

Essential International Cooking Recipes



Developed by Nam Nguyen





Essential International Cooking Recipes' goal is to take you around the world and sample some of its most delicious dishes with a combination of recipes from 240 countries plus special collections since 1980. These recipes include appetizers, breakfast, drinks, entrees, salads, snacks, side dishes, and even desserts, all without moving from your kitchen with this eBook! The eBook is easy to use, refreshing and is guaranteed to be exciting and has a collection of easily prepared, international dishes to inspire any cooks from beginner to accomplished chef.

Essential International Cooking Recipes is a great resource anywhere you go; it is a quick and easy reference tool that has just the countries and islands you want to check out!

Just remember one thing that the learning, and cooking, never stops! Remember Read, read, read! And Write, write, write!

A thank you to my wonderful wife Beth (Griffo) Nguyen and my amazing sons Taylor Nguyen and Ashton Nguyen for all their love and support, without their emotional support and help, none of these educational language eBooks, audios and videos would be possible.

Beth (Griffo) Nguyen Cooking Recipes since 1980, Afghanistan, Akrotiri, Apoundania, Algeria, American Samoa, Andorra, Angola, Anguilla, Antigua and Barbuda, Argentina, Armenia, Aruba, Australia, Austria, Azerbaijan, Bahamas, The, Bahrain, Baker Island, Bangladesh, Barbados, Belarus, Belgium, Belize, Benin, Bermuda, Bhutan, Bolivia, Bosnia and Herzegovina, Botswana, Brazil, British Virgin Islands, Brunei, Bulgaria, Burkina Faso, Burma, Burundi, Cabo Verde, Cambodia, Cameroon, Canada, Cayman Islands, Central African Republic, Chad, Chile, China, Christmas Island, Cocos (Keeling) Islands, Colombia, Comoros, Congo, Democratic Republic of the, Congo, Republic of the, Cook Islands, Costa Rica, Cote d'Ivoire, Croatia, Cuba, Curacao, Cyprus, Czech Republic, Denmark, Dhekelia, Djibouti, Dominica, Dominican Republic, Ecuador, Egypt, El Salvador, Equatorial Guinea, Eritrea, Estonia, Ethiopia, Falkland Islands (Islas Malvinas), Faroe Islands, Fiji, Finland, France, French Polynesia, Gabon, Gambia, The, Gaza Strip, Georgia, Germany, Ghana, Gibraltar, Greece, Greenland, Grenada, Guam, Guatemala, Guernsey, Guinea, Guinea-Bissau, Guyana, Haiti, Holy See (Vatican City), Honduras, Hong Kong, Hungary, Iceland, India, Indonesia, Iran, Iraq, Ireland, Isle of Man, Israel, Italy, Jamaica, Japan, Jersey, Jordan, Kazakhstan, Kenya, Kiribati, Korea, North, Korea, South, Kosovo, Kuwait, Kyrgyzstan, Laos, Latvia, Lebanon, Lesotho, Liberia, Libya, Liechtenstein, Lithuania, Luxembourg, Macau, Macedonia, Madagascar, Malawi, Malaysia, Maldives, Mali, Malta, Marshall Islands, Mauritania, Mauritius, Mexico, Micronesia, Federated States of, Moldova, Monaco, Mongolia, Montenegro, Montserrat, Morocco, Mounceambique, Namibia, Nauru, Nepal, Netherlands, New Caledonia,

New Zealand, Nicaragua, Niger, Nigeria, Niue, Norfolk Island, Northern Mariana Islands, Norway, Oman, Pakistan, Palau, Panama, Papua New Guinea, Paraguay, Peru, Philippines, Poland, Portugal, Puerto Rico, Qatar, Romania, Russia, Rwanda, Saint Barthelemy, Saint Helena, Ascension, and Tristan da Cunha, Saint Kitts and Nevis, Saint Lucia, Saint Martin, Saint Pierre and Miquelon, Saint Vincent and the Grenadines, Samoa, San Marino, Sao Tome and Principe, Saudi Arabia, Senegal, Serbia, Seychelles, Sierra Leone, Singapore, Sint Maarten, Slovakia, Slovenia, Solomon Islands, Somalia, South Africa, South Sudan, Spain, Sri Lanka, Sudan, Suriname, Svapoundard, Swaziland, Sweden, Switzerland, Syria, Taiwan, Tajikistan, Tanzania, Thailand, Timor-Leste, Togo, Tokelau, Tonga, Trinidad and Tobago, Tunisia, Turkey, Turkmenistan, Turks and Caicos Islands, Tuvalu, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States, Uruguay, Uzbekistan, Vanuatu, Venezuela, Vietnam, Virgin Islands, Wallis and Futuna, West Bank, Western Sahara, Yemen, Zambia, and Zimbabwe.

Beth (Griffo) Nguyen Cooking Recipes Since 1980



Chicken French

Ingredients:

- 4 large chicken breast
- 1 egg
- Water
- Salt
- Pepper
- ½ cup flour, parmesan cheese, parsley

Preparation:

1. Mix egg, water, salt, pepper, flour, parmesan cheese parsley together in a large bowl. Dip all pieces of chicken breast all into the mix bowl.
2. Sauté oil until golden brown
3. In clean pan with ½ stick butter, juice of 2 lemons, 1 chicken bouillon, and ½ cup sherry. Cook until boil.
4. Pour over the chicken in a large 9 x 13 pan and then cook for ½ hour at 350 degrees.

5. Serve with rice or noodles!

Frounceen Bread Carmel Roll

Ingredients:

- 2 loaves frounceen bread
- 1/2 cup butter or margarine
- 1 cup brown sugar
- 1 large or 2 small packages vanilla pudding mix (not instant)
- 1/2 cup chopped nuts
- 2 tablespoons milk
- Cinnamon

Preparation:

1. thaw bread - do not permit to rise
2. Break one loaf up by 12 pieces in bottom of greased with 9 by 13 inches cake pan.
3. Melt butter. Then add brown sugar, pudding mix, milk and cinnamon. (Nuts may also be added to above mixture or sprinkled between layers when preparing).
4. Mix all together. Then pour over broken bread. Break second loaf on top and let rise for 2 1/2 to 3 hours.
5. Cover with waxed paper and towel. Put in over that has been heated to 200 degrees for a minute.
6. Then turned off.
7. Bake 350 degrees for approximately 30 minutes.
8. Cool and cut out of pan

Classic Roast Chicken

Ingredients:

- 1 stalk celery
- 1 (3 1/2 pounds) roasting chicken
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1 tablespoon butter, softened, divided
- 1 onion, quartered

Preparation:

1. Preheat oven to 475 degrees Fahrenheit. Slice celery. Sprinkle inside cavity of chicken with thyme and salt; add 1 teaspoon butter, sliced celery and onion. Rub outside of chicken with remaining butter.
2. Tuck wing tips under back of chicken. Place chicken breast side down on rack in roasting pan.
3. Add enough water to cover bottom of pan. Roast for 10 minutes.
4. Reduced temperature to 375 degrees Fahrenheit. Roast for 20 minutes.

5. Turn chicken breast side up. Roast until chicken is browned, about 30 minutes longer.

Pepper Sirloin Steak

Ingredients:

- 1 (2 ½ pound) sirloin steak, 1 ½ inches thick
- ½ cup of butter or margarine
- ¼ cup chopped fresh parsley or 4 teaspoons dried parsley
- ¼ cup minced onion
- 2 tablespoons Worcestershire sauce
- 1 teaspoon freshly ground pepper
- ½ teaspoon dry mustard

Preparation:

1. Lightly score edges of steak at 1 inch intervals. Preheat grill or broiler
2. Combine butter, parsley, onion, Worcestershire sauce, pepper and mustard in a small saucepan. Heat, stirring continually, over low heat, until butter melts. Reserve ¼ of the mixture.
3. Place steak on grill or broiler pan. Brush steak with butter mixture. Cook, basting frequently with butter mixture, about 6 minutes per side for medium.
4. Place steak on a serving platter. Cut thin slice across the grain. Drizzle reserved butter mixture over steak.

Banana Nut Muffins

Ingredients:

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 egg, beaten
- 1/3 cup vegetable oil or extra virgin olive oil
- ¾ cup mashed banana
- ½ cup chopped walnuts

Preparation:

1. Preheat oven to 400 degrees Fahrenheit, grease a 12 cup muffin pan. Sift flour, sugar, baking powder and salt into a medium bowl; make a well in center.
2. Mix milk, egg, oil, banana and walnuts in a small bowl. Pour mixture into well.
3. Mix batter just until moistened; do not over mix.
4. Spoon batter into prepared muffin cups. Bake until a toothpick inserted in center comes out clean or until muffins are golden brown, about 15 minutes.

Macaroni Salad

Ingredients:

- 4 cups cooked macaroni rings
- ½ cup diced celery
- 1 cup diced cucumber
- 1 cup finely chopped green pepper
- 1 finely chopped pimiento
- 1 tablespoon minced onion
- Mayonnaise

Preparation:

1. Combine macaroni with vegetables. Mix lightly with mayonnaise and serve on lettuce.

Pumpkin Pie

Ingredients:

- ¾ Cup granulated sugar
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 large eggs
- 1 can (15 ounce.) Pure Pumpkin
- 1 cans (12 Ounce.) Evaporated Milk
- 1 unbaked 9 inches (4 cups deep-dish pie shell)

Preparation:

1. Mix sugar, salt, and spices all in the bowl.
2. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
3. Pour into pie shell and bake in preheated 425 degrees Fahrenheit oven for 15 minutes.
4. Reduce temperature to 350 degrees Fahrenheit. Bake 40 minutes or until knife inserted near center comes out clean.
5. Cool on wire rack for 2 hours and then serve immediately or refrigerate.

Chocolate Cake

Ingredients:

- ¾ cup butter or margarine
- 1/3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all purpose flour

- ¾ cup cocoa
- 1 1/4 teaspoons baking soda
- ½ teaspoon salt
- 1 1/3 cups water

Preparation:

1. Cream butter and sugar until light and fluffy
2. Add eggs and vanilla and beat 1 minute at medium speed.
3. Combine flour cocoa, baking soda and salt.
4. Add alternately with water to creamed mixture.
5. Pour batter into 2 greased and floured 8 inches cake pans.
6. Bake at 350 degrees Fahrenheit for 35 to 40 minutes.
7. Cool, frost with chocolate frosting and decorate.

Tuna Casserole

Ingredients:

- ½ package of wide egg noodles
- one 10 ¾ ounce can condensed cream of mushroom soup
- ¾ cup milk
- ¼ cup finely chopped onion
- one 6 1/2 ounce can Tuna, drained
- 1 cup of peas, thawed
- 1 ½ cup seasoned croutons
- 2 tablespoons margarine or butter. Melted

Preparation:

1. Heat oven to 375 degrees Fahrenheit. Cook noodles.
2. Remove from pan. In same pan, combine soup, milk, and onion.
3. Mix well – stir in tuna, peas and noodles.
4. Spoon into 10 by 6 inches baking dish.
5. Toss crouton with margarine.
6. Sprinkle over casserole and bake 30 to 35 minutes or until heated through.

Candy Cane Cookies

Ingredients:

- Mix until creamy with electric mixer.
- 1 cup shortening or 1/2 butter or 2 1/2 margarine
- 1 cup confectionary sugar (sifted)
- 1 egg
- 1 1/2 teaspoon almond extract
- 1 teaspoon vanilla extract

Mix:

- 2 1/2 cup flour
- 1 teaspoon salt
- add to shortening mixture
- Dived dough in half and blend 1/2 teaspoon of coloring red or green
- Bake on an ungreased cookie sheet
- while warm sprinkle with powdered sugar
- Bake 9 minutes at 375 degrees.

Bake Hash brown Potatoes

Ingredients:

- 1 bag oreida hash brown potatoes
- 1/2 stick margarine – melted
- 1/2 onion – chopped
- 1 cup sour cream
- 1 can cream of mushroom soup
- 1/2 bag shredded cheddar cheese

Preparation:

1. Defrost potatoes. Pour margarine over potatoes, followed by remaining ingredients. Stir.
2. Bake at 350 degrees for 35 to 45 minutes uncovered.
3. If in case it seems dry. Just add a small amount of milk.

