, we accompany the soup with stewed chicken, in which we take out some pieces of the sancocho and put it on top of a rich stew previously made, in addition to rice, avocado, and banana.

INGREDIENTS

- ▶ 8 bananas, peeled and diced
- ▶ 1 yucca, peeled and diced
- ▶ 250g potatoes, peeled and diced
- ▶ 3 corn cobs, peeled
- ▶ 1 chicken
- ▶ 20g salt
- ▶ 250g tomatoes, chopped
- ▶ 100g onions, chopped
- ▶ 50g cimarron
- ▶ 50g coriander
- ▶ 10g saffron root
- ▶ Butter

DIRECTIONS ([video](#))

1. First light a wood stove. To do so, put twigs in the shape of a cross and a cut egg comb. Once they are put on the stove, we take some pieces of egg honeycomb and light it with a candle.
2. Second, put the pot with water on the wood stove. Wait for the water to boil, then add the chicken that's already been seasoned.
3. Add cimarron and cilantro so that the sancocho has a better flavor.
4. While waiting for it to cook, peel the potatoes, bananas, yucca, and the corn cob.
5. Once everything is peeled, the banana, cassava, potato, and corn cob are cut into pieces. (The bananas are cut into small pieces and by hand. Once peeled, it cannot be wet.) Afterward, add them to the pot.
6. Next, chop a little onion and tomato into pieces, fry them in a pan with butter, and add some saffron root. This makes the base of our stew that will give our sancocho flavor and color.
7. While our stew is sautéing, chop a little coriander.
8. Once our bananas, potatoes, corn cobs, and yucca are cooked, add our stew and coriander to the pot.
9. This is our sancocho valluno. Enjoy!

ECUADOR

LOCRO (POTATO SOUP)



Locro is a typical soup made in the Ecuadorian Andes that has big potato plantations. Made for generations, with a lot of variations, its basic form can include vegetables like cabbage and spinach, or pork meat. In our city, we eat it very often, like once a week.

INGREDIENTS

- ▶ 12 potatoes, peeled and chopped
- ▶ 0.5 an onion, chopped
- ▶ 0.5 liter water
- ▶ 0.5 liter milk
- ▶ 100g white cheese
- ▶ Salt
- ▶ Pepper
- ▶ Avocado
- ▶ Lettuce

DIRECTIONS ([video](#))

1. Cook the potatoes and onion in water with salt and pepper.
2. Once softened, add the milk and cheese.
3. Serve with avocado and lettuce.

ERITREA

TBSI (BEEF STEW)



Tbsi, also known as tibs, is a traditional Ethiopian and Eritrean dish that's kind of like a mix between stir-fry and stew, and is often made with beef or lamb. It is enjoyed during special occasions and celebrations.

Servings: 3-4

INGREDIENTS

- ▶ 500g beef
- ▶ 2 tbsp vegetable oil
- ▶ 1 tbsp grated ginger
- ▶ 1 tbsp chopped garlic
- ▶ 2 tsp seven spices mix
- ▶ 1 onion
- ▶ 1 tbsp berbere spice
- ▶ Pepper
- ▶ 2 chilis
- ▶ 1 tomato
- ▶ 0.5 a bell pepper
- ▶ 1 beef flavor cube
- ▶ 1 tbsp tesmi (flavored butter)
- ▶ Water

DIRECTIONS ([video](#))

1. Add the beef into a clean hot pot (no oil needed). Stirring, cook the meat on high heat until the outside has a light sear and the moisture comes out.
2. Remove the meat from the pan. Separate the beef from the juices. Keep both separately.
3. Put the oil in the pan and add in the garlic and ginger. Mixing steadily, sauté them until golden brown.
4. Add in the beef and stir.
5. Mix in the seven spices mix and cook for about a minute.
6. Add in the onion and mix. Cook for about a minute.
7. Add the berbere. Feel free to put more or less, according to your taste.
8. Add in the broth from the beef. This step is optional, but recommended for juicier meat.
9. Now add in the tomato, bell pepper, and chilis. Cook for a bit.
10. Add the beef flavor cube. Cook for 2 minutes, then add the tesmi.
11. Cover and cook for 5-10 minutes, according to your preference.
12. Serve with traditional Habesha bread, injera, and enjoy!

GRENADA

OIL DOWN

(MEAT & VEGGIE STEW)



Oil down is the national dish of Grenada. The name “oil down” comes from the way the dish is prepared — once all the liquid is absorbed, the bottom of the pan is covered with a layer of coconut oil. Both the ingredients and the cooking process used in oil down are reflective of Grenada’s past, since we were colonized for a long time. European settlers, Asian immigrants, and African slaves all added something to the dish. Although oil down is cooked year-round, it is most common during the month of February, since our independence is celebrated at that time.

INGREDIENTS

- ▶ 8-10 callaloo leaves
- ▶ 1 large breadfruit, peeled and chopped
- ▶ 1 large dasheen, peeled and chopped
- ▶ 1 large yam, peeled and chopped
- ▶ 1 hand green bananas, peeled
- ▶ 1 lb flour for dumplings
- ▶ 0.5 lb salt meat (soaked overnight)

- ▶ 1 lb pumpkin, peeled and chopped
- ▶ 2 cups coconut milk
- ▶ 2 tsp turmeric
- ▶ 2 sprigs thyme
- ▶ 1 hot pepper
- ▶ A few stems of chives, finely chopped
- ▶ 1 medium onion, chopped
- ▶ 1 green bell pepper, finely chopped
- ▶ 2 cloves garlic, crushed
- ▶ 2 tbsp fresh parsley, finely chopped
- ▶ 2 medium carrots, chopped
- ▶ 3 okras, chopped
- ▶ 3 corn cobs, chopped

DIRECTIONS ([video](#))

1. Collect and prepare the ingredients. Peel and chop the breadfruit, dasheen, yam and green bananas.
2. Thoroughly wash and scrape the salted meat and cut into pieces.
3. Place the salted meat in cold water and bring to a boil. Rinse and repeat three times. Drain once the meat is tender.
4. Chop up the onion and the carrots and any other vegetables and seasoning. Coarsely chop up the callaloo leaves.
5. Sauté the onions and green bell peppers in oil until they are tender and combine the turmeric with coconut milk.
6. Place ingredients in the pot. Provisions/meat on the bottom, vegetables and seasoning in middle, and callaloo leaves with dumplings on top.
7. Fill to the brim with water and coconut milk. Bring to a boil and simmer for an hour or until all the liquid has absorbed.
8. When complete, remove the pepper and cool for 5 minutes. Place dumplings, corn and salted meat into separate containers for easy sharing.

GUATEMALA

PEPIAN

(MEAT & VEGGIE STEW)



We chose this dish because it was served in Mayan religious ceremonies, and is one of the dishes that is most rooted in the history of Guatemala. It is of pre-Hispanic origin and is typical in the region of Chimaltenango. It was declared intangible cultural heritage on 26 November 2007 by the Ministry of Culture and Sports. It can be prepared with different meats, such as turkey, pork, or chicken.

INGREDIENTS

- ▶ 0.5 lb meat (pork, turkey, or chicken)
- ▶ Salt to taste
- ▶ 4 tomatoes
- ▶ 1 large onion
- ▶ 10 small green tomatoes
- ▶ 2 cloves garlic
- ▶ 0.25 cup sesame seeds
- ▶ 0.25 cup pumpkin seeds
- ▶ 2-4 potatoes, chopped
- ▶ 1 large carrot, chopped
- ▶ 1 large chayote or zucchini, chopped
- ▶ 1 cup peas

DIRECTIONS ([video](#))

1. Cook the meat in 3 cups of water with salt for 15 minutes.
2. Roast the tomatoes, onions, green tomatoes, garlic, sesame seeds, and pumpkin seeds on the stove.
3. Add the potatoes, carrots, chayote or zucchini, and peas to the pot with the meat and cook until soft.
4. Liquify the roasted vegetables, then add them to the pot.
5. Serve with rice and corn tortillas.
6. Enjoy!

REPUBLIC OF KOREA

BANQUET NOODLES



Korean banquet noodles are named after how people enjoy this dish at banquets. In the Joseon dynasty, flour was extremely expensive and only people of a high social class could access it. These noodles thus represented wealth itself and were served on special occasions and celebrations. It is said that the length of the noodles represents the lasting relationship between a bride and groom at weddings. After the Korean war, wheat became widespread in Korea and flour was no longer restricted to the upper class, leading to the current popularity all around the country.

INGREDIENTS

- ▶ 1 serving plain noodles
- ▶ 1 cup anchovy stock
- ▶ 1 egg
- ▶ 1 tbsp soy sauce (Guk-ganjang)
- ▶ 1 tsp sugar
- ▶ 1 tsp sesame oil
- ▶ 1 serving kimchi
- ▶ 0.33 zucchini, julienned in thin strips
- ▶ Oil (for cooking)
- ▶ Bowl of water

- ▶ Salt (optional)
- ▶ Seaweed powder (optional)
- ▶ Soy sauce (optional - normal)

DIRECTIONS ([video](#))

Garnishes

1. In a pan, add some oil. Pour the zucchini slices in and fry until they start to bend and are no longer brittle. To boost flavor, add a pinch of salt. Once done, set aside in another bowl.
2. Beat the egg in a bowl.
3. Pour the beaten egg into the pan. Make sure the pan is large enough so that the egg can be fried into a very thin pancake form. Flip the egg over once the edges seem to show a lighter color. Once cooked, slice into very thin strips to create jidan, a Korean egg garnish.
4. Chop the prepared kimchi into very small pieces and mix in the sugar and the sesame oil.

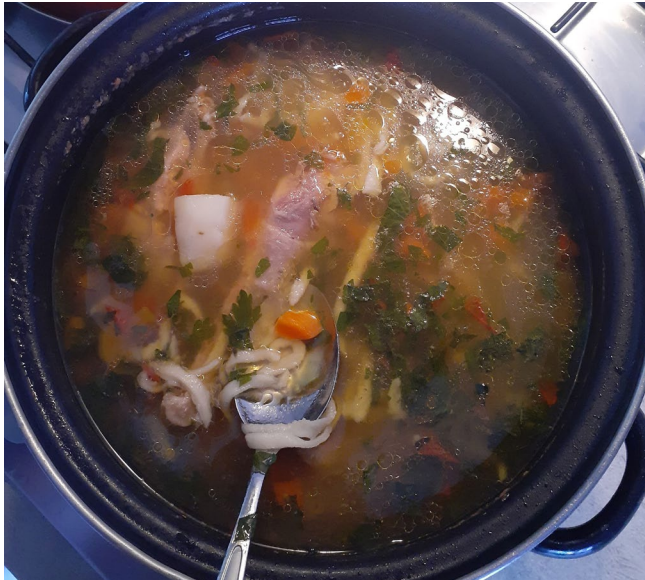
Noodles

5. Pour the prepared bowl of water into a pot and let the water boil, then place the noodles into the pot.
6. Pour the cup of anchovy stock into another pot. When it starts to boil, add the soy sauce (guk-ganjang), as much as needed, to fit the preference of flavor.
7. While the stock is boiling, check when the plain noodles are fully cooked and then pour out the excess water.
8. Put the cooked noodles into a final bowl.
9. Pour the stock/soy sauce soup into the same bowl with the noodles.
10. Place the garnishes (zucchini, jidan, and kimchi) on the center of the noodles.
11. Add seaweed powder or soy sauce depending on preference.

MOLDOVA

ZEAMA DE PUI

(CHICKEN NOODLE SOUP)



INGREDIENTS

- ▶ 1 chicken
- ▶ 3-4 potatoes, chopped
- ▶ 1 onion, chopped
- ▶ 1 pepper, chopped
- ▶ 3-4 tbsp flour
- ▶ 1 egg, beaten
- ▶ 1 carrot, chopped
- ▶ 1 bay leaf
- ▶ Peppercorns
- ▶ 2 tomatoes
- ▶ Greenery
- ▶ Salt (to taste)
- ▶ Sour borscht or lemon

DIRECTIONS ([video](#))

1. Wash the chicken.
2. Place the chicken in a pot of cold water over the fire. As it cooks, gather the foam and then leave the meat to continue cooking on low heat.
3. Add the bay leaf and pepper to the pot and let it boil for about 1 hour until the meat is almost ready.
4. Add the onion and the finely chopped carrot and leave for about 10-15 minutes.
5. Meanwhile, make the noodles by mixing the flour and beaten egg. Knead with hands until it forms a dough, then let it rest for 10-15 minutes.
6. Add the potatoes to the pot.
7. Cut the noodles.
8. When the potatoes are almost cooked, add the noodles to the pot.
9. Add the tomatoes and peppers, sour borscht or lemon, and salt.
10. Once the noodles are cooked, let it boil for 5 minutes and then add the greens, put the lid on and turn off the heat.



Team Moldova decided to prepare a recipe that every housewife knows how to make — Zeamă de pui. It is a hearty soup with chicken, vegetables, and noodles.

MONGOLIA

BANTAN (MEAT PORRIDGE)



Bantan is a traditional Mongolian dish that is like a meat porridge with dough crumbs. All of the ingredients are common and cheap in Mongolia. Bantan is the first solid food for the majority of Mongolians, and the favorite dish of a lot of people.

INGREDIENTS

- ▶ 1.5 liters water
- ▶ 200g flour
- ▶ 200g mutton or beef, chopped
- ▶ A pinch of salt and spices
- ▶ 100g onion
- ▶ 2 cloves garlic

DIRECTIONS

1. Bring a pot of water to boil.
2. Stir in the meat and cook. Add the onions, garlic, and salt.
3. In a bowl, add a small amount of water to the flour and rub together using your palms to create small dough crumbs.
4. Put the dough crumbs into the pot slowly and stir the soup until it thickens.
5. Enjoy!

SPAIN

GAZPACHO

(COLD VEGGIE SOUP)



Gazpacho originated in the southern region of the Iberian peninsula, specifically Andalusia. This cold soup made of raw, blended vegetables is widely eaten in Spain and Portugal, particularly during hot summers, as it is refreshing and cool.

Preparation: 15 minutes

Servings: 4

INGREDIENTS

- ▶ 1 kg ripe tomatoes, chopped
- ▶ 1 green pepper, chopped
- ▶ 1 cucumber, chopped
- ▶ 1 spring onion, chopped
- ▶ 0.5 a garlic clove, minced
- ▶ 1 slice stale bread
- ▶ 3 tbsp extra virgin olive oil
- ▶ 3 tbsp white wine vinegar
- ▶ Salt
- ▶ Cold water

DIRECTIONS ([video](#))

1. Wash the tomatoes, pepper, and cucumber and let them drain.
2. Once drained, peel and chop the tomatoes, cucumber, chives, and garlic. Remove the seeds from the pepper and chop.
3. Add the chopped ingredients together with the bread to a blender glass.
4. Blend until you get a creamy texture and there are no chunks of vegetables left. The time will depend on the power of the mixer.
5. Add oil, vinegar, and salt and beat for 5 more seconds.
6. Depending on the amount of water that the vegetables contain and the bread that we have used, we may need to add a little more water. If desired, add cold water and mix well. It should have a creamy liquid texture.
7. Once finished, check the amount of salt and vinegar, and if necessary, rectify to taste.
8. The only thing left to do is strain the mixture, serve, and enjoy the meal!

SUDAN

MULAH AL TAGALIYA (MEAT STEW)



Mulah al tagaliya (ملاح التقلية) is a classic Sudanese stew of finely minced meat mixed into a thick and well-spiced tomato sauce, served with Gurasa, a thick pancake bread to soak up the stew's fantastic flavor. Mulah al tagaliya is significant in Sudanese culture because it's made of natural and organic ingredients, has high nutritious value, is tasty, is often served for special occasions, is eaten in Ramadan for breakfast, is not heavy for the stomach, is easily made, and rich and poor are able to eat it. Both students and elders get their strength out of it.

Total time: 40 minutes
Servings: 10

INGREDIENTS

- ▶ 4 big spoons oil
- ▶ 3 big spoons onion powder
- ▶ 3 big spoons tomato sauce
- ▶ 5 cups water
- ▶ 200g finely ground meat
- ▶ 4 cloves garlic
- ▶ 1.5 small spoons salt
- ▶ 1 small spoon coriander powder
- ▶ 0.5 small spoon pepper
- ▶ 0.5 small spoon cinnamon
- ▶ 3 big spoons dry crushed okra ("weka")

DIRECTIONS ([video](#))

1. In a pot, heat the oil.
2. While it is heating, add the onion powder and the finely ground meat to the pot and stir well for 3 minutes.
3. Add the tomato sauce, salt, coriander powder, pepper, cinnamon, and water. Let the mixture boil for 7 minutes.
4. Add the garlic and leave the mixture for 3 more minutes
5. Finally add the Weka. Make sure to lower the heat and cover the pot.
6. Let it sit for the remaining 12 minutes and it will be ready! Note that the mulah must not be very thick.
7. You can serve it with "kisra," "asida," or "gurasa" (other Sudanese foods) where the mulah will be poured on them.

MAIN COURSES



ALGERIA

COUSCOUS (SEMOLINA & STEW)



Couscous is one of the most popular foods, not only in Algeria, but all of North Africa. It's usually eaten on Friday and for celebrations like "Eid el Fitr" or for weddings. Even if it is the same base, each region has its own variation and recipe. This dish represents the diversity of cultures in Algeria and all the influences. The recipe we chose to represent us is from the west of Algeria, most specifically from a region called Tlemcen, one of the most cultural regions of Algeria.

Servings: 5

INGREDIENTS

- ▶ 3 zucchinis, chopped
- ▶ 2 carrots, chopped
- ▶ 2 potatoes, chopped
- ▶ 3 turnips, chopped
- ▶ 1 tomato, chopped
- ▶ 1 onion, chopped
- ▶ 30g chickpeas
- ▶ 1 kg sheep meat

- ▶ 0.5 tsp powdered ginger
- ▶ 0.25 tsp powdered cinnamon
- ▶ 1 pinch powdered saffron
- ▶ 0.25 tsp pepper
- ▶ 1 tsp salt
- ▶ 1 liter water
- ▶ 500g couscous
- ▶ 1 tbsp butter
- ▶ Oil

DIRECTIONS ([video](#))

1. To make the sauce, put oil in a casserole or pan and add in the chopped onions and the meat. Let it cook for 5 minutes.
2. Add the chickpeas, the spices, and the water and let it cook until the meat is half-cooked, about 30 minutes.
3. Remove the meat to a plate.
4. Add the vegetables into the sauce in the casserole or pan and let it cook for 15 minutes.
5. To make the couscous, mix 2 cups of water with the couscous in a bowl and let it soak for 5 minutes.
6. Put it in the couscous pot and let it cook for 15 minutes.
7. Take the couscous off the heat and add one cup of water, then let it soak for 5 minutes.
8. Put it back to cook for 10 minutes.
9. Remove it from the pot and add the butter.
10. Spoon the couscous into a bowl and top it with the sauce and meat.

BANGLADESH

BEGUN BHORTA & PANTA BHAT

(SPICY EGGPLANT & FERMENTED RICE)



Team Bangladesh presents a traditional dish of begun bhorta and panta bhat with a side of mango pickle. A simple way to make a vegan Bengali dish.

Servings: 1

INGREDIENTS

- ▶ 1 small eggplant
- ▶ 1 cup cooked rice
- ▶ Water
- ▶ 1 tsp oil
- ▶ A pinch red chili powder
- ▶ 0.5 tsp dried red chili
- ▶ 1 tbsp chopped onion
- ▶ Salt to taste

DIRECTIONS ([video](#))

1. Put the cooked rice in a bowl, pour in water to cover the rice, and leave it to ferment overnight.
2. Take the eggplant and lather it with oil. Place it directly in a flame on the stove and cook it until it's fully burned on the outside.
3. Remove the eggplant from the heat and peel off the outer skin.
4. Mash the eggplant and mix it with the red chili powder, red chilis, chopped onion, and salt.
5. Serve the eggplant mixture with the fermented rice, some dry red chilis, and a side of mango pickle.

BELIZE

STEW CHICKEN WITH RICE & BEANS



Stew chicken and rice and beans is a great example of Belizean cuisine. Simple, low cost, yet so flavourful and satisfying. Stew chicken shows how much of a “melting pot” Belize really is. Variations of stew chicken can be found throughout the Caribbean, but what makes Belize’s stew chicken different is the recado. This achiote-based paste commonly found in Yucatan cuisine adds an earthy, peppery flavor with a hint of bitterness, along with a beautiful orange colour to the stew. Naturally, if you have stew chicken you must have the go-to side for many Belizeans — rice and beans, a humble, yet hearty side dish that pairs well with almost every meal. Everyone has their own take, but this is the most common way.

INGREDIENTS

- ▶ 1 cup kidney beans, soaked overnight
- ▶ 1 small onion, diced
- ▶ 1 cup coconut milk

- ▶ 2 cups rice, dry
- ▶ 2 cloves garlic, minced
- ▶ 1 tsp salt
- ▶ 0.5 tsp thyme
- ▶ Black pepper to taste
- ▶ 4-6 lb chicken (preferably bone in)
- ▶ 1 tbsp lime juice or white vinegar
- ▶ 2 tbsp recado paste
- ▶ 1 tsp thyme
- ▶ 1 tsp salt & black pepper (or to taste)
- ▶ 1 tbsp brown sugar
- ▶ 1 tsp garlic, minced
- ▶ 0.5 tsp ginger, minced
- ▶ 2 tbsp onion, diced
- ▶ 1 small bell pepper, diced

DIRECTIONS ([video](#))

1. Add soaked beans, onion, and garlic to a pot of water on high heat and bring to a rolling boil. Once tender, add black pepper, thyme, and salt.
2. Pour in coconut milk and bring to a boil.
3. Wash the rice, add to the pot and boil. After boiling for 5 minutes, cover the pot and reduce heat to low. Continue to cook until the rice is soft and fluffy.
4. Marinate the washed chicken in lime juice, recado, salt, thyme, black pepper, and cilantro for at least 20 minutes.
5. Heat oil in a pot and add brown sugar. Once dark brown, add 1 tsp garlic, ginger, 2 tbsp onion, and bell pepper and saute for 5 minutes until soft.
6. Add chicken to the pot and brown on all sides, then reduce heat to medium.
7. Add enough water to partially submerge the chicken, cover the pot, and simmer for approximately 30-60 minutes.
8. Remove from heat and serve when chicken is very tender.

BOLIVIA

PIQUE A LO MACHO (BEEF PLATTER)



In the 1970s, this was a really interesting food. If you went to a party in Cochabamba City and you got really drunk, you had to eat this. Old people said that it was used to overcome a hangover immediately; they said that it was useful because it was really spicy and they would eat peppers like apples. Now it's only a really delicious food that everyone should try... and relax, now it's not too spicy.

INGREDIENTS

- ▶ 1 kg meat, chopped
- ▶ 0.25 kg sausage, chopped
- ▶ 2 big onions (0.25 kg), chopped
- ▶ 1 big pepper (0.125 kg), chopped
- ▶ 3 medium tomatoes (0.25 kg), chopped
- ▶ 200 ml beer or stock
- ▶ 2 garlic cloves, minced or ground
- ▶ Salt
- ▶ Mustard
- ▶ Oil
- ▶ 2 kg potatoes (or prepared french fries)
- ▶ 4 eggs, boiled

DIRECTIONS

1. Cut the meat into small portions and add salt to taste, garlic, and mustard. Mix while squeezing the meat. Let it rest for about 1 hour.
2. Peel the potatoes and cut into fries. Place in hot oil and cook, stirring only 2 times — when placing in oil and before removing.
3. Place a skillet with a little oil over moderate heat, and once hot, place the seasoned meat and stir constantly until the meat is cooked.
4. Julienne the onion, pepper, and tomatoes and integrate into the meat when it's cooked, stirring constantly until the onion becomes a little transparent. At that time, add the beer or stock and sausage. Stir constantly for about 5 minutes and remove from heat. It should be left with a little broth.
5. To serve, place the fried potatoes on the plate and put the prepared meat mixture on top. To decorate the dish, place the hard-boiled eggs cut into slices, and if you want, place tomato and julienne-cut uncooked locoto pepper.

BURKINA FASO

BABENDA

(STEWED GREENS & RICE)



This dish originates from the Mossi ethnic group. It was invented during a hard period of famine the people were going through. This dish contains proteins, carbohydrates, lipids, vitamins, minerals, and fiber. It is found during large ceremonies such as baptisms, weddings, and other events.

INGREDIENTS

- ▶ 500g rice
- ▶ 6 plates amaranth leaves
- ▶ 6 plates sorrel leaves
- ▶ 0.5 bowl peanuts, crushed
- ▶ 0.25 liter oil
- ▶ 3 chili peppers, crushed
- ▶ 1 big onion, chopped
- ▶ salt

DIRECTIONS

1. Disinfect the leaves and wash them well.
2. Soak the leaves in a pot with 8 liters of water for 30 minutes.
3. Cut the onion and add it to the pot.
4. Clean and crush the chilis and add them to the pot and cook for 20 minutes.
5. Clean the rice with water, drain it, then add it to the pot and cook for 10 minutes.
6. Add in the crushed peanuts and cook for another 20 minutes.
7. Serve with some oil, salt, and crumbled maggi cube on top.

CHILE

PASTEL DE CHOCLO (CORN CAKE)



Corn cake was born in the Chilean fields around 1800, and became a very common dish in peasant festivals. It is believed that the arrival of the dish in Santiago coincided with migrations from the countryside to the city during the 20th century. Pine is a Mapudungun word that means “mincemeat,” something very traditional in Chilean gastronomy and used in various preparations. “Corn” comes from Quechua, which refers to young corn, with which a paste is made that covers the pine and is browned in the oven.