Buttermilk Waffles

Ingredients:

- 1 1/3 cups unbleached, all-purpose flour
- 2 1/2 tablespoons sugar
- 1 3/4 teaspoons baking powder
- 3/4 teaspoons fine sea salt
- 1/4 teaspoon baking soda
- 2 large eggs, separated
- 2 cups buttermilk, room temperature
- 6 tablespoons unsalted butter, melted and cooled slightly

Preparation:

1. Preheat your waffle iron. If you plan to hold the waffles and serve them all at once, preheat the oven to 225 degrees and set a large wire rack on a cookie sheet
2. In a large bowl, whisk together the flour, sugar, baking powder, salt and baking soda until well combined.
3. In a medium bowl, whisk the egg yolks until combined. Whisk in the buttermilk. Gradually whisk in the butter.

4. Beat the egg white to soft peaks. Using a rubber spatula, gently fold the white into the batter.
5. Cook the waffles one at a time. Serve them hot from the waffle iron or transfer them to the wire rack and slide the pan into the oven to keep the waffles warm.

Chicken Parmesan

Ingredients:

- 2 medium garlic cloves, peeled and crushed
- 2 tablespoons extra-virgin olive oil
- 1 (28 ounces) can crushed tomatoes
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon sugar
- Salt and freshly ground pepper, to taste
- 2 large boneless, skinless chicken breasts (6 to 8 ounces each)
- 1 large egg
- 1/2 cup dry bread crumbs
- 8 ounces spaghetti or linguine
- 1/4 cup extra-virgin olive oil
- 1/2 cup grated part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese, plus extra for passing at the table

Preparation:

1. In a large saucepan, heat garlic and 2 tablespoons oil over medium-high heat until garlic starts to sizzle. Stir in tomatoes, basil, oregano, sugar, a pinch of salt and a few grinds of pepper. Bring to a simmer; simmer until sauce thickens a bit and flavors meld, 10 to 12 minutes. Cover and keep warm.
2. Put chicken pieces between two sheets of plastic wrap and pound, using your fists or a heavy pan, until the cutlets are about 1/4 inch thick. Bring 2 quarts of salted water to a boil in a large soup kettle.
3. In a pie pan, beat egg until well-blended. In another pie pan, mix bread crumbs and more black pepper. Preheat broiler. Working one cutlet at a time, dip both sides of each in beaten egg, then in bread crumbs. Put cutlets on a wire rack set over a cookie sheet (this step helps breading stay put).
4. Heat remaining 1/4 cup oil over medium-high heat in a 12 inch skillet. When oil starts to shimmer, add cutlets and sauté until golden brown on each side, about 5 minutes total. Wash and dry the wire rack and return to cookie sheet. As the cutlets sauté, cook pasta in boiling water according to package directions. Transfer cutlets to clean wire rack over cookie sheet. Top each with a portion of the cheeses. Broil cutlets, 4 to 5 inches from heat source, until cheese melts and is spotty brown. Drain pasta. Put a cutlet and a portion of pasta on each of 4 plates. Spoon 2 or 3 tablespoons of sauce over part of each cutlet, then sauce the pasta as desired. Serve with extra Parmesan.

Pizza

Ingredients:

- 1 (.25 ounce) package active dry yeast
- 1 teaspoon white sugar
- 1 cup warm water (110 degrees Fahrenheit or 45 degrees Celsius)
- 2 1/2 cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt

Preparation:

1. Preheat oven to 450 degrees Fahrenheit or (230 degrees Celsius. In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes. Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.
2. Turn dough out onto a lightly floured surface and pat or roll into a round. Transfer crust to a lightly greased pizza pan or baker's peel dusted with cornmeal. Spread with desired toppings and bake in preheated oven for 15 to 20 minutes, or until golden brown. Let baked pizza cool for 5 minutes before serving.

Egg McMuffins

Ingredients:

- English Muffins
- Cheese
- 1 egg
- 1 slice of Canadian bacon

Preparation:

1. Fry muffins face down in butter
2. Cook egg breaking the yoke, fry bacon at the same time.
3. Put egg, bacon and cheese on the slice of the English muffin, and put other slice on top. Wrap in tin foil.
4. Put in oven at 150 degrees until cheese has melted.
5. Eat and enjoy!

Zucchini Bread

Ingredients:

- 3 eggs
- 1 cup oil
- 2 cup sugar
- 2 cup of grated zucchini
- 1 teaspoon vanilla
- 2 cup flour
- 1 teaspoon salt
- 2 teaspoons baking soda

- 1 teaspoon cinnamon
- 4 teaspoon baking powder

Preparation:

1. In a bowl, beat eggs until they are frothy, then beat in sugar, oil and vanilla. Beat the mixture until it is thick. Stir in 2 cups loosely, packed (grated zucchini and the flour which has been sifted with the cinnamon, baking soda, salt and baking powder.
2. Pour mixture into 2 oil and flour loaf pans (8 x 4 ½ x 3) and bake in a preheated, moderate oven of 350 degrees Fahrenheit for 1 hour or until cake tester inserted in center of loaf comes out clean. Leave loaves to cool in pans for 10 minutes.
3. Then invert loaves onto a rack and cool completely.

Lasagna

Ingredients:

- 6 long lasagna noodles – uncooked
- 1 package of lean ground turkey
- 2 teaspoons bottle or fresh minced garlic
- ½ teaspoon salt
- 1 jar (28 ounces) fat free or regular spaghetti sauce

Preparation:

1. Heat oven to 350 degrees. Cook noodles according to package directions. Meanwhile, crumble turkey in a large skillet; add garlic and salt, cook over medium heat until turkey is no longer pink, stirring occasionally.
2. Add spaghetti sauce; simmer 10 minutes, stirring occasionally
3. Combine ricotta cheese, ¼ cup of the parmesan cheese and basil; mix well.
4. Spread ¾ cup spaghetti sauce mixture in bottom of a 13 x 9 inch baking dish. Layer half of noodles over sauce; spoon half of ricotta cheese mixture over noodles. Top with 1 cup sauce; sprinkle with 1 cup mouncezarella cheese.
5. Repeat layering with remaining ricotta cheese mixture, noodles and sauce. Cover with foil; bake 50 minutes or until bubbly.
6. Sprinkle remaining 1 cup of mouncezarella cheese and ¼ cup Parmesan cheese over lasagna; return to oven and continue 3 minutes or until cheese melted.
7. Let cool down 15 minutes before serve

Chicken Finger with Honey Mustard

Ingredients:

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper

- ¾ cup milk
- 1 cup vegetable oil for frying
- ½ cup honey
- ¼ cup Dijon mustard

Preparation:

1. Cut chicken into ½ x 2 inch strips. For honey mustard sauce, blend honey and mustard in a small bowl. Set aside.
2. Mix flour, salt and pepper in a shallow bowl. Dip chicken in milk. Roll in flour mixture to coat well. Place chicken on waxed paper.
3. Pour ¼ inch of oil into a large heavy skillet. Heat over medium high heat to 350 degrees Fahrenheit or until a cube of white bread dropped in oil browns evenly in 1 minute.
4. Divide chicken into batches. Place chicken in an even layer in hot oil. Fry, turning once, for about 3 minutes on each side or until golden brown and crisp. Drain on paper towels. Serve with sauce.

Easy Chicken and Rice Bake

Ingredients:

- 1 can del Monte mix vegetable (14 ½ ounces), drained
- 1 can (10 ¾ ounces) condensed cream of mushroom soup
- ¾ cup uncooked regular white rice
- 4 or 5 skinless, boneless chicken breast halves (thighs also are good)

Preparation:

1. Mix vegetable, soup and rice with 1 cup water in 2 quart baking dish.
2. Place chicken on top sprinkle with paprika and pepper, if desired.
3. Cover and bake at 400 degrees Fahrenheit for 40 to 45 minutes or until chicken and rice are done.

Candy Cones

Ingredients:

- 1 cup shortening (1/2 butter and half margarine)
- 1 cup sifted confection sugar
- 1 egg
- 1 ½ teaspoons almond extract
- 1 teaspoon vanilla

Preparation:

1. Mix together thoroughly. Mix 2 ½ cups flour, 1 teaspoon, salt and stir into shortening mixture.
3. Divide dough in half and blend ½ teaspoon food color in half red or green. While still warm (1/2 cup powdered sugar, ½ cup peppermint candy and sprinkle

mixture). When baking cookie put on ungreased bake sheet, bake 9 minutes at 375 degrees until light brown.

4. Cool down and serve.

Afghanistan



Chicken Kabuli Pulao

Ingredients:

- 2 pounds chicken, cut up
- 1 large onion, sliced
- sea salt, to taste
- 1 1/2 pints hot water
- 1/4 pound white basmati rice
- 1 medium onion, thinly sliced
- 3 tablespoons butter
- 1/2 tablespoon ground cardamom
- 1/2 tablespoon ground cumin
- fresh ground black pepper, to taste
- healthy pinch saffron, soaked in 1 tablespoons broth
- 1 large carrot, cut into match sticks
- 1/4 cup dark raisin
- 1/8 cup chopped pistachios (optional, toasted in a dry frying pan)
- 1/4 cup blanched slivered almond (optional, toasted in a dry frying pan)

Preparation:

1. Place chicken pieces, onions and hot water in a large pot. Cover and simmer for about 1 hour.
2. Add salt to taste. Remove chicken, reserving stock & discard cooked onions.

3. Preheat oven to 325 degrees Fahrenheit. Heat 2 tablespoons of the butter over medium high heat and fry chicken pieces containing bones, salting as needed. Boil a large amount of water with sea salt and cook the rice in it for exactly 8 minutes. Set aside in a pot until ready to assemble.
4. Make stock sauce: Brown onions in butter and remove from heat. Add cardamom cumin, freshly ground black pepper & saffron liquid and mash with onion to form a paste. Add about 1/2 pt of the chicken stock; simmer for 5 minutes and taste for seasoning.
5. Combine cooked rice, stock sauce as needed (I don't find it became a sauce so I added the onion paste with some broth as needed to finish cooking the rice) and chicken; place in a buttered casserole. Cover. Fry carrot matchsticks in 1/2 tablespoons butter and add dark raisins to them at the very end.
6. Sprinkle partially cooked carrot matchsticks and raisins on top of chicken and rice and cover tightly with aluminum foil or cover. Place in oven for 35 minutes.
7. Chopped toasted pistachios or slivered almonds may be added over the dish just before serving if so wished.

Biscuits

Ingredients:

- 250 grams butter, softened
- 3/4 cup brown sugar
- 1/4 cup cocoa powder
- 1 2/3 cups plain flour
- 2 1/2 cups cornflakes
- Walnuts, to decorate
- Chocolate icing
- 1 1/2 cups icing sugar mixture
- 2 tablespoons cocoa powder
- 2 tablespoons hot water
- Select all ingredients

Preparation:

1. Preheat oven to 180C/160C fan-forced. Grease 2 large baking trays and line with baking paper.
2. Using an electric mixer, beat butter and sugar together until light and fluffy. Add cocoa and flour. Beat on low speed until combined. Stir in cornflakes. Roll level tablespoons of mixture into balls. Flatten slightly. Place onto prepared trays, 4cm apart, to allow room for spreading during cooking.
3. Bake for 15 to 18 minutes or until just firm to the touch, swapping trays halfway through cooking. Cool completely on trays.
4. Make Chocolate icing: Sift the icing sugar and cocoa into a bowl. Gradually stir in enough hot water until the mixture is smooth and combined.
5. Spoon icing onto the tops of the biscuits, spreading slightly (see note). Decorate with walnuts. Set aside for 1 hour to set and the serve.

Lamb with Spinach

Ingredients:

- 2 1/2 pound Lamb stew meat — preferably leg
- 1/3 c Olive oil
- 3/4 pound Onions; diced large
- 4 teaspoons Chopped garlic
- 2 teaspoons Turmeric
- 1/4 teaspoon Nutmeg
- 1/4 teaspoon Ground cardamom
- 1 teaspoon Crushed red pepper — or to taste
- 1/2 teaspoon Cinnamon
- 32 ounces Can tomatoes; drain and chop
- 1 cup Rich brown veal stock or
- 1 cup Rich beef stock
- 1/3 pound Fresh spinach; wash and drained
- 1/2 cup Yogurt
- 1 tablespoon Grated lemon peel
- Salt; to taste
- 1/4 cup Pine nuts (roasted at 350 degrees Fahrenheit. For around 3 minutes.

Preparation:

1. Sear lamb in the olive oil in a cast-iron skillet or oven.
2. Add the onions; saute them for 2 minutes; then add the garlic and saute it for 1 minute.
3. Put in the turmeric, nutmeg, cardamom, crushed red pepper and cinnamon and saute the mixture for 1 to 2 minutes more, being careful not to burn the onions or garlic.
4. Add the tomatoes and veal stock and stir.
5. Cover the dish and bake at 350 degrees Fahrenheit. for about 1 hour, until the meat is tender and begins to break up. Remove the dish from the oven and add the spinach, stirring until the spinach is wilted and blended in.
6. Allow the stew to cool slightly.
7. Add the yogurt, lemon peel and salt to taste.
8. Sprinkle with roasted pine nuts.