INGREDIENTS

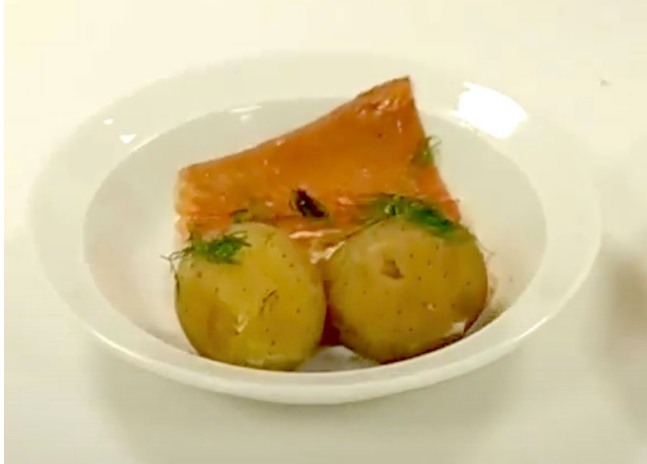
- ▶ 250g meat
- ▶ 250g chicken
- ▶ 10-15 corn cobs
- ▶ 6 eggs
- ▶ 1 onion, chopped
- ▶ Raisins and olives to taste

DIRECTIONS ([video](#))

1. Boil your eggs for 5-7 minutes.
2. Cook the chicken in a separate pot of boiling water for 15-20 minutes, season to taste with salt.
3. Fry the onion in oil in a pan for 10-15 minutes, season to taste with salt.
4. Chop the corn and grind it into a paste. Cook the mixture in a pot on the stove for 20-25 minutes.
5. Meanwhile, add the meat to the onions and stir from time to time until browned.
6. Wait for everything to cook and when it's done, layer it in a deep plate in this order:
 - ▶ First put some of the corn mixture as the bottom layer.
 - ▶ Add the meat and chicken as a second layer.
 - ▶ Put some eggs, olives, and raisins as a third layer.
 - ▶ Cover everything with more corn mixture as the last layer, and add some sugar on top of the corn.
7. Put the dish in the oven to bake for 10-15 minutes at medium temperature.
8. We recommend you to eat this with Ensalada a la Chilena, which is a salad with tomato and onions.

FINLAND

SMOKED SALMON & POTATOES



Smoked salmon is a traditional Finnish food that is quick to make and is fairly healthy. People in Finland have eaten fish for a long time as it is easily available from the many lakes here.

INGREDIENTS

- ▶ 500g smoked salmon (usually available pre-smoked)
- ▶ A few potatoes
- ▶ A bit of dill
- ▶ Salt
- ▶ Other spices can be added

DIRECTIONS ([video](#))

1. Turn the oven on to 150 degrees Celsius.
2. Fill a pot with water so that the potatoes will be submerged.
3. Add salt, and other spices if you want, to the water and put it on the stove. Wait for the water to boil, and then add the potatoes.
4. Meanwhile, take the skin off the salmon and put the salmon in the oven to warm up.
5. The salmon should be ready to serve after about 10-15 minutes in the oven.
6. Wait about 15 minutes for the potatoes to cook, and then they are ready.
7. Serve together with a little bit of dill.

GAMBIA

CHICKEN YASSA (CHICKEN STEW)



Chicken yassa is a very well-known dish in The Gambia. As the name says, it is a type of sauce with chicken as its main ingredient. Due to its highly rich, strong, and appetizing taste, Gambians cook it very often, mainly for lunch.

INGREDIENTS

- ▶ Chicken (breast is recommended, but any could be used)
- ▶ 2 garlic cloves
- ▶ 1 small ginger root
- ▶ 1 tsp black pepper
- ▶ 1 chili pepper
- ▶ 1 small sweet pepper
- ▶ 1 tbsp mustard
- ▶ 1 cup lemon juice
- ▶ 2 tbsp vinegar
- ▶ 1 Maggi (chicken stock) cube
- ▶ Salt to taste
- ▶ 1.5 tbsp cooking oil
- ▶ Rice (side dish)

DIRECTIONS

1. Wash the chicken and vegetables separately.
2. Pound or blend the ginger, garlic, black pepper, salt, chili, and sweet peppers together.
3. Marinate the chicken with some lemon juice and half of the blended spices.
4. Finely slice the onions lengthwise and mix together with vinegar and the remaining lemon juice and blended spices.
5. Grill the chicken, then set aside.
6. Heat the cooking oil in a saucepan and stir-fry the marinated onion.
7. Cover with a lid and let it cook for about 8 minutes.
8. Now add the grilled chicken, stock cube, and 0.25 cup of water and stir.
9. Cover with the lid and let it simmer until fully cooked.
10. Whilst still hot, serve with rice and some cooked diced vegetables.

GHANA

WAAKYE WITH STEW (RICE AND BEANS WITH STEW)



Waakye is a dish with rice and beans (or black-eyed peas) cooked in an infusion of millet leaves. Those millet leaves bear the name of the dish. Waakye (pronounced *waachay*) is a Hausa word that means “beans.” It is actually an abbreviated form of the full name *shinkafa da wake*, which means rice and beans. Originally, waakye was served in large leaves of a tropical flowering plant of the species *thamatococcus danielli*, also known as *katemfe*, native to the tropical forest of Ghana and surrounding African countries.

INGREDIENTS

- ▶ 20 oz beans
- ▶ 4 cups rice
- ▶ 6 tsp salt
- ▶ 1 liter oil
- ▶ 6 cloves garlic
- ▶ Spices

- ▶ 1.5 lb meat
- ▶ 12 waakye leaves
- ▶ 2 handfuls peppers
- ▶ 4 medium onions
- ▶ 110g tomato paste
- ▶ 2 spoonfuls powdered pepper
- ▶ 80g ginger
- ▶ 1 egg
- ▶ Noodles
- ▶ 1 package ripped plantain (optional)

DIRECTIONS ([video](#))

1. To prepare the waakye, put the dried waakye leaves or karadafa with beans in water and boil for 25 minutes.
2. When the color of the boiling water becomes the color of wine, remove the waakye leaves with a cooking spoon.
3. Rinse rice in water a couple of times. Drain the water from the rice and add the rice to your beans in the boiling water. Add salt to taste.
4. Cover and cook for 15 minutes or until the rice is cooked and has absorbed all of the water.
5. To make the stew, steam meat and cook until soft and ready. Add salt to taste.
6. Then fry the meat in hot oil.
7. Take another saucepan and fry your oil until it's hot.
8. Add your blended onion, pepper, garlic, and ginger. Fry for about 10 minutes.
9. Add your tomato paste and continue frying for an additional 12 minutes.
10. Add meat stock, powdered pepper, and other spices to taste before adding salt, if desired. Fry for another 10 minutes.
11. Along with the stew, you can add some fried ripe plantain, boiled eggs, and noodles to your waakye.

GREECE

MOUSSAKA

(EGGPLANT & MEAT CASSEROLE)



Moussaka is a Greek casserole made from spiced meat, eggplant, potatoes, and a creamy bechamel sauce. Although there are many variations of this dish throughout the world, including in Turkey, the Middle East, and the Balkans, this is the version that's been a favorite comfort food for Greeks since it was publicized in 1910.

INGREDIENTS

- ▶ 3 potatoes, sliced
- ▶ 5-6 tbsp olive oil
- ▶ 1 onion, chopped
- ▶ 8 eggplants, sliced
- ▶ 1 onion
- ▶ 2 tbsp olive oil
- ▶ 1 tbsp tomato paste
- ▶ 1 kg ground beef
- ▶ 125g butter
- ▶ 125g flour
- ▶ 1,250 ml milk
- ▶ 100g parmesan cheese
- ▶ 2 egg yolks
- ▶ salt
- ▶ pepper

DIRECTIONS ([video](#))

1. In a pan on the stove with a little olive oil, cook the potatoes until soft.
2. In a baking dish, layer the potato slices and season with salt and pepper.
3. Place the sliced eggplant in the pan with a little olive oil and cook until they obtain a little color.
4. Layer the eggplant on the potatoes and season with salt and pepper.
5. For the meat, put the onion in a pan with a little olive oil over high heat.
6. Add minced meat to the pan and cook until it caramelizes and has a nice color.
7. Add the tomato paste, mix well, and let it cook on low heat for 10-15 minutes.
8. Just before removing from the heat, season with salt and pepper.
9. For the bechamel sauce, put a pot on low heat. Add the butter. Once melted, add the flour and mix with the whisk.
10. Add the milk, gradually, in portions. Stir constantly so that the mixture does not clump. Do this process until the milk is completely absorbed.
11. Once the sauce begins to bubble, it is ready. It should be creamy and smooth.
12. Remove from the heat and add grated pepper, a little parmesan, and egg yolks and mix well.
13. To assemble, layer the meat in the dish on top of the vegetables.
14. Pour the sauce overtop and sprinkle with parmesan.
15. Bake in the oven for 40-50 minutes until golden brown.
16. Remove from the oven and leave to cool well for 1 hour.
17. Cut into pieces and serve!

GUINEA-BISSAU

GRILLED FISH & OCTOPUS RICE



Because we are rich in fish and seafood, we decided to make grilled fish accompanied by octopus rice, with cucumber salad and carrot as an accompaniment. For drinking, we made folé and baobab (cabacera) juice, one of the typical fruits that are consumed.

INGREDIENTS

Grilled Fish

- ▶ 2 tbsp garlic, grated
- ▶ Salsa
- ▶ Green pepper
- ▶ 0.5 tbsp salt
- ▶ Hot pepper
- ▶ 4 tbsp oil
- ▶ 1 tbsp black pepper
- ▶ 3 tbsp lemon juice

Octopus Rice

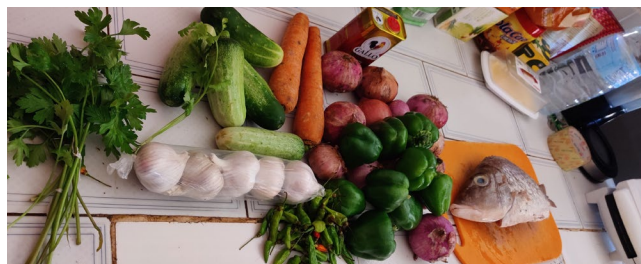
- ▶ 1 small octopus
- ▶ 1 cup chopped tomato
- ▶ 2 cups chopped onion
- ▶ Garlic
- ▶ 1 cup olive oil
- ▶ 2 cups chopped pepper
- ▶ 2 tbsp salt
- ▶ 1 bunch parsley, chopped

Guacamole with Shrimp

- ▶ 3 avocados, chopped
- ▶ 1 cup shrimp
- ▶ Olive oil
- ▶ 2 spoonfuls chopped onion
- ▶ 1 tbsp salt
- ▶ 2 tbsp vinegar
- ▶ 1 tbsp chopped parsley
- ▶ 1 tbsp chopped pepper

DIRECTIONS ([video](#))

1. To start, get a bowl and put the garlic, salt, parsley, green pepper, lemon, and olive oil. Mix everything and brush the mixture on the fish, then put it on the grill until cooked through.
2. For the rice, put octopus in a pot with salt for 20 minutes. Then remove the octopus from the heat and cut it into slices.
3. In a pan on the fire with olive oil, add the onion, pepper, garlic, and tomato, and cook for 5 minutes.
4. Add in the water, rice, and chopped octopus and let it cook for 10 minutes. Then add the chopped parsley.
5. For the guacamole, put shrimp in the frying pan with oil and fry until crispy.
6. Cut the avocado, remove the inside, and mix in a container with oil and vinegar.
7. Remove the shrimp from the heat and add the mixture to it. Enjoy!



GUYANA

COOK-UP RICE



Cook-up rice is really a peasant dish. When the Africans were brought as slaves to Guyana, they introduced this lovely dish. While under slavery, they created delicious and nutritious food from unwanted animal parts, such as pigtails, tripe, trotters, cow face, and even the intestines, which were used to make black pudding and white pudding. In other words, they introduced cook-up to the culture of the Guyanese. Cook-up rice is a traditional Guyanese recipe that's very versatile. It was traditionally created and made to be eaten at the end of the week, by which time rations would have depleted. They prepared a meal of whatever was left at this time, which was usually leftover meat and peas that would be cooked with readily available rice and beans. It can be made as an everyday meal, but is popular as a New Year's Eve dish.

INGREDIENTS

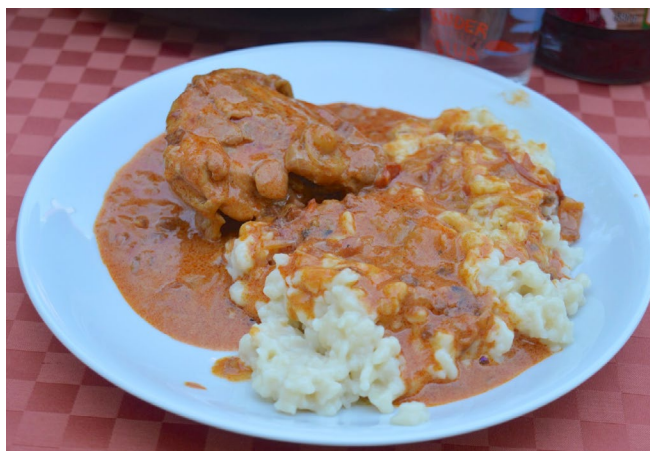
- ▶ 1 large onion, chopped
- ▶ 6 cups rice
- ▶ 3 tbsp Guyanese green seasoning
- ▶ 3 tbsp fine-leaf thyme
- ▶ 1 packet cook-up seasoning
- ▶ 1 tsp black pepper
- ▶ 5 chicken stock cubes
- ▶ 3 wiri wiri peppers, chopped
- ▶ 3 lb chicken
- ▶ 2 cups black-eyed peas
- ▶ 12 cups liquid (coconut milk, or half coconut milk and half water)
- ▶ 2 tsp salt
- ▶ 0.25 pound butter

DIRECTIONS ([video](#))

1. Boil the black-eyed peas.
2. Season the chicken with salt and Guyanese green seasoning and stew in a pan until dry.
3. Sauté the onion.
4. Add the black-eyed peas, chicken, cook-up seasoning, black pepper, thyme, and onion to a pot and cook for 5 minutes.
5. Add the coconut milk and/or water and stir, cooking for 10 minutes.
6. Add the rice, chicken stock cubes, peppers, and butter, and stir. Cook until the rice is soft.
7. Serve and enjoy.

HUNGARY

CHICKEN PAPRIKASH (PAPRIKA CHICKEN)



Chicken paprikash became popular in Hungary in the 19th century. It contains paprika and black pepper, which are essential parts of Hungarian flavor. It is the base of the hortobágyi palacsinta, which is a kind of crepe in Hungary with meat in it.

Servings: 4

INGREDIENTS

- ▶ 100g bacon, chopped (~1 cm pieces)
- ▶ 2 big onions, chopped
- ▶ 3 tsp paprika powder
- ▶ 1 sweet red or yellow pepper
- ▶ 3 tomatoes, chopped
- ▶ Salt
- ▶ Black pepper
- ▶ 4 whole drumsticks (chicken legs)
- ▶ 175g sour cream
- ▶ 1 heaping tsp flour

DIRECTIONS ([video](#))

1. Melt fat in a big saucepan.
2. Put the bacon pieces into the saucepan and fry them slightly.
3. Add the onions. Wait until it becomes translucent.
4. Take the saucepan off the fire, while adding the spices (paprika and a bit of black pepper).
5. Add the chopped pepper. Now you should stir it frequently to prevent it from burning.
6. Cook it for some minutes, then add the tomatoes.
7. Cover the saucepan.
8. Sprinkle salt onto the chicken pieces, then put them into the saucepan.
9. When the meat becomes white, pour water onto it so that it will cover the chicken.
10. Thicken the sauce by mixing the sour cream with the flour. Then mix it with the stew.
11. Cover the saucepan and let it cook until the meat becomes soft and the whole thing tastes good.
12. Serve with potatoes or noodles.

IRAN

TAHCHIN

(SAFFRON RICE & CHICKEN)



There is a great variety to Iranian dishes! The more you search from North to South and East to West, the more different kinds of flavor you will discover! Tahchin is an Iranian dish that is a mixture of rice, different kinds of meat, yogurt, egg, and a lot of saffron. Because of its beautiful appearance, tahchin is mostly used for important ceremonies because it's a formal and suitable food for parties! Today we have a special recipe for all of the dear vegetarian and non-vegetarians! Hope you cook this delicious food and enjoy your meal.

INGREDIENTS

- ▶ 3 chicken breasts or 3 eggplants, sliced
- ▶ 4 cups rice
- ▶ 250g barberry spice
- ▶ 1 tsp powdered saffron
- ▶ 1 cup yogurt
- ▶ 2 eggs
- ▶ 1 large onion, chopped
- ▶ Turmeric
- ▶ Curry powder
- ▶ Salt and pepper to taste

DIRECTIONS ([video](#))

1. Cook the onion, chicken, and spices with some water for 1 hour.
2. Then pour rice in boiling water and add 0.25 cup of oil and 2 tsp salt and cook for 15 minutes. Once cooked, shred the chicken.
3. For the vegetarian version, fry the eggplants instead of chicken.
4. Mix the saffron with 1 cup boiling water and cover the glass for 5 minutes.
5. Put yogurt, eggs, and some salt in a large bowl and mix well with the saffron water.
6. Gradually add the rice to the yogurt, egg, and saffron mixture and stir well.
7. Pour the rice into a refractory frying pan with a diameter of 5 cm and flatten it.
8. Pour the shredded chicken and some barberry on the chicken, then cover the chicken with rice. (For the vegetarian recipe of this dish, instead of chicken, put the eggplants between the rice and pour barberry on it and cover it with rice).
9. Place the frying pan on a low flame and cover the top with a cloth, and after 45 minutes, turn off the heat and return it to a container. You can use roasted barberry to decorate it.

IRAQ TIKKA (BARBECUED MEAT)



Iraqi cuisine is diverse in its ingredients and flavors, as it is a cosmopolitan country that has had relations with regional and international countries. When it comes to people's preferences, some dishes are always on top of the list, especially grilled food, as it usually involves the gathering of family or friends around the grill with very friendly and happy vibes. We usually grill meat, chicken (whole or cut into pieces), vegetables (onion, tomatoes, green bell pepper, etc.), and serve tea with the main dish to construct a traditional Iraqi meal at its best. In Iraq, this grilled meat is called "tikka."

INGREDIENTS

- ▶ 1 kg lamb meat, cut into cubes
- ▶ 5 tbsp barbecue sauce
- ▶ Vegetables (onion, green bell peppers, tomatoes)
- ▶ Salt and pepper
- ▶ Pita bread

DIRECTIONS ([video](#))

1. Cut the meat into medium-sized cubes (about 7x7 cm).
2. Put the cubes into a bowl and add the barbecue sauce.
3. Mix all the cubes and sauce until fully marinated.
4. Place the meat on the skewers (leave a fourth of the skewer empty, and place the meat for half of it).
5. Put the skewers on the grill.
6. Wave with cardboard to stimulate the charcoal to burn.
7. Flip the skewer to cook the cubes from all the sides.
8. Cook the vegetables the same way.
9. Serve the meat with bread, barbecued veggies, and tea.

LESOTHO

LIKAHARE (MIXED OFFAL)



Likahare is a traditional Lesotho mixed offal dish.

INGREDIENTS

- ▶ 0.5 kg cow insides
- ▶ 1 tbsp salt
- ▶ 2 chicken stock cubes
- ▶ 1 onion, chopped

DIRECTIONS ([video](#))

1. Make a fire with some wood.
2. Wash all of the cow insides in running water.
3. Place the insides into a 3-legged pot over the fire.
4. Pour water into the pot just until the insides are covered.
5. Add the stock cubes and salt.
6. Cook for about 1 hour or until soft.
7. Once soft, take out the insides, cool them, and cut them up.
8. Add onion to them to give more flavor.
9. Cook the insides in the liquid in the pot over the fire for another hour.
10. When ready, serve on a hot or warm plate.
11. Serve with wheat and beans, pumpkin, and spinach.

MEXICO

CHILES EN NOGADA (STUFFED CHILIES)



The chile en nogada is one of the typical dishes of the state of Puebla's gastronomy. It has been called the "quintessential Mexican dish." There are different versions, and one significance is that it has the colors of the Mexican flag represented in the chiles en nogada dish, which are green (faith), white (hope), and red (charity). Chiles en nogada originally did not have this nationalist significance until the 20th century when a version was created to remember Mexico's independence.

INGREDIENTS

- ▶ 4 poblano peppers
- ▶ 1 plantain, chopped
- ▶ Oil
- ▶ 0.5 an onion
- ▶ Garlic
- ▶ 1.5 cups almonds
- ▶ 300g minced beef
- ▶ 200g minced pork
- ▶ 1 apple, chopped
- ▶ 0.5 cup raisins
- ▶ 1 peach, chopped
- ▶ 25g crystallized fruit
- ▶ 3 tomatoes, blended
- ▶ Salt

- ▶ Pepper
- ▶ 100g walnuts
- ▶ 190g cream cheese
- ▶ 0.5 liter Mexican cream
- ▶ Cinnamon powder
- ▶ 0.5 cup heavy cream
- ▶ Pomegranate seeds for garnish

DIRECTIONS [\(video\)](#)

1. Broil the poblano peppers until the outside skin is black and the pepper is soft, then place them in a plastic bag and let them rest for 10 minutes.
2. In a pan, fry the plantain in some oil. Once ready, remove it and reserve.
3. In the same pan, fry the onions and garlic.
4. Once the onions are translucent, add in the almonds and meat.
5. After the meat has cooked a bit, add back in the fried plantain, as well as the apple, raisins, peach, and crystallized fruit.
6. In a blender, blend the tomatoes with some salt and pepper, then add them to the meat too.
7. For the nogada sauce, blend the walnuts, cream cheese, Mexican cream, cinnamon, sugar, and heavy cream.
8. Take the roasted peppers and cut a T-shape in the top part of it so you can remove the seeds.
9. Scoop some of the meat mixture into the peppers.
10. Then pour the nogada sauce on top of the peppers, and sprinkle some pomegranate seeds on top for presentation. It's ready to eat!

MONTENEGRO

KACAMAK

(CORN FLOUR POTATOES)



In traditional, patriarchal Montenegro, people were poor and relied only on ingredients from nature or animals. Back then, women stayed at home and prepared meals for the family, but sometimes men were required in the kitchen. Not many dishes were recognized back then, but a specific one stayed unchanged for almost two centuries. It required commitment, time, and most importantly, strength. Today it's made with the same ingredients, the same method of preparation, and can only be tasted in a few places – Northern Montenegro. It took almost two centuries for kacamak to reach from the poor dining room to a prestigious place on the menus of national cuisine. It was created after Bishop Petar I Petrovic Njegos brought potatoes to his people after returning from Russia in 1786. Since then, potatoes and kacamak became an inseparable part of our culture and tradition.

INGREDIENTS

- ▶ 2-3 medium potatoes
- ▶ 1.5 cups corn flour
- ▶ 500g pljevaljski (old, salty cheese)
- ▶ 1 small spoon salt
- ▶ 800 ml water
- ▶ 1 deciliter milk
- ▶ 2 tbsp cream
- ▶ 2 tbsp sour cream

DIRECTIONS ([video](#))

1. Peel and cut 2-3 medium potatoes. When cut, put the pieces in the salted water and wait for it to boil.
2. Cover it with the corn flour. Stir it and let it boil for about 10 minutes. Reduce the temperature and let it cook on medium heat for another 30 minutes, depending on the potatoes.
3. Don't be bothered by the fact that "raw" flour can still be seen in some places. The total cooking time of kacamak should be about 40 minutes. By that point, the liquid should have mostly evaporated and it should be thick. If not, pour out a little.
4. Next, beat the mass well with a wooden spoon to completely combine the potatoes and flour. Once you have mixed it well, put it aside and let it stand for 5 minutes.
5. Pour milk into a separate bowl, adding cream, sour cream, and cheese, then turn on the burner. It should heat up immediately and the cream should melt. Put the mixture in the kacamak and beat it for 3 minutes.
6. Boil, mix it, and serve with sour milk or yogurt!

MOROCCO

COUSCOUS

(SEMOLINA & STEW)



Couscous is a dish of Berber origin. In Morocco, every Friday couscous is served at lunch.

INGREDIENTS

- ▶ 0.5 kg couscous
- ▶ 0.5 kg chicken, washed and drained
- ▶ 6 carrots, peeled and chopped
- ▶ 5 small zucchinis, peeled and chopped
- ▶ 3 turnips, chopped
- ▶ 3 red squash, peeled and chopped
- ▶ 1 medium cabbage, cut in four pieces
- ▶ 3 potatoes, peeled and chopped
- ▶ 2 tomatoes
- ▶ 1 eggplant, peeled and chopped
- ▶ 1 onion, diced
- ▶ 2 cups chickpeas, soaked overnight
- ▶ 1 bunch of coriander
- ▶ 1 bunch of parsley
- ▶ 0.5 tsp black pepper
- ▶ 0.5 tsp turmeric
- ▶ 0.5 tsp ginger
- ▶ A pinch of cinnamon
- ▶ 0.25 tsp cumin
- ▶ 0.5 tsp margarine, hot (or ghee cube)
- ▶ Oil

DIRECTIONS

1. Put the onions in a saucepan with the chicken and add a little oil, salt, and black pepper to it. After the onions have softened, add the soaked chickpeas, 2 liters of water, and the rest of the ingredients (black pepper, turmeric, ginger, cinnamon, and cumin).
2. Mix the couscous with oil and a little salted water, and rub it with your hands so that the couscous grains do not stick, then put it in a special steam sieve. The colander is placed over the saucepan to evaporate the couscous.
3. Put the turnip and carrots in the saucepan first until it starts to stick, then add green zucchini, potatoes, cabbage, and eggplant.
4. The colander containing the couscous is taken and placed on a large plate (or a short dish in Morocco), applied with 0.5 cup oil and 0.5 cup salted water, and rubbed quickly a second time with the hands until the couscous grains disperse (pay attention to the heat).
5. After that, it is returned to the refinery and placed over the saucepan to evaporate again.
6. Finally, add the red squash, bunch of coriander, parsley, tomato cut in half, and a little margarine to the pan.
7. Serve the vegetable stew with the couscous.