Rice dish with chicken

Ingredients:

- 4 to 5 cups of long grain rice or basmati rice
- 1/2 kilogram chicken
- 5 to 6 large carrots
- 2 tablespoons of sugar
- Kishmish (raisins)

- Oil
- Salt
- Garam masla

Preparation:

1. Peel and slice large carrots and cut the carrots into matchstick size pieces (khilal).
2. Wash the seedless raisins.
3. Fry the carrots in a pan with half cup of oil and 2-3 spoons of sugar.
4. Cover the lid for 3-4 minutes, now remove the lid and let it cook for a few minutes.
5. When the carrot is tender, add the raisins and let it cook again until the raisins swell up.
6. Make sure you do not break the matchstick sized carrot pieces when you are stirring, so stir gently. And don't fry it too long, you do not want burned carrots.
7. Remove the raisins and carrots from the oil. And fry 2 spoon sugar in remaining oil over a medium heat until it melt, and turns a dark golden brown.
8. Remove the pan from the heat and carefully add water (1 cup or half cup) and then bring the water back to boil.
9. Brown 2 medium diced onion in oil. Fry until fairly dark, add meat and brown lightly.
10. Add 2 cups of water, salt and garam masala (cumin, black pepper, black cardamom, cloves, and sometimes green cardamom- grind these).
11. Cover and simmer until meat is tender, about an hour. Meat from the juice and set juice aside.
12. 6 hours later, bring enough water to a boil in a big pot, add rice and salt. The water should come about 4 inches above the rice.
13. Now add 2 cardamoms, this is to give the rice a nice smell.
14. Do not let the rice boil too long, it should be tender but not mushy. As soon as it is tender, drain the rice in a large sieve.
15. Return the rice back to the pot, add sugar syrup made earlier and mix gently. Also add the meat juice and mix gently.
16. Bury the meat in rice or put it to one side, also put the carrots to one side.
17. Foil the pot, and put the lid on or you could use one of those lid covers. Finally, place the pot either in oven or over a low heat for 30 - 40 minutes.

Patato Filled Turnovers

Ingredients:

- 3 ½ c all-purpose flour
- 1 cup water room temperature
- 1 teaspoon salt
- 1 teaspoon olive oil

Filling:

- 2 medium potatoes

- ½ cup chopped cilantro
- ½ cup chopped scallions (white and green parts)
- 2 tablespoons olive oil
- 1 ½ teaspoons salt
- 1 teaspoon ground black pepper

Frying:

- ¼ c olive oil

Yogurt Sauce:

- 1 cup plain greek yogurt
- 2 tablespoons water
- 1 garlic clove, minced
- 1 teaspoon dried dill
- ¼ teaspoon coriander
- ½ teaspoon salt

Preparation:

Dough:

1. Mix flour and salt together. Gradually (while mixing) add in water and oil until dough forms a ball. If the dough is too dry, add more water one tablespoon at a time.
2. Knead dough for 10 minutes.
3. Place dough in lightly oiled bowl, cover with a cloth, and let rest for one hour.

Filling:

1. Scrub potatoes clean, place in a pot, cover by 2 inches with cold water, add a good pinch of salt, and bring to a boil over high heat.
2. After boiling for 20 minutes, check to see if the potatoes are done by poking them with a skewer. The skewer should easily pierce through the center of the potato. Try not to check the potatoes too much, as the holes allow water to seep into the potatoes as they cook. Smaller potatoes may get done sooner than larger ones.
3. Once the potatoes are done, drain them and let sit for 5-10 minutes.
4. Peel and quarter the potatoes. Mash with 2 tablespoons olive oil, salt, and pepper. Try to get this as smooth as possible, but keep in mind having some lumps is ok.
5. Add in cilantro and scallions, continue mashing to combine.

Assembling and cooking the bolani:

1. Take a portion of the dough (about the size of a small apple) and roll it into a smooth ball.
2. Spread some flour onto your surface, and roll the ball with a rolling pin. The dough should be as thin as a tortilla and have a 10-12 inch diameter. The thinner, the better!
3. Spread a little more than ¼ c of the filling on one half of the dough, leaving about ¼ inch border around the rim.
4. Fold the dough in half over the filling and press to seal. If necessary, continue pressing and flattening the bolani to remove any excess air inside the pocket.

5. Heat 1/4 cup olive oil in a pan. The oil should be hot enough that the bolani sizzles when placed in the pan. Brown the bolani, two at a time, until golden and crispy on both sides. This will only take a couple minutes on each side.
6. Place cooked bolani on a paper towel or plate as they finish. Add more oil to your pan as needed while you cook the rest.
7. Serve warm with a simple yogurt sauce of plain yogurt, garlic, dill, coriander, and salt.

Stuffed Squash

Ingredients:

- 3 round squashes
- 1/4 cup split peas
- 1/4 cup rice
- 1/2 cup onion, diced
- 1 garlic clove, minced
- 1/4 pound ground meat
- 2 tablespoons tomato paste
- 1/4 scallions, chopped
- 1 cup parsley, chopped
- 1 teaspoon dried tarragon (if using fresh, chop just a few leaves)
- 2 teaspoon advieh
- salt and pepper

Preparation:

1. Cook split peas and rice for 30 minutes. Make sure that you season with salt.
2. Sauté onion and garlic in oil. When translucent add ground meat. Season with salt and cook until meat is well cooked.
3. Add 1 tablespoon of tomato paste with 1/4 cup of water. Let reduce until juices are absorbed.
4. In the meantime cut the top part of the squash.
5. Carve out the flesh and save for later use. Rub the inside of the squash with a little salt.
6. In a bowl mix rice, split peas, cooked ground meat, parsley, chives, tarragon, and advieh. Add a pinch of pepper and adjust salt if needed.
7. Mix well together. Load the mixture into the squash. In a pan bring 1 cup of water to boil. Add 1 tablespoonsp of tomato paste and a pinch of salt.
8. Place the squashes in the pan, cover, and bake in 375° oven for 45 minutes. Uncover and cook until a fork easily penetrates in the skin. While cooking baste he squashes with the juices.
9. Serve the squash with some of its juices.

Shami Kebab

Ingredients:

- 500 grams veal red meat
- 2 medium boiled potato
- 2 eggs (well beaten)
- 4 tablespoon breadcrumbs (needed for coating)
- 2 cloves garlic
- 1 medium onion (chopped)
- 1 teaspoon black pepper
- 1 teaspoon salt (to taste)
- 1 teaspoon coriander powder
- 3½ cups water
- Oil for pan frying

Preparation:

1. Fry the meat in a pressure cooker with half cup of oil, onion, 2 cloves garlic and a teaspoonful of salt.
2. Add 3 cups of water in the pressure cooker and cook with the weight on high heat, allow it to whistle 1 time and then reduce the flame and cook for 25-30 minutes.
3. Let the mixture cool to room temperature. Then grind meat with a blender into a fine paste. Avoid using water.
4. Take 2 boiled potatoes, 2 eggs, black pepper, bread crumbs and salt and grind into a fine paste. Mix both the pastes with 2 eggs well using your hands.
5. Take a small amount of mixture and roll it back and forth between your hands and the work surface to form a rope about 1 foot in length and ¾ inch in diameter.
6. Heat oil and deep fry kebabs till golden brown and lightly crisp. Serve hot with sauce or chutney.

Rice with orange

Ingredients:

- 450 grams long grain white rice, preferably basmati
- 75 milliliters vegetable oil
- 2 medium onions, chopped
- 1 medium chicken or 700–900 grams lamb on the bone cut in pieces
- 570 milliliters water, plus 110 milliliters water
- peel of 1 large orange
- 50 grams sugar
- 50 grams blanched and flaked almonds
- 50 grams blanched and flaked pistachios
- ½ teaspoon saffron or egg yellow food colour
- 25 milliliters rosewater
- 1 teaspoon ground green or white cardamom seeds
- salt and pepper

Preparation:

1. Measure out the rice and rinse several times until the water remains clear.
2. Add fresh water and leave the rice to soak for at least half an hour. Heat the oil and add the chopped onions.
3. Stir and fry them over a medium to high heat until golden brown and soft. Add the meat and fry until brown, turning frequently.
4. Add 570 ml of water, salt and pepper and cook gently until the meat is tender.
5. While the meat is cooking, wash and cut up the zest of a large orange into matchstick-sized pieces, removing as much pith as possible.
6. To remove any bitter taste, put the orange strips into a strainer and dip first in boiling water and then in cold. Repeat this several times. Set aside.
7. Make a syrup by bringing to the boil 110 ml of water and the 50 grams of sugar. Add the orange peel, the flaked almonds and pistachios to the boiling syrup.
8. Boil for about 5 minutes, skimming off the thick froth when necessary. Strain and set aside the peel and nuts.
9. Add the saffron and rosewater to the syrup and boil again gently for another 3 minutes.
10. To cook the rice, strain the chicken stock (setting the meat to one side), and add the syrup.
11. Make the syrup and stock up to 570 ml by adding extra water if necessary.
12. The oil will be on the surface of the stock and this should also be included in the cooking of the rice.
13. Bring the liquid to the boil in a large casserole. Drain the rice and then add it to the boiling liquid. Add salt, the nuts and the peel, reserving about a third for garnishing.
14. Bring back to the boil, then cover with a tightly fitting lid, turn down the heat to medium and boil for about 10 minutes until the rice is tender and all the liquid is absorbed.
15. Add the meat, the remaining peel and nuts on top of the rice and cover with a tightly fitting lid. Put into a preheated oven at 150 degrees Celsius (300 degrees Fahrenheit) . For 20–30 minutes. Or cook over a very low heat for the same length of time.
16. When serving, place the meat in the centre of a large dish, mound the rice over the top and then garnish with the reserved orange peel and nuts.

Sweet fried bread

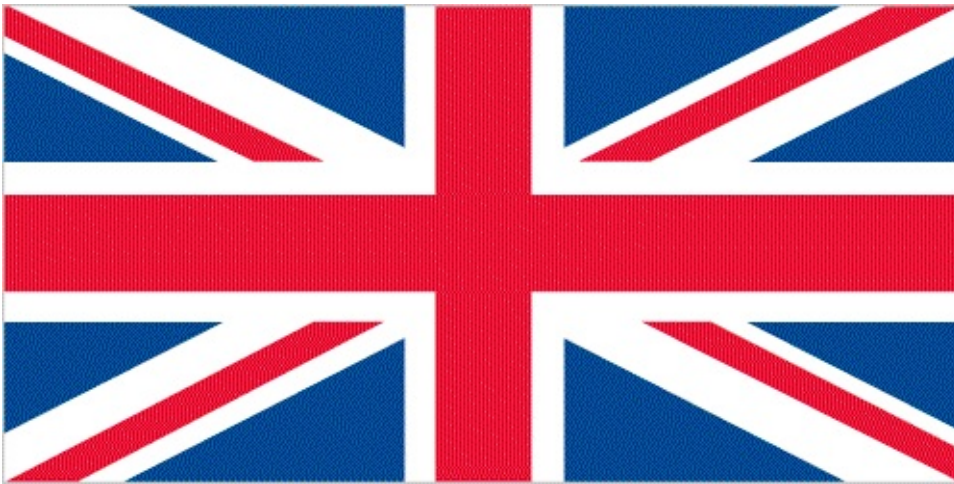
Ingredients:

- 560 grams plain white flour, sifted
- 1½ teaspoons salt
- 1 packet fast-acting yeast
- 275 milliliters lukewarm water
- 12 tablespoons oil, plus more for deep-frying

Preparation:

1. Sift the flour with the salt and mix in the yeast.
2. Add the water a little at a time and mix to form a firm dough.
3. Knead the dough until it is smooth and elastic, shape it into a ball and leave it, covered, in a bowl for about half an hour.
4. Divide the dough into 4 balls, and again divide each of these into 4, making 16 altogether.
5. On a lightly floured board roll each ball in turn into a disk no thicker than 1.5 mm. Then, using a pastry brush, brush 1 tablespoon of oil over 3 disks and stack them on top of each other topping with a fourth. Press down lightly with a rolling pin.
6. Each stack should not be more than 5 mm thick and repeat, making 4 breads in all.
7. Heat enough vegetable oil in a large frying-pan and deep-fry the breads over a medium to high heat, one at a time, until light brown. They should not be too crisp and remove and drain.
8. Sift the icing sugar over the hot breads, on both sides.