NAMIBIA

WAMBO CHICKEN & OSHITHIMA (PORRIDGE)



Wambo Chicken is a flavourful and iconic Namibian dish. The chicken, locally known as *werfhoender* or “marathon chicken,” is the key ingredient, and tradition requires it to be a yardbird or roadrunner chicken. The chickens are lean, strong, and tough, and thus slow-cooked using the sous vide technique. It is normally garnished with tomato, onion, peppers, marula nut oil, and bay leaves. It is served with mahangu porridge or bread and eaten for lunch.

INGREDIENTS

Wambo Chicken

- ▶ A whole chicken
- ▶ 1 tbsp salt
- ▶ 1 tsp cayenne pepper
- ▶ 1 tsp turmeric
- ▶ 1 tsp thyme
- ▶ 1 tsp garlic flakes
- ▶ 0.5 tsp chili
- ▶ 1 onion
- ▶ 1 tomato

Porridge

- ▶ 1 cup topscore (maize meal) flour
- ▶ 1 cup mahangu (millet) flour
- ▶ 500 ml water

DIRECTIONS

Wambo Chicken

1. Preheat 1 cup of water to 65 degrees Celsius.
2. Sear the chicken in an oiled pan until the skin is golden brown and crispy.
3. Add the chicken, marula oil, cayenne pepper, turmeric, garlic flakes, thyme, and salt to the preheated water.
4. Cook for 2.5 hours with intermittent turning every 20 minutes.
5. When chicken is tender, chop tomato and onion and add to the pot.
6. Garnish with fresh basil and let it simmer for 15 minutes.
7. Serve with mahangu porridge or mahangu sponge bread.

Porridge

8. Place water in a medium-sized pot and place on the stove.
9. Add maize meal flour into the water and whisk gently until the water starts to boil. Then cover and let it cook for 10 minutes.
10. Now add 1 cup millet flour and whisk until all flour is mixed well into the porridge. The porridge should be thick.
11. Whisk after 5 minutes and let it cook for 6 minutes.
12. Remove from the pot and put onto a serving plate.
13. Serve with the chicken.

NIGERIA

JOLLOF RICE (TOMATO RICE)



Jollof rice is a fragrant dish prepared across Nigeria. It is considered the healthiest type of cooked rice in Nigeria because it is cooked in a healthy sauce and with the lowest calorie count of all rice meals. It is a dish served at every event in Nigeria, from weddings, to naming ceremonies, to birthdays, and even funerals. Some families even have a tradition of eating jollof rice as lunch on Sundays. No celebration is ever complete without 'party jollof.'

INGREDIENTS

- ▶ 12 medium tomatoes
- ▶ 4 medium bell peppers
- ▶ 2 tsp curry powder
- ▶ 1 large onion
- ▶ 1 large ginger root
- ▶ 3 garlic pieces
- ▶ 2 tsp salt
- ▶ 4 seasoning cubes
- ▶ 1 can tomato paste
- ▶ Bay leaves
- ▶ 2.5 kg uncooked rice
- ▶ 300 ml groundnut oil

DIRECTIONS ([video](#))

1. Blend tomatoes, ginger, garlic, and pepper together until you achieve a smooth consistency.
2. Then add salt, curry powder, and seasoning cubes to the mix and stir well.
3. Fry onions in groundnut oil for 2 minutes, add the tomato paste to the oil, and cook for an additional 2 minutes.
4. Pour the blended mixture into the pot and add the fried tomato paste to it. Stir this properly and leave to boil for 30 minutes.
5. While the mixture is cooking, begin to wash your long-grain parboiled rice. Make sure to get rid of as much starch as possible by washing the rice until the water becomes very clear. This helps to prevent the rice from sticking together when cooking. Then boil the rice for about 30 minutes.
6. 5 minutes before removing the mix from the fire, add chicken stock to it and taste to see if it requires any salt. Add salt if necessary and stir. (Chicken stock is prepared by boiling 250g chicken with 2 tsp salt, 2 tsp pepper, and 2 seasoning cubes, and then draining it with a filter to obtain the stock.)
7. Add boiled rice to the mix and stir properly. Leave this to cook for 15-20 minutes.
8. After the 15-20 minutes is over, add chopped onions to the rice and leave to simmer for about 3 minutes.
9. Stir for a minute and your jollof rice is ready to be served!
10. You can enjoy your jollof rice with boiled eggs, fried plantain, fried chicken, or fish. The choice is yours!

NORTH MACEDONIA

TAVCE GRAVCE

(BAKED BEANS)



Tavce Gravce, translated literally as “beans cooked in a pan,” is North Macedonia’s national dish.

Servings: 4

INGREDIENTS

- ▶ 400g white beans
- ▶ 2 green or red peppers
- ▶ 1 carrot
- ▶ 1 clove garlic
- ▶ 1 spoon vegeta (spice)
- ▶ 1 spoon salt
- ▶ 1 spoon red pepper (spice)
- ▶ 1 spoon mint
- ▶ 2-3 spoons oil
- ▶ For decoration: dried red chili pepper

DIRECTIONS ([video](#))

1. Put the beans in a bowl full of water and leave them to soak for 6 hours. After 6 hours, let the beans boil in a pot. After they are boiled, strain the beans and pour new water into the pot.
2. Put the beans inside with all the ingredients and spices. Stir well (it should get an orange colour) and let it boil for 1.5-2 hours.
3. When the beans are softer, move the mixture into a pan and put it in the oven at 220 degrees Celsius. Let it bake until the water completely evaporates from the pan. Once you remove it from the oven, it’s ready for serving.
4. For decoration, put the dried red chili pepper in a small pot filled with water and let it boil for 15 minutes. It should obtain a redder colour than before. Then you could put it on top of the beans at the end and serve it.
5. Enjoy your meal!

POLAND

PIEROGI (POTATO DUMPLINGS)



Ruthenian pierogi is a type of dumpling popular in Poland and its name is derived from Red Ruthenia. It should not be confused, as it is often done, with Russia, where this type of dumpling is not very well known. Rather, they were very popular among Poles living in the Ruthenian territories.

INGREDIENTS

Dough

- ▶ 400g flour
- ▶ 1 egg
- ▶ 0.6 glass cold water
- ▶ Salt

Stuffing

- ▶ 750g potatoes
- ▶ 250g cottage cheese
- ▶ 2 onions
- ▶ 1 clove garlic
- ▶ 2 spoons butter
- ▶ 1 spoon oil
- ▶ Salt
- ▶ Pepper

DIRECTIONS

Stuffing

1. Peel the potatoes and boil them in salted water.
2. Peel the onions, chop them, and then fry them in butter together with crushed garlic.
3. Mix the fried onions with ground cottage cheese and mashed potatoes.
4. Season to taste with salt and pepper.

Dough

5. Create the dough out of the flour, egg yolk, water, and a bit of salt, and knead it for approximately 5 minutes.
6. Then roll it out thinly and cut out circles with a large glass.
7. Apply a spoonful of stuffing in each of them and glue the sides together thoroughly.
8. Cook in a large quantity of salted boiling water with a little bit of oil until the dumplings float at the top.
9. Serve with fried onions and/or sour cream.

QATAR

MADHROOBA

(RICE PORRIDGE)



Madhrooba is a popular Qatari dish that gets its name from the large wooden spoon used to beat the mixture until it resembles very thick oatmeal. It is a rice porridge that is usually eaten for lunch or dinner, and involves cooking rice for long periods of time. Ingredients like chicken and spices common in Middle Eastern cuisine can be added. It has many variations, each region having its unique recipe.

INGREDIENTS

- ▶ 3 cups groats grain (soaked overnight)
- ▶ 1 cup rice (soaked for 1 hour)
- ▶ 1 whole cooked and shredded chicken
- ▶ 8 cups chicken broth
- ▶ 6 red tomatoes, juiced
- ▶ 0.5 cup tomato paste
- ▶ 3 onions, finely chopped
- ▶ 1 bell pepper, diced
- ▶ 2 chili peppers (depends on liking)
- ▶ 1 tbsp grated ginger
- ▶ 1 tbsp crushed garlic
- ▶ Pulp of 4 dried limes

Spices

- ▶ 3 tbsp salt (depends on liking)
- ▶ 1 tbsp curry powder
- ▶ 1 tbsp mixed masala
- ▶ 1 tbsp turmeric powder
- ▶ 0.5 tbsp cumin powder
- ▶ 0.5 tbsp coriander powder
- ▶ 0.5 tbsp paprika powder
- ▶ 0.5 tsp cardamom powder
- ▶ 1 tsp black pepper
- ▶ 1 tsp garlic powder

DIRECTIONS ([video](#))

1. In a large pot over high heat, add 0.5 cup oil, then the onions and stir.
2. When onions are translucent, add the bell pepper, stir for a minute, then add the curry powder and mix for 2 minutes.
3. Add the grated ginger and crushed garlic, fold in together with the mix.
4. Add chili pepper and dried lime, mix, then add spices and incorporate.
5. Fold in the shredded chicken and cook with the spices for a few minutes.
6. Add the tomato paste and mix. Add the tomato juice and simmer for a minute.
7. Add the groats and rice, stirring everything together.
8. Add the chicken broth until the grains are thoroughly covered by at least 3 cm.
9. Let it cook for 1 hour over low-medium heat, stirring frequently every 10 minutes or so, until excess water is gone and you are left with a viscous consistency that looks like the picture.
10. You can leave the Madhrooba as is, or mash it with a flat wooden spoon or hand blender for smoother consistency.
11. Top with fresh coriander and lemon.

SAINT KITTS AND NEVIS STEWED SALTFISH



Stewed saltfish is the national dish of Saint Kitts and Nevis. It comprises of four items to create one delicious meal. The four items are stewed saltfish, spicy plantain, coconut dumplings, and roasted breadfruit. The purpose of our choice of dish is surrounded by cultural heritage and our country's interests in various foods.

INGREDIENTS

Stewed Saltfish

- ▶ 2 lb saltfish
- ▶ 2 diced green peppers
- ▶ 1 diced red pepper
- ▶ 1 pound tomatoes, chopped
- ▶ 5 cloves garlic, chopped
- ▶ 4 tbsp vegetable oil
- ▶ 2 tbsp margarine
- ▶ 6 scallions, finely chopped
- ▶ 2 tbsp parsley, chopped
- ▶ 1 small onion, chopped
- ▶ Salt and pepper to your preference

Coconut Dumplings

- ▶ 0.5 cup grated coconut
- ▶ 1.5 cups flour
- ▶ 0.25 tsp salt
- ▶ 1 tbsp oil
- ▶ 1 tbsp margarine
- ▶ 0.5 cup water

Roasted Breadfruits

- ▶ 1 large breadfruit
- ▶ 0.5 cup diced scallions
- ▶ 2 tbsp garlic

Spicy Plantains

- ▶ 4 ripe plantains
- ▶ 2 tbsp cayenne pepper
- ▶ 3 tsp cinnamon spice
- ▶ 0.5 tsp paprika
- ▶ 0.25 tsp chile powder

DIRECTIONS ([video](#))

Stewed Saltfish

1. The night before, boil the saltfish in water at least two times before cooking and soaking the saltfish overnight.
2. Drain the water and remove the scales and bones from the fish.
3. Heat oil in a large saucepan.
4. Add the peppers, onions, scallions, and garlic to the heated saucepan.
5. Continue cooking at a lower temperature for 5 minutes and stir occasionally.
6. Add the tomatoes and continue cooking at a temperature below boiling point (less than 100 degrees Celsius) for the next 2-3 minutes.



7. Add the saltfish along with a reasonable amount of salt and pepper (based on your preference).
8. Continue cooking at a mid to boiling point for roughly the next 5 minutes until cooked thoroughly.
9. Finally, sprinkle your stewed saltfish with parsley while or before serving.

Coconut Dumplings

10. Place the flour, coconut, margarine, and salt in a bowl.
11. Mix the mixture until the dough is formed.
12. Place the dough on a lightly-floured cutting board and knead it thoroughly (usually takes 5-12 minutes).
13. Using chunks of the dough, form it into a shape of your choice.
14. Place the dough into a pot of salted boiling water.
15. Finally, cover the pot with a lid and cook the dough until it floats (usually takes 10-15 minutes).

Roasted Breadfruits

16. Cut the breadfruit into small quarters (size is of your preference) and remove the spongy core.
17. Place the breadfruit pieces into a pot of salted boiling water for approximately 15 minutes..
18. Remove the breadfruit from the water.
19. Add oil, scallions, and garlic to a mildly heated frying pan.
20. Add the breadfruit to the frying pan and mix in your seasonings until a slightly golden color is seen.