Akrotiri



Fried Halloumi

Ingredients:

- 1 (8 ounce) halloumi cheese
- 1/2 teaspoon olive oil

Preparation:

1. Slice the cheese about 3/8th inch thick, brush with olive oil on both sides and sear in a hot pan.
2. The cheese should be a golden color on each side. If you pan is hot enough, it should only take one to two mins per side.

Village Salad

Ingredients:

- 2 Tomatoes
- 1 medium cucumber, peeled
- 1/2 small red onion, thinly sliced
- 1/4 cup feta cheese
- 1/2 cup whole kalamata olive, pitted
- 1 tablespoon chopped fresh parsley
- 2 tablespoons olive oil
- 1 teaspoon oregano
- 1 tablespoon lemon juice
- 1 tablespoon white wine vinegar

Preparation:

1. Cut the tomatoes into wedges and layer in the bottom of a glass bowl. Slice the cucumber and layer on top of the tomatoes. Top with thinly sliced red onion, feta, olives and parsley. Shake the remaining ingredients together and pour on the salad.

Pork Souvlaki with Tzatziki

Ingredients:

- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice (about one lemon)
- 1 teaspoon dried oregano
- 4 garlic cloves, pressed
- 1 pound pork shoulder, trimmed of fat and cut into 1 inch cubes
- 6 pieces of hot pita bread (pocketless)
- 1 large Tomato, diced
- 1/2 small red onion, sliced
- 1/2 small cucumber, peeled and sliced
- 1 cup shredded Lettuce

tzatziki:

- 6 ounces plain Greek yogurt
- 1/2 cucumber, peeled and shredded
- 1 garlic clove, pressed
- 2 teaspoons distilled white vinegar
- 1 tablespoon extra virgin olive oil
- salt

Preparation:

1. Shake the olive oil, lemon juice, garlic and oregano together in a large pan. Add the cubed pork and toss so long as coated. Cover and refrigerate for one hour.
2. Thread the pork onto skewers (you can use metal or soaked wooden ones).

Cook over hot coals or under the broiler, turning frequently, so long as nicely blackened but not overcooked. Meanwhile, mix the tzatziki ingredients together in a small pan or bowl. Add the pork to hot pita bread and fold. Top with tomato, onion, cucumber and shredded lettuce. Add about 1 to 2 tablespoons tzatziki to the top of each serving.

Casserole Eggplant

Ingredients:

- 2 pounds eggplant, courgettes, or a mix, trimmed and sliced lengthways
- 2 large potatoes, peeled and sliced
- 1/2 cup olive oil
- 2 medium onions, sliced
- 1 pound beef, lamb, or pork, minced (I left this out)
- 2 large tomatoes, grated
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1/2 glass red wine (I left this out too)

White Sauce:

- 4 Tablespoons butter
- 4 Tablespoons flour
- 3 cups of boiling milk
- 2 eggs
- Pinch salt and pepper

Preparation:

1. Preheat the oven to 350 degrees and fry the eggplant and potato slices in the oil till brown, but not cook all the way through.
2. Remove the eggplant and potato, add the onions to the oil, then the meat. Remove the onions and meat from the pan. Add the tomatoes, spices, and wine, and cook until the liquid is absorbed.
3. Make the white sauce: melt the butter in a saucepan, stir in the flour, add milk gradually and whisk until the lumps are gone. Add salt and pepper, bring to a boil, remove from heat, stir for 1-2 minutes, then add the eggs and stir until the sauce is well mixed.
4. Make a layer of the potatoes and eggplant in the bottom of the casserole dish, spread the tomato mixture over it, layer the onions on top, pour the white sauce over everything, and top with a bit of cheese. Bake for about 50 minutes, until the top is crusty and serve!

Halloumi Kebabs

Ingredients:

- 250 gramsrams halloumi cheese
- 1 yellow pepper, deseeded
- 1 red onion
- 8 large cremini mushrooms
- 1 tablespoon olive oil
- 2 tablespoons chopped fresh coriander
- 1 lime, juice of
- 1 garlic clove, crushed
- fresh ground black pepper

Preparation:

1. Cut the cheese, pepper and onion into even-sized pieces about 1 inch (2.5 cm) square. In a large pan, mix the oil, coriander, lime, garlic and plenty of ground black pepper. Stir in the cheese, pepper, onion and mushrooms and leave to marinate in the fridge for at least 30 mins or overnight if preferred.
2. When you're ready to barbecue the kebabs, thread the cheese and vegetables onto skewers. Put the kebabs over the hot coals, turning occasionally so long as charred at the edges – about 10 mins. Brush with leftover marinade juices as you turn them.
3. Serve with rocket salad.

Apoundania



Fried Meatballs

Ingredients:

- 1 pound ground meat
- 1 slice stale bread
- 1 small onion, finely-grated
- 2 tablespoons chopped Feta cheese
- 2 tablespoons bread crumbs
- 2 tablespoons oil or melted butter
- 1 tablespoon chopped parsley
- Salt
- Pepper
- Mint
- Oregano
- 1 cup flour
- 1 cup oil (olive oil recommended)

Preparation:

1. Soak bread in water and squeeze hard to drain. Add ground meat, bread crumbs, oil or melted butter, onion, parsley, salt, pepper, and mint. Mix thoroughly, and form into 1 inch thick patties, sprinkle with salt, pepper, and oregano.
2. Roll in flour and fry in hot oil. Serve hot with French Fries, rice or mashed potatoes.

Main dish of Mixed Vegetables

Ingredients:

- 2 pounds various vegetables (peppers, eggplant, okra, zucchini, potatoes, etc)
- 1/2 cup oil, divided
- 1 cup chopped onion
- 1 cup peeled chopped tomatoes
- 1 tablespoon chopped parsley
- Salt
- Pepper

Preparation:

1. After cutting off inedible tips of vegetables, wash and slice them into 1 inch squares. Sauté vegetables in half of the oil and remove them from the frying pan. Sauté onion and tomatoes in the remaining oil, and season with parsley, salt, and pepper.
2. Put everything in a stock pot with a cup of water, cover tightly, and simmer until almost all moisture has cooked away. Serve hot, accompanied by steak, meatballs, or any other main dish.

Baked Lamb and Yogurt

Ingredients:

- 1 to 1/2 pounds lamb

- 4 tablespoons butter (1/2 stick)
- 2 tablespoons rice
- Salt, pepper

Yogurt sauce:

- 1 tablespoon flour
- 4 tablespoons butter (1/2 stick)
- 2 pounds yogurt
- 5 eggs
- Salt, pepper

Preparation:

1. Cut meat in 4 serving pieces, sprinkle each piece with salt and pepper, and bake in a moderately-heated oven with half the butter, sprinkling the meat with its gravy now and then. When meat is half-baked, add rice; remove the baking pan from the oven and leave it aside while you prepare the yogurt sauce:
2. Sauté flour in butter until mixed thoroughly. Mix yogurt with salt, pepper and eggs until a uniform mixture is obtained, and finally stir in the flour. Put the sauce mixture in the baking pan; sauté it with the meat pieces and bake at 375 degrees Fahrenheit for about 45 minutes. Serve hot!

Veal or Chicken with Walnuts

Ingredients:

- 2 tablespoons flour
- 15 finely crushed shelled walnuts
- 2 beaten eggs yokes
- 1 minced garlic clove
- 1/4 pound sticks butter
- 2 to 3 pounds of Veal or Chicken meat cut up in 1inch cubes

Preparation:

1. Place the meat or chicken in a saucepan and cook over medium heat until tender. Then remove the meat setting it aside in a dish while leaving the remaining juices in the saucepan. In another saucepan, add the flour and sauté over heat until it becomes light brown in color (do not overcook!) and add the half a stick of butter. Then, add the finely crushed walnuts, minced garlic clove, and the two eggs yokes, stirring constantly. Add the juices from the other saucepan and sauté until all the ingredients thicken.
2. Immediately remove from the heat to avoid solidifying the egg yolks. Then fold in either the meat or chicken. Pan fry the remaining half stick of butter until brown and pour over the four servings.

Spinach Pie

Ingredients:

- 1 cup oil, preferably olive oil

- 1 1/2 packets (or about 30) pastry leaves (Filo Dough)
- 1 1/2 pounds spinach, chopped
- 1 cup diced feta cheese
- 1/2 cup chopped green onions
- 2 eggs
- salt, half teaspoon
- medium-sized baking pan

Preparation:

1. Brush the baking pan with some of the oil, and start laying the pastry leaves inside. First, lay two leaves, sprinkle or brush with oil, then lay two other leaves, and repeat the procedure until half of the leaves are laid. Make sure that they cover the pan by hanging them about one inch over the edges of the pan.
2. Sprinkle spinach with salt, then mix well by hand. Add the feta cheese, oil, onions, eggs and salt, and spread this mixture over the already laid pastry leaves. Finish by covering the spinach with the rest of the pastry leaves repeating the first-half procedure and then roll the hanging edges of the bottom leaves over the pie (think of a pizza crust), sprinkle top with oil and bake moderately at 350 degrees Fahrenheit for about 45 minutes, or until golden brown. Serve hot, accompanied with buttermilk, or beaten yogurt, thinned down in cold water or with chilled stewed prunes.

Bean Yahni Soup

Ingredients:

- 2 cups of dry white beans
- 1/2 cup chopped onion
- 1/2 cup olive oil
- 2 tablespoons tomato sauce
- 1 tablespoon chopped parsley
- 1 tablespoon chopped mint
- salt, chili powder

Preparation:

1. Boil beans in hot water in an uncovered pot for 5 minutes. Rinse and boil for another 15 minutes in a covered stock pot in 3 cups hot water. Sauté onion in olive oil until it turns yellow. Add 2 tablespoons bean stock from the pot along with tomato sauce, parsley, salt and chili powder for taste.
2. Cook for 10 minutes or until a thick sauce is formed, then pour everything into the pot. Add chopped mint, cover tightly and cool for 2 hours over low heat, or for 30 minutes in a pressure cooker.

Veal with large Lima Beans

Ingredients:

- 1 1/2 pounds veal
- 1 large onion, grated

- salt, pepper, tomatoes
- 1 1/2 pounds of large Lima beans

Preparation:

1. Select shoulder parts of the veal and cut them into 1” cubes. Wash the meat thoroughly with cold water, drain, and then place the meat in a pot together with butter and grated onions and stir fry for a few minutes. As the meat is frying, add water until the pieces are covered. Also add salt, pepper, and only two to three tablespoons of tomatoes (note: tomatoes can be cut into pieces to the size of your choice). Cover the pot and let the meat boil.
2. In the meantime, cut the ends off the Lima beans and clean them well (you also cut them in half if you desire). Add the Lima beans to the meat after it has been boiling for several minutes. Also add water until everything in the pot is covered. Finally, when the beans are done boiling, add the rest of the tomatoes. Then let the stew boil for a few more minutes so that the liquid can thicken.

Meatballs with Egg and Lemon Sauce

Ingredients:

- 250 gramsrams ground meat (lamb)
- 1/5 glass rice
- 1 tablespoon margarine
- 1 bunch parsley
- 2 1/2 glasses water
- 1/2 tablespoon black pepper
- 2 tablespoons salt
- 1 large onion

Sauce:

- 2 egg yolks or 1 egg
- 1/3 glass of water
- 1 lemon (the juice)

Preparation:

1. Grate the onion. Boil rice in 3 glasses of water and drain. Chop the parsley. Add the onion, rice, black pepper and 1 teaspoon salt to the ground meat and knead for 3 minutes. Moisten hands and form walnut sized balls of the meat, put them in a pan containing chopped parsley leaves and shake gently to coat meatballs with parsley. Add 2 1/2 glasses of water, the margarine and 1 teaspoon of salt to the pan and cover. Cook over moderate heat for 30 minutes.
2. When the meatballs are cooked, put the egg yolks or the egg, the lemon juice and water for the sauce into a bowl and beat gently. Add the sauce to the pan, stir a couple of times to blend and serve. Instead of parsley you can put dried mint.

Tirana Furghe with Peppers

Ingredients:

- Green or Red Peppers, half- pound
- Red Tomatoes, one pound
- Salted Cottage Cheese or Greek Feta Cheese, half-pound
- Flour, one tablespoon
- Butter, one quarter-pound stick
- Virgin Olive Oil, 3 tablespoons
- Add Salt, Black Pepper, and Chili Pepper to your taste

Preparation:

1. Peel the skin off the tomatoes and peppers. Sauté them in a saucepan for 5-7 minutes only in the olive oil and then set them aside to cool down for 15 minutes. Dice them the way you like. In another saucepan, melt the butter. Add flour, cottage or Feta cheese, and black pepper, salt and chili pepper to taste. Mix all the ingredients together and place them in saucepan.
2. Put saucepan in a preheated 350 oven for 15 minutes. Take out and serve immediately.

Fried Eggplants, Zucchini and Green Peppers with Plain Yogurt

Ingredients:

- 1250 grams eggplants
- 1500 grams zucchini
- a piece of cucumber finely chopped
- 250 grams yogurt
- 2 tablespoons salt
- 4 cloves of garlic

Preparation:

1. Peel the eggplants in lengthwise strips at 1 1/2 cm intervals, then cut either in circles or in long slices. Sprinkle salt over and place the eggplants in salted water for half an hour to drain off their bitter juices. Squeeze each eggplant before putting into hot oil. Fry both sides, drain away excess oil and place on a serving plate.
2. Scrape the skin of the zucchinis until their green parts can be seen, sprinkle with salt and leave aside for 1.5 hours. Put flour and water into a bowl and blend together. First place the zucchini in flour-water mixture and then into the hot oil. Fry until both sides are golden. Place them with the eggplants and peppers.
3. Mix cucumber and yogurt, pour over the fried vegetables (if desired, crushed garlic can be added to the yogurt).

Fried pastry with Syrup

Ingredients:

- 2 tablespoons melted margarine
- 1 glass flour
- 3 tablespoons water
- 4 eggs
- 1/2 teaspoon salt
- 1 1/4 glasses olive oil

Syrup:

- 2 glasses sugar
- 1 3/4 glasses water
- 1 teaspoon lemon juice

Preparation:

1. Syrup: Put the sugar, water and lemon juice into a saucepan, and after melting the sugar by stirring, allow it to boil until moderately thick. Set aside to cool.
2. Pastry: Heat the margarine in a saucepan, add the water and salt and bring to the boil. Reduce heat and add the flour at once. Stir the mixture constantly with a wooden spoon and continue until mixture leaves the sides of the pan and forms a ball. This should take 6 minutes, then remove pan from heat and set aside to cool.
3. When cool, add the eggs and knead for approximately 10 minutes, using a pastry bag with a large nozzle, put 7-8 pastries in a pan containing the heated olive oil. Start frying the pastry over low heat, increase heat when pastry puffs up a bit and fry until golden. Remove fried pastry with a perforated spoon, draining away the oil, then put into the syrup. Strain off the syrup, place Tulumba on serving plate and serve cool.

Cookies

Ingredients:

- 1 cup of yogurt
- 3 eggs
- 1 cup of sugar
- 1/2 cup of butter
- 1 teaspoon of baking soda
- 2 packs of vanilla or the peel of half of a lemon
- 1 kilogram (about 35 ounces) of flour.

Preparation:

1. Mix the baking soda in the yogurt, add the above mentioned products one by one and prepare the dough. With hands covered with melted butter take pieces of the dough and shape into ovals about the size of a walnut, then place them on a butter covered baking pan and leave spaces in between each piece of dough.
 2. From above cover the pieces of dough with beat eggs, sprinkle sugar and cook in a medium-heat oven.
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Algeria



Pasta with Chicken

Ingredients:

- 1 whole chicken (or 6-8 pieces bone-in chicken)
- 3/4-1 cup canned chick-peas
- 2 tablespoons ghee or 2 tablespoons butter or 2 tablespoons oil
- 1/4 teaspoon black pepper
- 1/2-3/4 teaspoon cinnamon
- 1 teaspoon tomato puree, concentrate
- 2 onions
- 1 -2 garlic clove, minced
- 1/2 teaspoon ras el hanout spice mix
- salt
- 4 eggs
- 500 grams orzo pasta (or homemade tli tli)
- 1 chicken stock cube
- olive oil or sunflower oil

Preparation:

1. Cut chicken up into serving sizes (6-8 pieces)
2. Brown in a large pan with the ghee, finely chopped onions, cinnamon, ras el hanout and pepper. Add 1 cup water and cook for 10 minutes. Add chick peas and add enough water to cover. Tomato puree and the stock cube
3. Cover and cook on medium heat for 1 hour and a half in a pan or 40 minutes in the pressure cooker on med-high. If cooking in a pan, you may need to add a little extra water. Whilst the sauce is cooking, prepare the pasta and eggs.
3. Hard boil the eggs, then peel and cut into halves. In a bowl, mix the pasta with 1/2 cup water and a tiny bit of olive or sunflower oil. Place in a steamer and steam

for 15 minutes. Remove from steamer and separate the pasta with a little water.

- Put the pasta in a large pan and slowly spoon in a little sauce at a time until the pasta is fully cooked and the sauce has been absorbed nicely - the pasta should be moist with a little sauce coating it - not dry.
- Place pasta in a large dish / platter and top with the chicken pieces, egg halves and a some more sauce. Serve immediately with a green salad and crusty bread.

Algerian Mashed Potatoes Layered With Beef

Ingredients:

- 1 pound potato, peeled, boiled until tender
- 2 tablespoons butter
- 1 teaspoon salt
- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 1/2 pound ground beef
- 1/4 teaspoon pepper
- 1 medium egg, beaten
- 2 ounces gruyere cheese, grated

Preparation:

- Mash potatoes with butter and salt.
- Heat oil in skillet, add onion, beef and pepper.
- Saute for 5 minutes and drain beef mixture.
- Butter a 1 quart casserole. Put half of the potatoes in the bottom of the dish. Add the meat mixture and cover with the remaining mashed potatoes. Smooth the surface.
- Cover with the beaten egg and sprinkle with cheese. Bake in 350 degrees oven until the surface is golden about 30 minutes.

Roast Chicken

Ingredients:

- 1 (4 pounds) roasting chickens
- 2 lemons, halved
- 2 large garlic cloves, minced
- 3 tablespoons unsalted butter
- 1 tablespoon seasoning, mixed (she recommends a mixture of sumac, sesame, cumin, coriander and fennel seeds, ground)
- 1 1/2 tablespoons coarse salt
- coarse salt
- fresh ground pepper
- olive oil
- 4 sprigs thyme

Preparation:

1. Pre-heat oven to 450 degrees Fahrenheit
2. Place the chicken on a rack in a roasting pan and slide your fingers under the skin of the breast and thighs to loosen or separate it from the flesh.
3. Mash the garlic with the salt, using a fork or a mortar and pestle. Work the garlic/salt paste into the butter and then work in the spices; using your fingers, spread the spiced butter into the cavities between the skin and the flesh of the chicken.
4. Squeeze the juice of one lemon over the chicken; sprinkle with salt and pepper. Season the cavity with salt and pepper and place the four lemon halves and the thyme inside. Roast the chicken breast side down for 15 minutes.
5. Turn the chicken breast side up and reduce the oven temperature to 350 degrees.
6. Baste frequently, using additional water and olive oil as needed. If the skin begins to brown too soon, cover with foil (but remove the foil about 15 minutes before the roasting time is up).
7. The chicken should be done in about 90 minutes; the skin between the breasts and the legs should become almost transparent, the legs should move easily in the socket, and any juices should be clear.
8. Let rest before carving. Strain excess fat out of the cooking juices and squeeze in some lemon juice for a lovely flavor.

Algerian Poached Eggs

Ingredients:

- 3 tablespoons olive oil
- 1/2 teaspoon cumin seed
- 1 tablespoon paprika
- 1 onion, thinly sliced
- 1 tablespoon harissa, for a spicier, deeper flavor
- 3 garlic cloves, minced
- 3 tomatoes, peeled, seeded and diced (can use good quality organic canned diced tomatoes)
- 1 potato, small diced cubes
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced, if not using add more red and green bell pepper
- 2 chili pepper, for those that like heat
- 1 cup water
- kosher salt
- fresh ground pepper
- 4 eggs
- parsley or cilantro, chopped
- black olives
- capers

Preparation:

1. In a deep skillet, heat the oil over medium heat. Add cumin seed to the hot oil for about 15 seconds before you add the paprika. Stir in paprika and let cooking slightly to color the oil, about 10-15 seconds.
2. Add the onions and garlic (add optional harissa here) and sauté until onions are translucent and wilted but not browned, about 5 minutes.
3. Add tomatoes and bring to a rapid simmer. Add peppers (also add seeded and diced chili peppers here if using) and potatoes, water and salt and pepper. Reduce heat to low, and simmer, covered, for about 10 minutes. Add more water as needed.
4. Form four small indentations in the simmering peppers to hold the eggs. Crack eggs, one by one, into a small bowl and slide each egg into an indentation. Cover and simmer another 10 minutes or so until eggs are cooked through.
5. Sprinkle with chopped parsley or cilantro and optional black olives and capers. Serve with crusty bread or rice.

Lemon or Sesame Cookies

Ingredients:

- 1 kilogram plain flour
- 6 eggs
- 240 grams granulated sugar
- 2 teaspoons baking powder
- 1/4 liter sunflower oil or 1/4 liter vegetable oil or 1/4 liter canola oil

Lemon Cookies:

- 4 lemons, zest of, finely grated

Sesame Cookies:

- 1 egg, beaten
- 1/4 cup sesame seeds, lightly toasted

Preparation:

1. In a large bowl, beat the eggs and the oil. Add the baking powder (and lemon zest if using), and slowly add the flour, mixing the ingredients with your hands until a dough forms. You will probably not need all of the flour.
2. Once you have a firm dough, you can shape your helouwa. To shape, you have 2 choices: you can roll out to 5mm thickness and cut out with your favourite cookie cutters OR you can roll into a 1cm thick 'sausage' and make rings and straight lengths them decorate with a Nakkach or fork if you don't have one
3. If making the sesame version, once you have cut out all your cookies, brush a little beaten egg over the top of the cookies and sprinkle with the sesame seeds.
4. Place on a tray lined with aluminium foil (shiny side up) and bake for 25-28 minutes. The cookies should be pale but hard when tapped. (Unless you want them soft on the inside, in which case you should take them out after 20 minutes).
5. Allow to cool then store in an airtight container for at least 2 weeks.

Algerian Cucumber Salad

Ingredients:

- 1 large cucumber, peeled, halved lengthwise, seeded, thinly sliced
- 1/2 green capsicum, cored, seeded and cut in half lengthwise
- 1/3 cup pitted and coarsely chopped green olives
- 4 large fresh mint leaves, finely chopped
- 2 tablespoons finely chopped fresh coriander leaves (cilantro)
- 1/2 teaspoon paprika
- 1/4 cup extra virgin olive oil
- 3 1/2 teaspoons white wine vinegar
- salt and freshly ground black pepper

Preparation:

1. Toss the cucumber in a salad bowl with the green pepper, olives, and mint. Add the coriander, paprika, olive oil, and vinegar, season with salt and pepper, toss again, and serve.

Algerian Almond Cakes

Ingredients:

Makrout:

- 3 cups ground almonds
- 1 cup granulated sugar
- 4 limes, zest of, finely grated
- 3 small medium eggs

Roll:

- 3 tablespoons cornflour (maize or cornstarch)
- To decorate
- 2 cups of light sugar syrup
- 2 1/2 cups icing sugar (confectioner sugar)

Preparation:

1. Place the first 4 ingredients in a large bowl and mix well - traditionally with your hand. Dust work top with a little cornflour, separate the dough into 1/4's and then roll mixture into a sausage shape - approximately the thickness of a frankfurter or average thumb.

2. Cut the sausage into 3cm pieces. Do this at an angle to create lounceange or diamond shapes. Bake on middle shelf at approx 170 degrees Celsius until set but still pale in colour.

3. When cooled slightly, drop one by one into the syrup. Hold on a fork and allow excess to dribble off before slowly dropping into the sugar. Re-dip with sugar 5 minutes later and pop into paper cases.

4. For the syrup you can make it easily by putting 2 cups of water, a halved lime and 1 cup of sugar in a pan and boiling for 10 minutes. It needs to be nice and light - just enough to hold the icing sugar on.

Sweet Lamb Dish

Ingredients:

- 2 1/2 pounds lamb, cubed
- 3 tablespoons butter
- 1/2 teaspoon ground cinnamon
- 3 cups water
- 1/4 cup sugar
- 16 prunes, soaked and drained (ready to eat)
- 2 tablespoons raisins
- 2 tablespoons almonds
- 1 pear, peeled and cubed
- 1/4 cup orange juice
- 1 teaspoon orange blossom water (mazhar)

Preparation:

1. Melt the butter in a heavy bottomed pan. add the lamb and saute over a low heat for around 5 minutes. Add the water, sugar and cinnamon and mix well. Cook on a moderate heat for approximately 40 minutes.
2. Add prunes, raisins, almonds, pear and mazhar. Simmer for 15 more minutes. Add the orange juice and mix well before serving (make sure you have a good mix of ingredients in each portion).