Spicy Plantains

21. Peel the plantain and slice it into the size of your choice.
22. Add the cayenne pepper, cinnamon spice, paprika, and chile powder to your plantain and toss it around until mixed.
23. Fry the plantain until it appears to be golden brown.

SEYCHELLES GRILLED FISH



Grilled fish is an important dish to the people of Seychelles. The dish was present in Seychelles from the birth of its culture and through its development all the way to where it is now. So, the dish is regarded as a symbol of the birth and growth of our culture and holds great historical value for the people of Seychelles. Almost any type of fish will do, however Red Snapper (Bourgeois), Job fish (Zob) and Black or Red Grouper are considered to be the best types of fish in the Seychelles. Also, smaller and younger fish are generally tastier than older and larger fish because older fish are more dry when grilled. However, it is also not advisable to select very small fish because they have many small bones, and so are difficult to eat.

INGREDIENTS

- ▶ 1 whole, cleaned fish (about 500g)
- ▶ 50g olive oil
- ▶ 0.5 tsp salt
- ▶ 1 fresh branch basil or 0.5 tsp dried basil
- ▶ Chili
- ▶ Garlic and ginger paste
- ▶ Thyme
- ▶ Parsley
- ▶ Rosemary
- ▶ Aromat seasoning
- ▶ Oyster sauce
- ▶ Soya sauce
- ▶ Onions and tomatoes to preference

DIRECTIONS

1. Make diagonal cuts on both sides of the fish and season the fish with salt (this is so that the marinade can reach the inside of the fish and so that the fish will cook inside quickly).
2. Mix the rest of the spices with oyster sauce and soy sauce and olive oil. This will be the marinade.
3. Douse the fish in the marinade and leave it for around 30 minutes.
4. Fire up the grill (it is best to cook the fish on wood, because gas grills do not give the fish a smoky smell, which is what adds the Creole taste and feeling).
5. Put the fish on the grill and flip it occasionally until the fish is cooked inside; this takes about 20 minutes, but can be more or less depending on the type and size of your fish.
6. Finally, you can optionally garnish the fish with diced onions in vinegar. We recommend serving the fish with rice and a sauce of your choice, with some salad on the side with lots of love.

SOUTH AFRICA

PAP & CHUTNEY WITH BOEREWORS



Pap is a staple meal in South Africa, eaten by all, but originating from the African cultures. Food security is and has been a major issue in our country for a long time. Mealie meal has formed the base of many diets due to this. Pap is made from mealie meal and can be eaten as a porridge, as well as a starch complete with any meat or vegetarian dish. Pap is a household meal for all cultures in South Africa, and a good breakfast or braai seems incomplete without Pap. Tomato chutney is an Indian curry. There are many variations of this chutney; you could add fried lamb chops to make chops chutney, you could add boiled eggs to make egg chutney, or you could enjoy it plain with bread or rice. Boerewors is an Afrikaans traditional spiced sausage, best enjoyed over a braai (barbecue).

INGREDIENTS

Pap

- ▶ 2 cups maize or mealie meal
- ▶ 2 cups boiling water
- ▶ 1 tsp salt

Chutney

- ▶ 1 medium onion, chopped
- ▶ 2 green chilies
- ▶ 1 tbsp ginger and garlic
- ▶ 1 tsp salt
- ▶ 1 tbsp masala / chili powder
- ▶ 0.5 tsp turmeric powder
- ▶ 1.5 tsp sugar
- ▶ Curry leaves
- ▶ Coriander and/or cilantro
- ▶ Oil

DIRECTIONS ([video](#))

Pap

1. Boil water with salt.
2. Add maize or mealie meal to the boiling water, whisking continuously.
3. Mix for about 3-5 minutes.
4. Lower the heat, close the lid, and leave for 1-2 minutes.
5. Open and mix through, then close the lid and leave for another 5-10 minutes on low heat, then set aside.

Chutney

6. Heat pan on medium heat and add oil and onions. Once brown, add green chilies, ginger, and garlic.
7. Let it brown, then add salt, masala, turmeric powder, and sugar.
8. Let your spices fry, but not burn.
9. Add curry leaves and tomatoes.
10. Cook tomatoes for 10-15 minutes on low.
11. Add coriander and/or cilantro.
12. Combine pap, chutney, and braai'd boerewors for a delicious meal!

SRI LANKA

KIRIBATH & LUNUMIRIS

(COCONUT RICE & SPICY SAMBAL PASTE)



Kiribath is a Sri Lankan dish made using rice and coconut milk, prepared during festive or auspicious occasions, and symbolizes new transitions in life. Occasions such as house warming events, weddings and even the first instance of feeding solid food to a baby. Kiribath also plays an exceptionally important role during the Sinhalese New Year festival, representing the first meal of the year. The origins of Kiribath are relatively unknown, although it is said that Sujata, a milkmaid, offered this dish to Gautama Buddha before he attained enlightenment. Thus, the dish is extremely cultural. Kiribath is traditionally eaten with lunumiris, a spicy sambal paste.

INGREDIENTS

Kiribath

- ▶ 2 cups rice (preferably kekulu haal)
- ▶ 1.5 cups coconut milk
- ▶ 2 cups water
- ▶ 0.5 tsp salt

Lunumiris

- ▶ 0.5 cup shallots, peeled and chopped
- ▶ 0.5 tbsp maldive fish
- ▶ 1 tbsp red chili powder
- ▶ 1 medium lime
- ▶ Salt to taste

DIRECTIONS ([video](#))

Kiribath

1. Rinse the rice thoroughly and transfer to a medium-sized saucepan.
2. Add the water and bring to a boil. Reduce to medium heat, for around 15 minutes, until the water has evaporated and the rice is completely cooked.
3. In a bowl, add the salt to the coconut milk. Stir until dissolved. Add to the rice, mixing slowly until homogenous.
4. Cover and simmer on low-medium heat for 8-10 minutes, stirring occasionally. The rice should reach a thick, gelatinous consistency.
5. Take the rice off the heat and transfer to a shallow dish. Flatten with the back of a spoon so all crevices are filled. Let cool for 3-5 minutes.
6. Flip the dish upside down onto a plate, then gently lift upwards. Cut diagonally to form diamond-shaped cakes.

Lunumiris

7. Add the shallots to a mortar.
8. Add the red chili powder, maldive fish, and a squeeze of lime juice.
9. Gently grind the mixture with the pestle (or a spoon and bowl would work).
10. Add more salt and/or lime juice if necessary.
11. Serve the kiribath with the lunumiris.

SURINAME

ROASTED CHICKEN WITH FRIED RICE



In our country we have many different cultures with many delicious foods to choose from, so our gastronomy has influence from African, Javanese, and Chinese cuisines. Roasted chicken is a stationary dish in all Surinamese kitchens, and is very easy to make. Fried rice is a great accompaniment to it, and can be personalized to your taste.

INGREDIENTS

Roasted Chicken

- ▶ 3 chicken leg quarters, cut
- ▶ 0.25 tsp salt
- ▶ 0.25 tsp ajinomoto
- ▶ A pinch of black pepper
- ▶ A pinch of white pepper
- ▶ 2-3 maggi chicken seasoning cubes
- ▶ Seasoned marinade of choice
- ▶ 0.5 a large onion
- ▶ 3 cloves garlic, chopped or grated

Fried Rice

- ▶ 4 cups cooked rice
- ▶ 2 scrambled eggs
- ▶ A bit of Laos powder
- ▶ 2-3 chicken seasoning cubes

- ▶ A pinch of ajinomoto
- ▶ 3 cloves of garlic
- ▶ Vegetables to taste

DIRECTIONS

Roasted Chicken

1. To make the marinade, mix together the salt, white and black pepper, ajinomoto, chicken cubes, onion, garlic, and any other seasoning of choice.
2. Rub the marinade over the chicken. After doing this, poke some holes in your chicken so it will easily absorb the marinade.
3. Place the chicken in an oiled pan and cover with tin foil. Let the chicken sit for 10 minutes.
4. In the meantime, heat your oven to 250 degrees Celsius.
5. Bake your chicken for 45-55 minutes.

Fried Rice

6. Put a pot on the fire. When the pot is hot, pour in some oil and wait for it to get hot.
7. Add the garlic to the oil and fry until golden brown.
8. Add in the rice and scrambled eggs, and mix everything together.
9. Add the Laos powder, ajinomoto, and seasoning cubes.
10. Feel free to also add any vegetables you'd like.
11. Fry the rice until you are satisfied with it, then serve with the roasted chicken.

THAILAND

PRAWNS WITH SAUSAGE & EGG



DIRECTIONS

1. For the prawns, marinate them with garlic, dried chili, pepper, and salt, and then sauté until cooked.
2. For the eggs, in a pan first fry onion in some oil or butter, then add the eggs and scramble. Add in a fair amount of cheddar cheese.
3. For the sausage, grill it and serve with a gravy sauce (a simple recipe similar to that of a basic marinara sauce, but without fresh tomatoes and with the addition of curry powder).

This mix-and-match meal is perfect for lunch, and can be personalized to your taste.

INGREDIENTS

- ▶ Prawns
- ▶ Garlic, minced
- ▶ Dried chili flakes
- ▶ Black pepper
- ▶ Salt
- ▶ Oil
- ▶ Eggs
- ▶ Onion, chopped
- ▶ Cheddar cheese
- ▶ Sausage
- ▶ Gravy
- ▶ Curry powder

TURKMENISTAN

PALAW (RICE WITH MEAT)



Palaw is well-known among other meals cooked with rice. It is so famous in central Asia that there are many variations, depending on the country. This is the Turkmen version. It is traditional to serve palaw every Thursday, as well as at celebrations.

INGREDIENTS

- ▶ 1 kg carrot
- ▶ 0.5 kg onion
- ▶ 1.5 kg rice
- ▶ 1 kg meat (chicken or beef)
- ▶ 50 ml oil
- ▶ 1.5 liters water
- ▶ Salt

DIRECTIONS ([video](#))

1. Cut the meat.
2. Heat the pressure cooker and put the oil into the cooker. Once the oil is heated, add the meat into the cooker and mix until it is cooked.
3. Clean and wash the carrots and onions, and cut them into small pieces. Then add them into the pressure cooker.
4. Fry the meat with onion and carrot until it is well-cooked.
5. Pour the water into the cooker and wait until it boils. Check the amount of salt and add as necessary.
6. Meanwhile, wash the rice with water and drain, then place the rice into the cooker.
7. Mix the meal for 3 minutes, then cover it.
8. After 10 minutes, remove the cover and mix again. Complete this process two or three times until the rice is fully cooked.

ZIMBABWE

SADZA NENYAMA

(MAIZE PORRIDGE & BEEF STEW)



This dish is a staple in most Zimbabwean homes. Consisting of meat, vegetables, and sadza (thick porridge made of corn meal), this is a nutritious and easy to prepare meal. Zimbabwean beef, from livestock reared mainly in the Southern part of Zimbabwe, is renowned for its flavor and quality and is fit to be served before royalty. This dish represents Zimbabwean hospitality, warmth, and flavor. We share with you the cheer and smiles that accompany these meals in every Zimbabwean home, enjoy! For a more traditional variation, substitute beef with dried game meat and cooking oil with peanut butter, and cook for longer.

INGREDIENTS

Sadza

- ▶ 2 cups mealie meal
- ▶ 1 cup cold water
- ▶ 3 cups hot water

Beef stew

- ▶ 2 lb beef, cut in medium chunks
- ▶ 1 onion, finely chopped

- ▶ 2 tomatoes, chopped
- ▶ 1 tsp salt
- ▶ 2 carrots, diced
- ▶ 1 cup fresh green beans, cut (1 in)
- ▶ 1 cup fresh peas
- ▶ Oil (for frying)

DIRECTIONS

Sadza

1. Put the mealie meal in a pot and add cold water to make a paste.
2. Put it on a hot stove and add hot water whilst stirring continuously until smooth and it does not separate.
3. Keep stirring until it begins to simmer, then cover and simmer for 15 minutes.
4. Add more mealie meal, a little at a time, whilst mixing using a wooden spoon, ensuring it is completely folded in.
5. When it's about to reach the consistency you want, reduce heat, cover, and leave it on heat for about 5 minutes.

Beef stew

6. Heat oil in a pot. Add beef and salt. Fry until the meat is a lovely brown color.
7. Add enough water to just cover the meat. Reduce the heat. Simmer uncovered until the meat is tender.
8. Once reduced, add the onions. Fry for 2 minutes. (Add additional herbs and spices to preference).
9. Add tomatoes and cook through.
10. Add some water, carrots, and green beans, and simmer for 5 minutes, stirring regularly.
11. Serve with a side of fried kale and sadza.