Algerian Chicken Soup

Ingredients:

- 4 chicken drumsticks, skinless (or other bone-in cuts)
- 1 medium brown onion, finely diced
- 200 grams canned chick-peas, rinsed and drained
- 2 1/2 liters water
- 2 inches cinnamon sticks
- 1/2 lemon, juice of
- 1 large egg yolk, beaten
- 1/4 cup fresh parsley, finely chopped
- 3 teaspoons olive oil
- 1 1/2 tablespoons basmati rice
- salt and pepper

Preparation:

1. In a large pot gently fry the onion in the olive oil. Add the chicken and the cinnamon stick and fry for 8 minutes, turning the chicken around to seal. Add the water and some salt and pepper to taste. Cover and simmer for 1 hour and 15 minutes on a medium heat.
2. Remove the chicken from the bones and place the chicken back in the pot. Add the chickpeas to the pot and simmer for further 10 minutes covered.
3. Check the seasoning and adjust if required. Add the rice and cover and cook

for 15 minutes. Add more water and adjust seasoning or simmer uncovered if the soup is too concentrated or too watery.

4. Finally, mix the egg yolk with the lemon juice. Add a few teaspoon of the soup to the mix and whisk then add the egg mixture to the pot in a thin steam, stirring continuously. Cook for 1 minute then add the parsley and take off the heat.

Algerian Chicken and Chickpea Soup

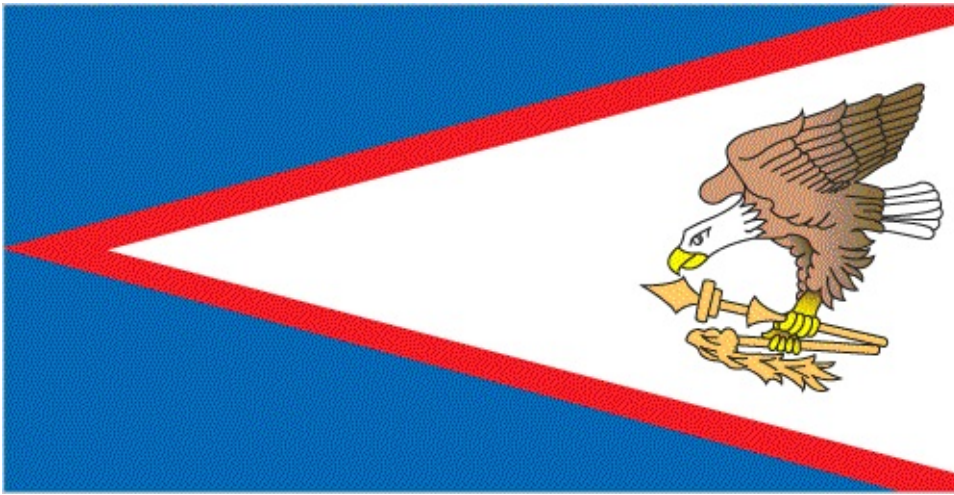
Ingredients:

- 2 tablespoons olive oil
- 4 chicken drumsticks
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 4 teaspoons ras el hanout spice mix
- 1/2 teaspoon ginger
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 3/4 teaspoon sweet paprika
- 1 liter chicken stock
- 1 liter water
- 500 gramsrams canned chick-peas
- 400 gramsrams chopped canned tomatoes
- 1/4preserved lemon, very finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 lemon, juice of

Preparation:

1. Place oil in a large pan, add the chicken and fry to seal all over. Add the spices and fry for a minute more. Add all the other ingredients except the coriander / cilantro, chickpeas and the lemon juice. Bring to the boil then reduce heat, cover and simmer 1 hour.
2. Add the chickpeas to the pan. Take the chicken from the pan and remove all the meat from the bones, shred and put back into the pan. Simmer for a further 20 minutes.
3. If the soup is the consistency you like, you can add the coriander / cilantro and lemon juice now. Simmer for 1 minute, re-season if desired and then serve.

American Samoa



Keke Pua'a

Ingredients:

Filling:

- 2 small pork chops, minced
- 1/2 one onion
- 3 garlic cloves, minced
- 2 tablespoons soy sauce

Dough:

- 1 tablespoon yeast
- 2 tablespoons warm water
- 1 1/2 teaspoons sugar
- 1/4 cup milk
- 2 tablespoons melted butter
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 large egg, room temperature
- 1 3/4 cups all-purpose flour

Preparation:

1. Proof the yeast with the water and first measure of sugar until it is frothy. Then add it and the rest of the ingredients to your bread machine (or mix and knead by hand).
2. Meanwhile, mince the pork and sauté in a little olive oil with the onions. Add the garlic and soy sauce towards the end of cooking. Set aside and let cool.
3. Turn the dough out onto a floured surface and punch down. Divide into 8 parts and flatten each one with the palm of your hand.
4. Spoon a little bit of the filling into the center of each circle, then pull up the edges of the dough and twist to seal. Make sure the filling is completely contained by the dough. Repeat until you have eight little packets.
5. Let the dough rise for another 45 minutes. Place the packets into a vegetable steamer and steam for 15 minutes.

Raw Fish Stew

Ingredients:

- 2 tablespoons salt
- 2 cups water
- pepper
- 1 pound raw fish, cut into bite-sized pieces (marlin or swordfish is traditional, but you can also use sushi-grade tuna)
- 1/2 cup cubed cucumber, seeds removed
- 1 tomato, chopped
- 1/2 one onion, finely diced
- 1 cup coconut milk
- 1 tablespoon fresh cilantro, chopped
- juice of one lime
- salt and pepper

Preparation:

1. Mix the salt, pepper and water together to make a brine. Add the fish pieces and soak for 30 to 45 minutes. Meanwhile, chop the vegetables. At the end of the brining, drain the fish and add the coconut milk, the chopped vegetables, the cilantro and lime juice. You could also add half a finely chopped jalapeño, if you like it spicy. Now put it back in the fridge. Serve cold.

Half-Moon Pies

Ingredients:

Filling:

- 2 cups drained crushed pineapple
- 1 cup sugar
- 1/2 cup milk
- 1/3 cup cornstarch
- 1/3 cup reserved juice from crushed pineapple

Piecrust:

- 3 cups flour
- 2 teaspoons baking powder
- 1/3 cup butter
- 1 cup coconut milk
- 1 pinch salt

Preparation:

1. Combine the pineapple, sugar and milk into a saucepan and heat until simmering. Be careful not to boil or the milk will curdle. Now mix the cornstarch with the reserved pineapple juice until it is smooth, and add to the pineapple. Stir until the mixture thickens, then remove from the heat and let cool.

2. Put all of the dough ingredients into a bowl and blend until a dough forms. Divide the dough into five parts, then roll each part into an 8 inch circle.

3. Spread some onto one half of each circle. Fold the other half over the top, stopping about a quarter inch from the edge. Fold the bottom quarter inch over the top edge, then crimp with a fork. Repeat until you've finished all of your pies.
4. Prick a couple of holes in the top and put into a 375 degree oven for 30 to 35 minutes.

Palusami casserole

Ingredients:

- 20 ounces of spinach leaves
- 1 (12 ounces) can corned beef, broken into pieces
- 2 (10 ounces) cans coconut milk

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit (175 degrees Celsius). Make a layer of spinach leaves in the bottom of a 9x13 inch baking dish. Sprinkle with some of the corned beef, then keep repeating layers of spinach and corned beef until you run out of spinach. Don't worry about how full the dish is because the spinach will shrink as it cooks. Pour both cans of coconut milk over the dish, pressing the leaves down with a spoon.
2. Cover tightly with a lid or aluminum foil. Bake in the preheated oven for 45 to 55 minutes, or until spinach has completely wilted and the sauce is bubbly.
3. Cool for 10 minutes before serving.

Samoan Noodle Soup

Ingredients:

- 4 quarts water
- 1 tablespoon salt
- 1 (8 ounces) package dry pasta. (Egg Flour, Rice or Japanese soba noodles)
- 4 cups soup stock if you have it, chicken broth or throw in a boullion cube.
- 1 tablespoon grated fresh ginger
- 2 tablespoons soy sauce

Preparation:

1. In a large pot over medium-high heat, add 4 quarts of water and salt; bring to a boil. Add noodles and boil 6 minutes until soft. Remove from heat, drain pasta. In a pot over medium-high heat, add soup to noodles.
2. Reduce heat to low. Add soy sauce and your favorite toppings; simmer for 5 minutes longer or until toppings are cooked. Remove from heat. Place cooked noodles in a large soup bowl; spoon broth mixture (with toppings) over the top and serve.

Samoan green bananas

Ingredients:

- 2 bunches green bananas
- 2 cans coconut milk
- 1 cup chopped onions

Preparation:

1. Fill a pot with water to cover the bananas and bring to a boil. Add bananas and cook until soft when poked with a fork. Pour off water when cooked. Mix coconut milk, onions and salt, stir together, and add to the bananas.
2. Bring to another boil - cook until the sauce thickens, cool a bit and serve.

Tartlets

Ingredients:

- 3 tablespoons cold unsalted butter, cut into pieces, plus more for greasing
- 1/3 cup all-purpose flour
- 1 cup shredded coconut, toasted, plus more for garnish
- 2 tablespoons packed light brown sugar
- 5 ounces semisweet or bittersweet chocolate, very finely chopped
- 1/4 teaspoon salt
- 3/4 cup dulce de leche, warmed (available in the dessert-topping section)
- 1 quart coconut ice cream

Preparation:

1. Position a rack in the middle of the oven and preheat to 350 degrees. Grease a 12-cup muffin pan with butter.
2. Pulse the flour, 1/4 cup coconut, brown sugar and salt in a food processor until combined. Add the cold butter and pulse until the mixture resembles wet sand with pea-sized pieces, about 5 times. Put 1 heaping tablespoon of the mixture in each muffin cup and press to make even rounds. Bake until the crusts are golden, about 20 minutes.
3. Remove the pan from the oven and sprinkle the chocolate evenly over each crust. Turn off the oven; return the pan to the oven to melt the chocolate, about 3 minutes. Sprinkle each crust with 1 tablespoon of the remaining coconut. Cool slightly, then freeze crusts in the pan until set, about 15 minutes.
4. With a thin spatula, gently remove each crust from the muffin pan. Top with a small scoop of coconut ice cream, drizzle with dulce de leche and garnish with more coconut.

Cheese Cake

Ingredients:

- 24 Oreo cookies
- 4 Tablespoons melted butter
- pinch of salt
- 1 cup granulated sugar
- 3 (8 ounces) bricks neufchatel (low-fat) cream cheese, softened
- 1 cup plain or vanilla Greek yogurt

- 2 teaspoon vanilla extract
- 3 eggs

Topping:

- 2 cups shredded sweetened coconut
- 1 3/4 cups caramel dip or sauce (you can either buy the 16-ounce store-bought tubs of caramel dip
- 4 ounces dark chocolate

Preparation:

1. Making cheese cakes - preheat oven to 325 degrees Fahrenheit, and grease a 9 inch springform pan. Carefully wrap the outside of the pan in 2 layers of heavy-duty aluminum foil, being sure that there are NO gaps where water could seep through. Add Oreo cookies to the bowl of a food processor, and process until completely crumbled. (Or you can do this step by hand by crushing Oreos with a meat mallet inside a ziplock freezer bag.) Add in the melted butter, and stir or process until evenly mixed with the Oreos. Press the Oreo mixture evenly into the bottom of the springform pan. Then place the pan in a large roasting dish (or any pan larger than the springform), and bring a tea kettle or pot of water to boil in preparation for the water bath. Set aside.
2. Using an electric mixer, beat cream cheese on medium speed for 3 minutes until smooth. Add sugar and beat for an additional minute until well blended. Add Greek yogurt and vanilla, and beat for an additional minute, stopping partway to scrape the bottom of the bowl with a spatula. Add eggs, one at a time, beating on low speed after each addition just until blended. Do not overbeat! Pour into crust.
3. Place the double pans in the oven on a shelf on the bottom third of the oven. Very carefully use a tea kettle (or large measuring cup) to pour the boiling water in the larger pan to form a water bath around the springform, so that it comes up about 1 inch around the springform.
4. Close the oven door, and bake about 1 hour 30 min, or until center is almost set. (The cake should still jiggle ever so slightly.) Turn oven off, and open oven door slightly. Let cheesecake set in oven 1 hour. Then remove cheesecake from oven, carefully run a knife around the edges of the cake, and then let cool to room temperature. Refrigerate at least 4 hours or overnight. Remove springform rim, and top cheesecake with Samoa topping. Return the cheesecake to the refrigerator for at least 15 minutes for the topping to set. Then serve, or cover and refrigerate for up to 5 days.
5. Making the topping: Preheat oven to 350 degrees Fahrenheit. Spread shredded coconut out in an even layer on a parchment-covered (or aluminum foil-covered) baking sheet. Bake for about 6 minutes, or until the top layer of coconut is toasted and lightly golden, then remove the tray and stir the coconut. Bake for an additional 3-4 minutes or until the new layer of coconut is lightly golden. (Keep a close eye on it so that the coconut does not burn.) Remove the pan, and pour coconut into a mixing bowl.
6. Add 1 cup caramel sauce to the bowl with the coconut, and stir to combine. (If your caramel is not very pour-able, heat it in the microwave or in a small

saucepan until it is just slightly warmed.) Using a spoon, spread a separate 1/2 cup of caramel sauce onto the chilled cheesecake. Then top with the caramel/coconut mixture, and press it down until the top of the cheesecake is covered.