DESSERTS



AUSTRALIA

KOALA CUPCAKES



These cupcakes are made with Australian ingredients and taste great. While eating the cupcakes, we encourage the eaters to consider the threatened koalas and to remember the ways they can help protect these cute animals. Driving safely in koala zones, keeping your distance from koalas that are feeding, and protecting their habitat are easy ways to ensure the protection of this species. We wish we could share these with everyone!

INGREDIENTS

Cupcakes

- ▶ 125g butter, softened
- ▶ 0.67 cup caster sugar
- ▶ 3 eggs
- ▶ 1.5 cups self-raising flour
- ▶ 0.25 cup milk
- ▶ 1 tsp vanilla extract
- ▶ 12 white marshmallows, halved
- ▶ 0.25 cup desiccated coconut
- ▶ 12 pink marshmallows, halved
- ▶ 24 brown M&Ms
- ▶ 12 Cadbury Clinkers

Buttercream

- ▶ 125g butter, softened

- ▶ 1.5 cups icing sugar mixture
- ▶ 1 tbsp milk
- ▶ Black food colouring

DIRECTIONS

1. Preheat oven to 180C/160 fan-forced. Line a 12-hole, 0.33-cup (80 ml) muffin pan with paper cases.
2. Combine butter, sugar, eggs, flour, milk, and vanilla in a large mixing bowl. Using electric beaters, beat on low speed until ingredients are combined. Increase speed to medium and beat for 3 minutes.
3. Spoon batter evenly among lined pans. Bake for 20-25 minutes, or until a skewer inserted in the center comes out clean. Set aside to cool. (We find freezing the cupcakes makes it much easier to put the icing on, so we froze them overnight.)
4. To make buttercream, use electric beaters to beat butter in a bowl until very pale. Gradually add icing sugar, beating well between batches. Add the milk and beat to combine. Tint with black food colouring to make icing a light grey colour. Spread icing on cakes, reserving 0.25 cup icing for the ears.
5. Using a rolling pin, roll white marshmallow halves to flatten and make them larger. Spread with a little grey icing to cover the marshmallow. Sprinkle with coconut and top each with a pink marshmallow half, cut-side facing down, securing with a little grey icing.
6. Position marshmallow ears on cupcakes. Decorate faces with brown M&Ms for the eyes and Clinkers for the nose. Enjoy.

BOSNIA AND HERZEGOVINA



BAKLAVA (PASTRY WITH NUTS)



Baklava consists of walnuts, almonds, or pistachios stuffed within thin sheets of dough generously topped with a sweet syrup of sugar, honey, and spices. This dish comes in many shapes and flavors, and is a favorite in many parts of the world. It is enjoyed in the Mediterranean, the Middle East, and the Balkans, so it is quite understandable that it is adopted by many peoples, among whom the most ardent are Bosnians, Greeks, Turks, Albanians, Arabs, Armenians, Bulgarians, and Macedonians.

INGREDIENTS

Simple syrup (“agda”)

- ▶ 26 oz sugar
- ▶ 3.8 cups water
- ▶ 1 lemon, cut into rounds
- ▶ 0.5 tsp vanilla extract

Baklava

- ▶ 5 oz sugar
- ▶ 1 lb walnuts, de-shelled (12 oz ground, 4 oz finely minced, mixed)
- ▶ 1.5 cups unsalted butter
- ▶ 2 boxes filo dough (36 sheets, 13x17 in)

DIRECTIONS

1. For the syrup, combine water and sugar in a pot with the lemon rounds and vanilla. Boil over medium heat for 5-7 minutes, then allow to cool.
2. For the filling, mix walnuts with sugar.
3. Reserve three filo sheets under a kitchen towel so they don't dry out.
4. Heat the oven to 360 degrees Fahrenheit.
5. Melt the butter and then butter a metal baking pan generously.
6. Layer six phyllo sheets into the pan, brushing each with butter before adding the next. (If sheets are larger than the pan, cut so they fit perfectly.)
7. Take about 2 oz of filling and sprinkle evenly across the filo sheets.
8. Layer two filo sheets on top, brushing each with butter before adding the next.
9. Repeat this process (two sheets, 2 oz filling) until you run out (about 10 layers).
10. Take the remaining three filo sheets and use them as the top layer, brushing each with butter. Wait to butter the top sheet.
11. Cut the baklava into vertical strips (about 1.5 inches wide). Turn the pan 45 degrees and cut the vertical strips to create diamond shapes.
12. Now butter the top filo sheet.
13. Place on the middle oven rack and bake for 15 minutes, or until it browns slightly.
14. Reduce to 300 degrees F and bake for 90 minutes, checking frequently. If it's browning too much, cover it with foil.
15. Take the pan out of the oven and pour the cold syrup over it, ensuring the baklava is moist but not “swimming.”
16. Cover with a towel and leave it overnight to soak up the syrup. Enjoy!

BRAZIL

BRIGADEIRO (MILK FUDGE)



The brigadeiro was created in southeastern Brazil and has since spread all over the country, sweetening the lives of Brazilians and making everything tastier!



INGREDIENTS

- ▶ 400 ml condensed milk
- ▶ 2 tbsp butter
- ▶ 3 tbsp chocolate powder

DIRECTIONS

1. Add all of the ingredients to a pan on the stove over low-medium heat.
2. Continuously stir until the mixture is thick enough that a spoon scraped through the bottom of the pan leaves a line (see image).
3. Roll into little balls, or just eat with a spoon!

JAMAICA

COCONUT ROCK BUNS



The Rock Bun/Rock Cake is a British pastry that is small and has a rough surface that resembles a rock. This pastry made its way to Jamaica as the country was still under British rule during this time. This dessert's significance is that it is easy and affordable. A traditional Sunday dinner in Jamaica is rice and peas, made with coconut milk, and chicken with vegetables. After grating or blending and straining the coconut, the remnants that are left are utilized to make a tasty dessert that can serve many people. This recipe makes 12 buns.

INGREDIENTS

- ▶ 2 cups all-purpose flour
- ▶ 1 tsp baking powder
- ▶ 0.5 cup unsalted butter
- ▶ 0.5 cup brown sugar
- ▶ 1.5 cup grated coconut
- ▶ 0.5 cup raisins or currants (optional)
- ▶ 2 eggs
- ▶ 1 tsp vanilla extract
- ▶ 0.25 tsp cinnamon
- ▶ 0.25 tsp nutmeg
- ▶ A pinch of salt
- ▶ 2 tsp brown sugar
- ▶ 2 tsp unsalted butter (melted)

DIRECTIONS ([photos](#))

1. Preheat the oven to 350 degrees Fahrenheit and lightly grease the baking tray with butter or cooking spray.
2. Combine flour and baking powder in a bowl. Add cold butter and rub into the flour until it resembles coarse cornmeal.
3. In a separate bowl, add 0.5 cup sugar, grated coconut, cinnamon, nutmeg, salt, and raisins or currants; mix well and add to the flour.
4. Whisk eggs with vanilla. Add eggs to the dry ingredients and mix to form a dough.
5. On a large baking tray, use two spoons to shape and drop the dough.
6. Place in a preheated oven and bake for 15 minutes or until golden brown.
7. Once out of the oven, paint on the 2 tsp of butter and sprinkle the 2 tsp of sugar on top of the buns.
8. Cool before serving.

LATVIA

CHOCOLATE JELLY WITH MILK



This dish was usually served in kindergartens and schools as a dessert, so many remember it as a pleasant memory from childhood.

INGREDIENTS

- ▶ 500 ml milk
- ▶ 2 tbsp potato starch
- ▶ 2 tbsp cocoa powder
- ▶ 2 tbsp sugar

DIRECTIONS ([video](#))

1. Pour 400 ml of milk in the pot and start to boil it.
2. Pour 50 ml of milk in a mug, add the cocoa to it, and dissolve it.
3. Pour the contents of the mug in the pot with the milk and add sugar to it. Boil the contents of the pot.
4. Pour 50 ml of milk in the mug, add the potato starch to it, and dissolve it.
5. Pour the contents of the mug into the pot with milk and cocoa. Mix everything (the contents of the pot will start to thicken).
6. Once thickened, remove the pot from heat and let cool. Serve with milk.

LIBYA

ASSIDA (FLOUR PUDDING)



Assida is one of the most popular traditional Libyan dishes that has many different ways to cook, but the original shape stays principally in use. It is a kind of sweet, should be eaten by hand, and sometimes has a presentation different from one to another upon personal opinion. Assida is Libyans' favorite dish for both social and religious events. So, whenever a family has a new baby, friends and close people are invited to eat assida with its different flavor. And also, it is the main dish on the anniversary of when the Prophet was born. Moreover, it is usually eaten as a delicious breakfast in winters, when the family gathers and eats together! Assida is prepared with many flavors, including date molasses, honey, butter, olive oil, and sometimes mixes between two or more!

INGREDIENTS

- ▶ 500 ml boiled water
- ▶ 1 tbsp vegetable oil or olive oil
- ▶ 2 cups flour
- ▶ A pinch of salt
- ▶ Butter

DIRECTIONS [\(video\)](#)

1. In a pot, add 400 ml of water, salt, and oil. Let them boil over the stove.
2. When they start to boil, add 2 cups of flour and stir quickly until fully mixed. Keep stirring until it has a doughy texture (about 10 minutes).
3. Add 100 ml of water, wait until the water evaporates, and thoroughly stir using a wood spoon to maintain this doughy texture (about 3 minutes). Switch off the stove.
4. Grease your serving plate with butter. Don't forget to butter up your hands, or else the dough will stick to them.
5. Finally, form the dough into the shape you want it to be, usually a dome.
6. For this delicious sweet to become even sweeter, you can add some syrups and decorations, such as honey, date molasses, bassisah, or matroodah. You can also add nuts or dates to give it that extra wow factor.
7. And how do you eat it? This food is a special kind of food to us; it can only be eaten with your hands. So don't get caught eating delicately with a spoon or fork!

NEPAL

SWEET

(SWEET CHEESE BALLS)



A large number of Hindus, Sikhs, and Jains all over the world celebrate “Dipawali” as a festival of lights and foods. This festival mainly relates to the triumph of good over evil and light over darkness that coincides with the Hindu New Year. It is an old tradition of considering sweets to be pure and an offering, and sweets are a small gesture of greeting people, family, and friends. During this time we also eat curry, bread, taruwa, rice pudding, and so many other items with the joy of celebrating this festival. Here’s the recipe for the simple sweet, but you can find directions for the other foods in our video!

INGREDIENTS

- ▶ 200g paneer cheese
- ▶ 200g sugar
- ▶ 1 liter water

DIRECTIONS ([video](#))

1. Take the paneer and make it into a dough by working it with your hands. The more you mix it with your hand, the more your sweets will be big and tasty.
2. Make small balls from the dough, ensuring they’re smooth and have no cracks.
3. In a pot, take 1 liter of water and add 200g of sugar.
4. When it starts to boil, put the balls in it and cook for 7 minutes.
5. To check if it’s done, take one ball and put it in cool water; if it floats, it is ready to serve. If not, then cook it some more.

OMAN

HALWA (SWEET JELLY)



Omani halwa is one of the most famous traditional sweet dishes. Omanis provide halwa as a traditional sweet food at celebrations of happy occasions, such as Eids as a Muslim community, national days, as well as in wedding celebrations. It's served with Arabian coffee to show hospitality. It's very popular in the Arabian Gulf countries. According to the latest official statistics, there are more than 33 factories across Oman and 890 shops that sell it. To preserve it as a part of Omani heritage, the government issued its own standard specifications of halwa ingredients.

Prep Time: 10 minutes
Cook Time: 60 minutes
Total Time: 70 minutes
Servings: 10
Calories: 234 kca

INGREDIENTS

- ▶ 0.5 kg white sugar
- ▶ 1 egg
- ▶ 125g corn flour
- ▶ 125g brown sugar
- ▶ 300g warm Ghee (clarified butter)
- ▶ 3g saffron
- ▶ 50g cardamom
- ▶ 150 ml rose water
- ▶ Nuts (any kind; Omanis prefer walnuts)
- ▶ Water

DIRECTIONS ([video](#))

1. Add 1 cup of water to the corn flour.
2. Add the egg. Mix together using a mixer until it becomes like milk texture, then set the mixture aside.
3. In a saucepan over a stove, put 1 cup of water and add the white sugar.
4. Add the brown sugar and stir until the white and brown sugar dissolve.
5. Pour the corn flour mixture into the saucepan. (Note: it needs to be warm and not very hot. The corn flour will hold together if the mixture is very hot.)
6. Increase the heat and stir for 20 minutes until the water evaporates.
7. Stir for 30 minutes until the mixture becomes thick.
8. While you stir, add 1 big spoon of ghee.
9. Pour the rose water in a glass and add the saffron to it.
10. When the halwa is thicker and heavier, add the cardamom and saffron water.
11. Add more ghee and stir.
12. Add nuts and continue stirring.
13. The halwa is ready now! Pour it in a bowl and enjoy the beautiful taste with a cup of Arabic coffee (qahwa).