6. Pour the melted chocolate into a piping bag or a Ziplock bag with the corner snipped off, then pipe it onto the top of the coconut or caramel mixture in even lines. Repeat in a separate bag with the remaining caramel sauce.

Magic Bars

Ingredients:

- 1/2 cup unsalted butter, softened
- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- Pinch of salt
- 2 cups chocolate chips (semi-sweet or milk)
- 1 cup sweetened shredded coconut
- 3/4 cup Kraft caramel bits (or about 18 square caramels, cut in half)
- 1 can (14 ounces) regular or fat-free sweetened condensed milk

Preparation:

1. Line a 9x13" pan with foil and spray with cooking spray. The foil is optional, but helps aid in removing these from the pan.
2. Preheat oven to 350 degrees Fahrenheit. Beat butter in a stand mixer until smooth. Mix in flour, sugar, and salt. Beat until the mixture is crumbly. It's done mixing when you can press it together between your fingers and it sticks together. (You can use a hand mixer but it will take a really long time to come together, FYI.) Press into the bottom of the prepared pan. Bake for 10 minutes.
3. Remove hot crust from the oven and sprinkle with chocolate chips, coconut, and caramels. (Note: if you can't find caramels or caramel bits, you can use Rolos or Caramel Hershey's Kisses, chopped.)
4. Pour sweetened condensed milk evenly over the top. Bake for 25-30 minutes until golden around the edges. Cool completely before cutting.
5. Store in an airtight container for up to 4 days. These can be frozen in a single layer in a resealable plastic bag or plastic container.

Marinated Raw Fish in Coconut Cream

Ingredients:

- 1 teaspoon salt
- 1/2 cup lemon juice
- 1/2 lemon, sliced
- 2 tomatoes, diced
- 1 medium onion, finely chopped
- 400 milliliters coconut cream, if it's not too rich or 1/2 cup coconut cream, if it's rich

Preparation:

1. Cut fish into cubed pieces. Sprinkle with salt then lemon juice. Cover and chill for 2 hours or overnight or until fish whitens, stirring occasionally.
2. Put in onion, coconut cream, tomatoes and cucumber, and garnish with 1/2 lemon slices. Serve chilled.

Samoan Coconut Pudding

Ingredients:

- Coconut caramel
- 1 cup sugar
- 3/4 cup coconut milk
- Butter
- 2 cups flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1 pinch clove (optional)
- 1 teaspoon vanilla powder or 1 teaspoon vanilla essence
- 2 eggs
- 1 cup milk
- 1/2 cup oil

Preparation:

1. In a saucepan over medium heat place 1 cups sugar & allow to dissolve into syrup. Reduce heat and still stirring add coconut milk (Attention! Caramelized sugar and coconut will bubble and it's really hot!). Don't stop to stir until sugar is melted and the syrup is smooth. Set aside to cool.
 2. In a bowl mix all dry ingredients together. In another bowl mix all wet ingredients including coconut caramel (if you like reserve 1/4 cup for the glaze) combining them well together.
 3. Add flour mixture to liquid mixture. Pour batter in a greased mold. Cooking method in oven with foil; Cover the batter with a greased aluminum foil and bake in pre-heated oven at 350 degrees Fahrenheit for about 1 hour.
 34. Cooking method in oven with boiling water; Bake in pre-heated oven where you placed a fire resistant bowl with hot water at 350 degrees Fahrenheit for about 45-55 minutes. Cooking method in steamer; This takes 1-1 1/2 hours. Take puligi out only when ready (wooden stick test) and glaze it brushing the reserved coconut caramel (option) on it. Serving warm with vanilla ice cream, cold with hot custard or simply plain.
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Andorra



Veal in Tomato Sauce

Ingredients:

- 1.5 kilograms veal, cut into 3 cm dice
- 4 garlic cloves, finely chopped
- 2 onions, sliced
- 500 grams crushed or chopped tomatoes
- 1 bayleaf
- 1 sprig thyme
- 1 teaspoon dried oregano, crushed
- 250 milliliters white wine 120 milliliters water extra virgin olive oil salt and freshly-ground black pepper, to taste

Preparation:

1. Wash the veal and rub with a little vinegar then cut into 3cm dice. Add olive oil to the base of a large cast iron casserole dish and fry the veal in this until nicely browned. Remove the meat with a slotted spoon and set aside.
2. Now add the garlic, onion and tomatoes to the pan and fry gently for about 5 minutes before adding the bayleaf, thyme and oregano. Now add the white wine and increase the heat so the mixture comes to a boil.
3. Reduce the volume by about half then add the veal and season. Reduce to a simmer, cover securely and cook gently for about 90 minutes, or until the veal is tender.
4. Serve hot, ladled into warmed bowls.

Bread with Tomatoes

Ingredients:

- 4 thick slices of good, crusty, bread

- 4 garlic cloves, peeled
- 2 large, very ripe, tomatoes extra-virgin olive oil sea salt
- 4 slices Serrano ham

Preparation:

1. Toast the bread, then rub it all over with the garlic. Halve the tomatoes then rub one half over the top of each piece of toast, squeezing them to get the pulp out. Season with salt, drizzle a little olive oil over the top, add the Serrano ham and serve.

Cabbage and Potato Cake

Ingredients:

- 900 grams Savoy cabbage
- 900 grams mashing potatoes, peeled
- 12 thick rashers of salt pork or bacon
- 3 tablespoons olive oil
- 1 garlic clove, minced
- 75grams bacon fat, thinly sliced salt and freshly-ground black pepper

Preparation:

1. Bring two pots of lightly-salted water to the boil and add the cabbage to one and the potatoes to another. Return to the boil then reduce the heat of the cabbage pot to a simmer. The cabbage will typically be done in about 45 minutes and the potatoes in about 25 minutes. Drain the potatoes, return to the pot and toss over low heat to dry then transfer to large bowl. When the cabbage is done, drain in a colander and allow to cool until it can be handled.
2. Take out the core then drain once more and squeeze gently to extract any more water. Roughly chop the cabbage then add to the bowl with the potatoes. Mash the potato and cabbage together with a potato masher and when there are no more lumps of potato season with salt and black pepper before setting aside.
3. In a large, deep frying pan or skillet (about 25cm diameter) fry the salt pork or bacon until done then transfer to kitchen paper to drain and set aside. Add half the bacon fat to the pan and cook until the fat is rendered. Now add half the potato mixture and flatten into a pancake about 1.5cm thick. Continue cooking on high heat until the base forms a nice crust (about 8 minutes).
4. Place a large plate over the pan and invert so that the trinxat falls onto the plate. Now gently slide back into the pan so you can cook the other side. Continue cooking until the base is nicely crusted again then repeat the plate trick to remove the trinxat from the pan.
5. Add the remaining bacon fat to the pan then use this to fry the remaining half of the potato mixture, using exactly the process above. When ready serve the trinxat cut into thirds then cover each slice with two bacon rashers and serve.

Escudella

Ingredients:

- 2 cups dry white beans (I used a 16 ounce package of the small white ones)
- 1 ham bone
- 1 marrow, bone
- 3 chicken thighs (the recipe called for 1/4 of a chicken, but boneless-skinless is so much easier)
- 14 ounces raw pork sausage, rolled into balls
- 1 thick ham steak, cut into chunks
- 1/2 head green cabbage
- 1 large white potato, cut into large chunks
- 1/4 cup uncooked rice
- 1 cup pasta shells
- 1 cup canned garbanzo beans
- salt and pepper

Preparation:

1. Roll the raw sausage into one- or two-bite sized balls. Rinse the dry beans in cold water.
2. Meanwhile, cook the sausage balls over medium heat. Dice the ham. Put the beans, sausage, ham, chicken and bones into the pot with 8 cups of water.
3. Bring to a boil, then reduce heat and let simmer, covered for two hours. The chicken should be very tender, almost falling apart.
4. Remove the bones and bring the remaining stock and meat back up to a boil (if there isn't a lot of liquid you can add more water).
5. Add the cabbage, potato, rice, pasta shells, garbanzo beans and salt and pepper. Cook for another 30 minutes or until the potatoes and rice are tender.

Vegetarian Escudella

Ingredients:

- 8 cups water (can use all or part vegetable broth or add vegetable bouillon cubes)
- 2 cups cooked great northern beans (or pinto beans)
- 1 large onion, chopped
- 1 large carrot, chopped
- 1/2 pound zucchini, diced (200 grams)
- 2 medium potatoes, diced
- 1/3 pound green beans, chopped small
- 2 cups cabbage, shredded
- 1 cup vegetarian sausage, sliced (or crumbled)
- 3 tablespoons olive oil
- 1 tablespoon soy sauce
- 1/2 tablespoon paprika
- 1 tablespoon fresh oregano (1 teaspoon dried) or 1 tablespoon marjoram (1 teaspoon dried)

- salt
- pepper

Preparation:

1. Put the water in a big pan. When it starts to boil add the onion, carrot, and zucchini. Lower heat to medium and cook for 10 minutes.
2. Now add the beans, diced potato, the green beans cut into small pieces, and the cabbage. Add the vegetarian sausage. Cook for 20-25 more minutes, until vegetables are tender.
3. Finally, add the fresh oregano or marjoram (or 1 teaspoon dried), olive oil, soy sauce and the paprika.
4. Let it simmer for a few minutes, salt and pepper to taste and then serve.

Onion Salad with Honey

Ingredients:

- 3 red onions, finely chopped
- 200 grams pitted black olives
- 1 tablespoon honey
- salt and black pepper, to taste
- 4 tablespoons olive oil
- 3 tablespoons white wine vinegar

Preparation:

1. Whisk together the honey, olive oil and white wine vinegar in a bowl, season and then pour over the onions. Toss to combine then cover and set aside to marinate for 1 hour.
2. Add the olives, plate out and serve.

Rabbit in tomato sauce

Ingredients:

- 1 rabbit (about 1.5 kilograms), jointed
- 4 garlic cloves, finely - chopped
- 2 onion, sliced
- 500 grams crushed or chopped tomatoes
- 1 bay leaf
- 1 sprig thyme
- 1 teaspoon dried oregano, crushed
- 250 milliliters white wine
- 120 milliliters water
- extra virgin olive oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Wash the rabbit and rub with a little vinegar then joint and cut into about 15 serving pieces.

2. Add olive oil to the base of a large cast iron casserole dish and fry the rabbit in this until nicely browned.
3. Remove the meat with a slotted spoon and set aside. Now add the garlic, onion and tomatoes to the pan and fry gently for about 5 minutes before adding the bay leaf, thyme and oregano.
4. Now add the white wine and increase the heat so the mixture comes to a boil. Reduce the volume by about half then add the rabbit and season.
5. Reduce to a simmer, cover securely and cook gently for about 90 minutes, or until the rabbit is tender.