PALESTINE

QATAYEF (MINI STUFFED PANCAKES)



Qatayef is an Arab dessert that's like a sweet dumpling, kind of like a folded pancake, often filled with cream, cheese, or nuts.

INGREDIENTS

Pancake

- ▶ 3 cups flour
- ▶ 2 tbsp sugar
- ▶ 1 tbsp baking powder
- ▶ 1 tbsp yeast
- ▶ 0.5 tsp salt
- ▶ 2.5 cups water
- ▶ Oil

Filling

- ▶ Sweet cheese
- ▶ Coconut
- ▶ Black seeds

Simple syrup

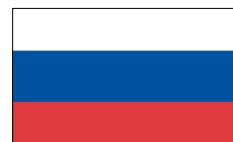
- ▶ 2 cups sugar
- ▶ 1 cup water

DIRECTIONS ([video](#))

1. Mix the flour with the sugar, baking powder, yeast, and salt.
2. Add the water and mix until a smooth batter forms.
3. Leave the mixture for 1 hour to ferment.
4. In the meantime, create the filling and simple syrup.
5. For the syrup, combine 2 cups sugar with 1 cup water in a pot and boil. Once boiling, remove from the heat.
6. For the filling, combine sweet cheese, ground coconut, and black seeds together and mix until uniform.
7. To make the pancakes, heat up a frying pan to medium-low heat with a little bit of oil.
8. Add one spoonful of batter at a time to the pan to form little circles.
9. Make sure the heat isn't too hot; you want the bottom to brown without burning, while also cooking the top. Once the pancakes become bubbly on top and no longer wet, remove them from the pan to cool.
10. Bubble-side up, place the filling in the middle of the pancake and then fold one side over the other to create a semicircle, and press the two sides together to seal it.
11. In a frying pan with vegetable oil, fry on each side of the pancake until brown, then remove from heat.
12. Dunk the qatayef in simple syrup to finish.

RUSSIAN FEDERATION

KHVOROST (CRUNCHY PASTRY)



In Russia, no family celebration or friendly meeting is complete without tea. At the tea table, people from different generations and different interests come together. A favorite treat for tea is a crunchy pastry called khvorost (meaning “brushwood”). Each hostess tries to give it a special fancy shape. The more curlicues in the khvorost, the more it will crunch. These curlicues are prepared very simply, literally in a hurry, and crunch so loudly, like an armful of thin dry twigs — that’s where the dessert got its name! And they literally melt in your mouth. How delicious, words cannot describe!

INGREDIENTS

- ▶ 0.5 kg flour
- ▶ 5 eggs
- ▶ 0.5 tsp salt
- ▶ 5 tbsp sugar
- ▶ 1 liter vegetable oil
- ▶ 3 tbsp powdered sugar

DIRECTIONS ([video](#))

1. Take a deep bowl and break 5 eggs into it. Then add the salt and sugar and whisk for 2 minutes.
2. Then add the flour gradually. Knead the dough until elastic.
3. Put the dough on a floured surface and mix it a little.
4. Divide the dough into parts, then roll it out into a very thin layer.
5. Using a special cooking knife, cut the dough into shaped pieces.
6. In the center of each slice, make a longitudinal incision and turn one end of each strip (you will get a spiral).
7. Heat the oil in a saucepan, then put the dough pieces in it.
8. Fry the khvorost on both sides until it is crispy and remove it with a skimmer.
9. Cover the khvorost with powdered sugar and serve. Enjoy your meal!

SINGAPORE

PANDAN AGAR JELLY



Pandan Agar Jelly is a traditional Southeast Asian layered sponge cake. The “Agar Agar,” a traditional Asian ingredient that comes from red algae, is mixed with pandan, extracted from pandan leaves, another Southeast Asian favorite. These two main ingredients are mixed to form a lip-smackingly delicious dessert enjoyed by many in Singapore.

INGREDIENTS

Pandan extract

- ▶ 50g fresh or frozen pandan leaves, cut into thin strips
- ▶ 1 cup water

Green layer agar

- ▶ 250 ml (1 cup) pandan extract
- ▶ 200 ml water
- ▶ 50g sugar
- ▶ 3.5g (0.5 packet) agar-agar powder

White layer agar

- ▶ 250 ml coconut milk
- ▶ 200 ml water
- ▶ 50g sugar
- ▶ 3.5g (0.5 packet) agar-agar powder

DIRECTIONS

Pandan extract

1. Puree together pandan leaves and water in a blender until the leaves are completely pulverized.
2. Strain and squeeze the mixture to get the pandan extract. You should end up with 1 cup of extract.

Green layer agar

3. Place the pandan extract, water, sugar, and agar-agar powder in a small sauce pot.
4. Bring to a boil while stirring so everything is well mixed. Pour into mould(s).
5. Let the agar firm up a bit in the fridge before pouring the next layer. Usually 5 minutes should be enough.

White layer agar

6. Place coconut milk, water, sugar, and agar-agar powder in a small sauce pot. Bring to a boil while stirring so everything is well mixed.
7. Pour into mould(s) on top of the firmed green layer of agar. Be as gentle as you can so the two layers don't end up mixed together.

YEMEN

BAKHMARI (DONUTS)



We present bakhmari, a sweet donut that you enjoy with a cup of tea mixed with milk. Such a recipe is inherited, and most Yemenis eat it as part of breakfast or a light meal at afternoon time. The dish consists of two components: the donuts and milk tea. The donuts are made from a flour dough with a little sugar, salt, and yeast. The tea is made by mixing boiled water with black tea, then adding sugar and milk to it.

INGREDIENTS

- ▶ Oil for frying
- ▶ 1.5 cups flour
- ▶ 1.5 tbsp yeast
- ▶ 3 tbsp sugar
- ▶ 1.5 tsp salt
- ▶ Water (enough to form the dough)

DIRECTIONS ([video](#))

1. In a bowl, mix together the dry ingredients (flour, yeast, sugar, and salt).
2. Add in water, a little at a time, until you form a dough.
3. On a lightly floured surface, take small balls of dough (about 3 cm wide) and roll them slightly in the flour so they aren't sticky. Then flatten slightly with your hands.
4. In a pan with hot oil, place the dough circles and allow to cook until browned on the bottom, then flip and cook the other side until brown.
5. Remove from the oil and allow to cool on a plate.
6. To prepare the tea, add 2 tbsp tea and sugar to taste to some water and bring it to a boil. Then add in about 0.5 cup of milk, or to taste, and serve with your bakhmari.

INDEX

| | |
|---|----|
| Albania - Lakror (<i>pickled cabbage pie</i>) | 5 |
| Algeria - Couscous (<i>semolina & stew</i>) | 50 |
| Angola - Funge (<i>flour porridge</i>) | 6 |
| Argentina - Empanadas (<i>corn turnovers</i>) | 7 |
| Australia - Koala Cupcakes | 84 |
| Bangladesh - Begun Bharta & Panta Bhat (<i>spicy eggplant & fermented rice</i>) | 51 |
| Belize - Stew Chicken with Rice & Beans | 52 |
| Bolivia - Pique a lo Macho (<i>beef platter</i>) | 53 |
| Bosnia and Herzegovina - Baklava (<i>sweet pastry with nuts</i>) | 85 |
| Brazil - Brigadeiro (<i>fudge balls</i>) | 86 |
| Bulgaria - Banitsa (<i>cheese pastry</i>) | 19 |
| Burkina Faso - Babenda (<i>stewed greens & rice</i>) | 54 |
| Cabo Verde - Filhoses de Banana (<i>banana fritters</i>) | 9 |
| Cambodia - Nuom Banhjok (<i>Khmer rice noodles</i>) | 38 |
| Chile - Pastel de Choclo (<i>corn cake</i>) | 55 |
| People's Republic of China - XianBing (<i>leek pies</i>) | 8 |
| Colombia - Sancocho (<i>chicken & veggie soup</i>) | 39 |
| Comoros - Futra (<i>coconut bread</i>) | 26 |
| Cuba - Pork Cracklings | 10 |
| Cyprus - Souvlakia (<i>grilled meat</i>) | 27 |
| Ecuador - Locro (<i>potato soup</i>) | 40 |
| El Salvador - Pupusas (<i>stuffed griddle cakes</i>) | 28 |
| Eritrea - Tbsi (<i>beef stew</i>) | 41 |
| Estonia - Karask (<i>barley bread</i>) | 29 |
| Finland - Smoked Salmon & Potatoes | 56 |
| Gambia - Chicken Yassa (<i>stew</i>) | 57 |
| Ghana - Waakye with Stew | 58 |
| Greece - Moussaka (<i>eggplant & meat casserole</i>) | 59 |
| Grenada - Oil Down (<i>meat & veggie stew</i>) | 42 |
| Guatemala - Pepian (<i>meat & veggie stew</i>) | 43 |
| Guinea-Bissau - Grilled Fish & Octopus Rice | 60 |
| Guyana - Cook-Up Rice | 61 |
| Honduras - Baleadas (<i>tacos</i>) | 30 |
| Team Hope - Mutabbal (<i>eggplant dip</i>) | 11 |
| Hungary - Chicken Paprikash (<i>paprika chicken</i>) | 62 |
| India - Vada Pav (<i>spicy potato burger</i>) | 31 |
| Iran - Tahchin (<i>saffron rice & chicken</i>) | 63 |
| Iraq - Iraqi Tikka (<i>barbecued meat</i>) | 64 |
| Jamaica - Coconut Rock Buns | 87 |
| Kenya - Ugali (<i>corn flour porridge</i>) | 12 |
| Republic of Korea - Banquet Noodles | 44 |
| Kosovo - Leqenik (<i>cornbread</i>) | 33 |
| Latvia - Chocolate Jelly with Milk | 88 |
| Lesotho - Likahare (<i>mixed offal</i>) | 65 |
| Libya - Assida (<i>flour pudding</i>) | 89 |

| | |
|---|----|
| Madagascar - Kobandravina (<i>banana peanut patties</i>) | 13 |
| Malaysia - Ketupat & Kuah Kacang (<i>rice cakes & peanut sauce</i>) | 14 |
| Mexico - Chiles en Nogada (<i>stuffed chilies</i>) | 66 |
| Moldova - Zeamă de Pui (<i>chicken noodle soup</i>) | 45 |
| Mongolia - Bantan (<i>meat porridge</i>) | 46 |
| Montenegro - Kacamak (<i>corn flour potatoes</i>) | 67 |
| Morocco - Couscous (<i>semolina & stew</i>) | 68 |
| Namibia - Wambo Chicken & Oshithima (<i>porridge</i>) | 69 |
| Nepal - Sweet (<i>sweet cheese balls</i>) | 90 |
| Nigeria - Jollof Rice (<i>tomato rice</i>) | 70 |
| North Macedonia - Tavce Gravce (<i>baked beans</i>) | 71 |
| Oman - Halwa (<i>sweet jelly</i>) | 91 |
| Palestine - Qatayef (<i>mini stuffed pancakes</i>) | 92 |
| Paraguay - Sopa Paraguaya (<i>cornbread</i>) | 34 |
| Poland - Pierogi (<i>potato dumplings</i>) | 72 |
| Puerto Rico - Bacalaítos (<i>codfish fritters</i>) | 15 |
| Qatar - Madhrooba (<i>rice porridge</i>) | 73 |
| Russian Federation - Khvorost (<i>crunchy pastry</i>) | 93 |
| Saint Kitts and Nevis - Stewed Saltfish | 74 |
| Serbia - Blackwheat Pie | 20 |
| Seychelles - Grilled Fish | 76 |
| Singapore - Pandan Agar Jelly | 94 |
| Slovenia - Jajc pa kruh (<i>egg & bread</i>) | 21 |
| South Africa - Pap & Chutney with Boerewors (<i>sausage</i>) | 77 |
| Spain - Gazpacho (<i>cold vegetable soup</i>) | 47 |
| Sri Lanka - Kiribath & Lunumiris (<i>coconut rice & spicy sambal paste</i>) | 78 |
| Sudan - Mulah Al Tagaliya (<i>meat stew</i>) | 48 |
| Suriname - Roasted Chicken with Fried Rice | 79 |
| Switzerland - Fondue (<i>cheese dip</i>) | 16 |
| Syria - Lahm bi 'ajin (<i>meat with dough</i>) | 35 |
| Thailand - Prawns with Sausage & Egg | 80 |
| Tunisia - Tajin (<i>frittata</i>) | 22 |
| Turkey - Sarma (<i>stuffed grape leaves</i>) | 17 |
| Turkmenistan - Palaw (<i>rice with meat</i>) | 81 |
| United Arab Emirates - Balaleet (<i>sweet noodles & egg</i>) | 23 |
| United States of America - Buttermilk Pancakes | 24 |
| Venezuela - Patacón (<i>plantain sandwich</i>) | 36 |
| Yemen - Bakhmari (<i>donuts</i>) | 95 |
| Zimbabwe - Sadza Nenyama (<i>maize porridge & beef stew</i>) | 82 |



FIRST
GLOBAL

Garlic+Dried
Chili Prawns

Cheesy
Scrambled Eggs

Gravy Sausage