Wafer crêpes

Ingredients:

- 500 grams strong flour
- 6 eggs
- 70 grams melted salted butter
- ¼ liter milk mixed with ¼ liter water
- 2 packets of vanilla sugar (2 teaspoons)

Garnish:

- Compote, sugar, golden syrup, jam, chocolate spread, vanilla sugar

Preparation:

1. Place your flour into a bowl and make a well in the middle. Pour the beaten eggs and vanilla sugar and the butter in and start mixing the lot making sure not to make any lumps. Next, start incorporating the milk until it gets to the right consistency (not too thick, not too thin). If you see few lumps, not to worry, just pass your batter through a sieve.
2. Cover the batter and allow to rest for, at least, one hour.
3. Cook your crepes onto a hot, slightly oiled pan by rapidly spreading a small amount of the batter onto the whole surface of your pan.
4. Cook for 10 seconds, then flip over and cook for another 10 more seconds and clear it onto a plate. Repeat this operation until all the batter has been used up. If you cook your crepes over a low heat your crepes will be crispy. In the other hand if you cook your pancakes, quickly, over a high heat they will be soft.

Party Crispies

Ingredients:

- ¼ liter water (about 8 ounces)
- 1 glass of milk
- ½ cup of oil
- ½ teaspoon baking powder
- 2 eggs
- flour
- honey
- sugar

Preparation:

1. Put all the ingredients in a bowl and mix them to make a paste, then let it rest for an hour. Next take up the paste in little pieces, shape into rolls or balls and flatten them with the fingers.
 2. Put them in a deep frying pan with plenty of oil and fry them until crisp. Drain them and when they are ready, sprinkle with a little sugar.
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Angola



Chicken Stew

Ingredients:

- 3 tablespoons fresh lemon juice (1 lemon)
- 4 garlic cloves, crushed
- 1/2 teaspoon salt
- 1 1/2 teaspoons chili powder
- 1 chicken, quartered
- 1/2 cup red palm oil
- 3 onions, chopped
- 1 chili pepper, left intact
- 3 tomatoes, quartered
- 1 pound butternut squash or 1 pound pumpkin, cut into 1 1/2 inch cubes
- 1 cup chicken broth
- 1/2 pound frounceen okra, thawed

Preparation:

1. Combine lemon juice, 2 of the garlic cloves, salt, and chili powder; rub all over chicken and marinate at least 1 hour up to overnight.
2. Heat oil in a Dutch oven, over medium heat, and brown chicken on all sides, in

batches, if necessary.

3. Add onion, remaining garlic, chili pepper and tomatoes; bring to a boil, cover, reduce heat, and simmer until chicken is tender, about 1 hour.

4. Add squash, chicken broth, and okra; cook until vegetables are tender, about 15 minutes.

5. Serve with boiled yuca or over rice.

Camarões Piri-Piri

Ingredients:

- 2 pounds shrimp, peeled and deveined
- 1/2 cup peri-peri, sauce
- 6 garlic cloves, minced

Preparation:

1. Mix the peri-peri sauce with the garlic. Add the shrimp. Cover and marinate in your refrigerator for at least 30 minutes (the longer the better). Thread shrimp onto skewers. Cook over hot coals or under your broiler for five minutes, turning once, until the shrimp are pink and cooked through.

Lemon Salad

Ingredients:

- 1/4 cup lemon juice
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 2 fennel bulb
- 2 ounces grated parmesan cheese

Preparation:

1. Trim the fennel bulb, reserving about two tablespoons of the fronds. Finely chop the fronds and whisk them together with the first three ingredients. Thinly slice the fennel bulb and toss with the dressing. Sprinkle with parmesan cheese and serve.

Grilled Prawns with Raw Sauce

Ingredients:

- 1 pound prawns
- 2 garlic cloves, crushed
- 1/2 cup green onion, including tops, chopped
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 4 tablespoons wine vinegar
- 4 tablespoons water

Preparation:

1. Make the sauce by combining all the ingredients (except the prawns!) and grinding them into a paste. Put the prawns on the skewers and brush with sauce. Grill until done (they should lose their translucent color), about 3-4 minutes on each side. Serve with extra sauce on the side.

Corn and Marigold Fritters

Ingredients:

- 8 ounces sweet corn
- 4 tablespoons heavy cream (also called double cream-or use cream of coconut to make this vegan)
- 1 tablespoon flour (or more as needed)
- 1/2 teaspoon baking powder (or soda)
- 1/2 teaspoon onion powder (optional)
- sea salt
- white pepper
- 2 tablespoons marigold petals
- 1 tablespoon sunflower oil (or more)

Preparation:

1. Put the sweet corn in a bowl and pour over the cream. Sift in the flour and baking powder soda and season to taste with onion powder (if using), salt and pepper. Stir in the marigold petals.
2. Set a large, heavy frying pan over high heat and pour in the oil. Drop spoonfuls of the fritter mixture into the oil and fry until golden on both sides, turning once. Press the mixture flat with a spatula to give a lacy effect at the edges.
3. Cook the fritters in bunches until all the mixture is used up, adding more oil to the pan if necessary. Serve hot.

Brown Rice with Fried Bananas

Ingredients:

- 2 cups brown rice
- 2 cups tomato juice
- 2 cups water
- 2 medium onions
- 2 medium green peppers
- 1/2 cup peanut oil
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium tomatoes, chopped
- 1/2 cup peanut butter
- 2 medium bananas (you can use regular bananas-ripe but still firm or plantains-ripe and black)

Preparation:

1. Pour the brown rice, tomato juice, and 2 cups water in a 2-quart pot over high heat. When the mixture comes to a boil, cover, reduce heat and simmer until rice is done (45 to 50 minutes).
2. Meanwhile, slice onions and green peppers and sauté in 1/4 cup peanut oil until onions are soft. Add curry powder, salt, and pepper; mix well, heat for 1 minute. Add 1/4 cup water, tomatoes, and peanut butter. Simmer for 5 minutes.
3. In a large skillet heat the remaining 1/4 cup peanut oil. Peel bananas and cut into 1/2 inch slices.

Saute bananas until lightly golden on both sides. To serve, place the rice in a serving platter, pour the onion sauce over the rice and top with the fried bananas.

Rice with Coconut and Papaya

Ingredients:

- 200 gramsrams rice
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 500 milliliters coconut milk
- 1 papaya, de-seeded, peeled and cut into small dice.

Preparation:

1. Add the rice, 60ml water, salt, cinnamon and coconut in a pan and bring to a boil. Cover, reduce the heat and simmer for 20 minutes, or until the rice is done. Fluff the rice, take off the heat and leave to stand, covered, for 10 minutes.
2. Mash half the papaya then add this papaya mush and the remaining papaya cubes to the rice. Place back on the heat to heat the mixture through then serve.

Grilled Chicken with Chilies

Ingredients:

- 4 chicken leg quarters
- 2 tablespoons lemon juice
- 60 milliliters groundnut oil
- 3 dried piri-piri chilies soaked in water over night and finely chopped

Preparation:

1. Pre-heat your grill, place the chicken pieces on the grill pan then mix the lemon juice, oil and chilies together and use this to brush the chicken pieces.
2. Cook for about 10 minutes on each side until nicely browned and cooked through. Serve on a bed of rice.

Pork Stew with Cockles

Ingredients:

- 800 gramsrams loin of pork, sliced into 2cm cubes

- 35 cockles, picked from their shells, rinsed and left in a bowl of water to soak
- 3 onions, finely chopped
- 1 tablespoons olive oil
- 2 garlic cloves, finely chopped
- 20 milliliters dry white wine
- 150 gramsrams tomatoes, blanched, peeled and chopped generous handful of coriander leaves, chopped
- 1 bayleaf
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a deep, flame-proof casserole. When the oil is almost smoking, add the pork, onions and garlic. Cook, stirring frequently, for about 10 minutes, or until the meat is nicely browned all over. Add the bayleaf, tomatoes and wine and bring to a simmer.
2. Reduce the heat, cover and cook at a gentle simmer for 90 minutes, adding more liquid if the stew seems to be getting too dry.
3. After the 90 minutes of cooking, drain the cockles and add to the stew with the chopped coriander.
4. Bring back to a simmer and cook for a few minutes, or until heated through. Serve hot with rice.

Grilled Sardines with Onion and Chili Sauce

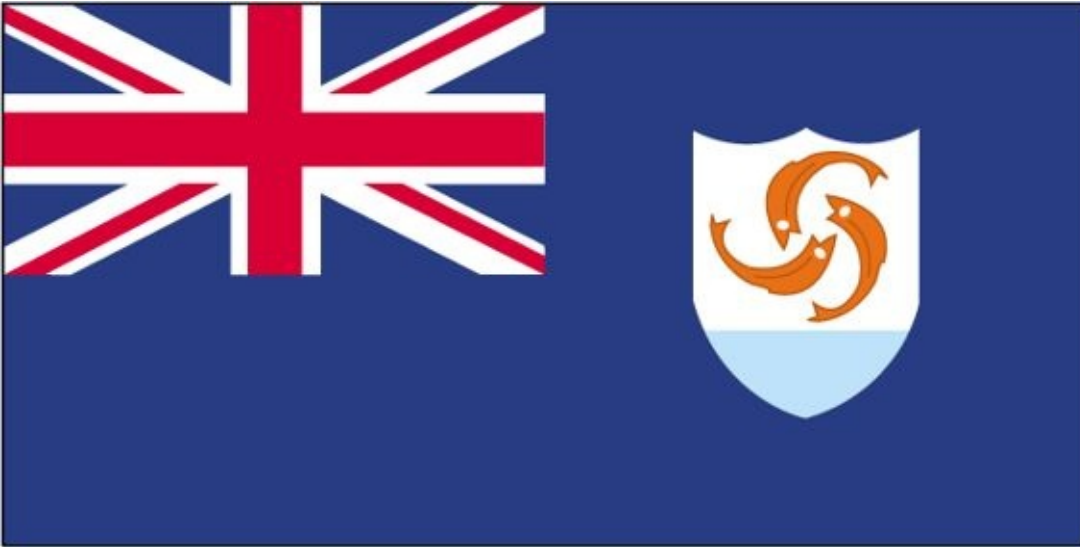
Ingredients:

- 4 garlic cloves
- 1 large onion, finely chopped
- gindungo chili (or piri-piris), finely chopped, to taste
- salt, to taste
- 4 sardines cassava flour, for topping extra-virgin olive oil, to taste
- red wine vinegar, to taste

Preparation:

1. Wash the fish thoroughly, but do not gut them. Chop the garlic finely then mix in a little salt and use the side of your knife to mash to a paste. Spread this paste over the fish, arrange in a bowl and drizzle over a little olive oil. Set aside to marinate in the refrigerator for 2 hours.
2. After this time, heat your grill (broiler) and use to cook the fish for about 5 minutes per side or until nicely coloured and cooked through. Whilst the fish is cooking, chop the onion, pace in a bowl then mix in finely-chopped chilies to taste.
3. Season with salt, oil and vinegar and stir well to mix. Thin the sauce with a little water then set aside until the fish are cooked. When ready to serve, arrange the fish on a dish then sprinkle over the onion and chili sauce.
4. Scatter a little cassava flour over the top, place in an oven pre-heated to 180°C and bake for about 20 minutes. Serve hot.

Anguilla



Pigeon Peas and Rice

Ingredients:

- water
- juice of one lime
- 1 cup rice
- 1/4 teaspoon thyme
- 1 tablespoon butter
- 1 dash hot pepper sauce
- 1/4 pound corned beef (optional)
- 6 ounces of dried pigeon peas
- black pepper
- salt

Preparation:

1. Soak the peas overnight (alternately, you can boil them on the stove for about two hours).
2. Drain and rinse the peas. If using corned beef, add it to the pot with just enough water to cover, and boil until the meat is done. There should be about two cups of water in the pot for the next step, so if you are making this with corned beef you'll need to drain the liquid, reserve and measure it, then add enough water for a total of two cups. If you're making it without the beef just add two cups of fresh water to the beans, then bring to a boil.
3. Add the rice, lime juice, thyme, hot sauce and butter, then cover and reduce heat. Simmer until the liquid is absorbed (for about 20 minutes). Add salt and pepper to taste.

Beef and Pineapple Kebabs

Ingredients:

- 2 pounds beef
- 1 tablespoon salt
- black pepper
- 2 tablespoons molasses
- 1/2 cup pineapple juice
- 1/4 cup wine vinegar (white)
- about 1/2 a fresh pineapple, cored and cubed

Preparation:

1. Cube the beef into 1 inch chunks. Combine the molasses, pineapple juice and vinegar and marinate the beef chunks in the mixture for about an hour.
2. Cut up the pineapple into equal sized chunks (you could also use canned chunk pineapple) and thread onto skewers with the beef.
3. Drizzle the remaining marinade over the skewers and grill over a hot flame or cook under your broiler.

Sauce for Eels

Ingredients:

- 1 kilograms eel steaks, poached
- 1/4 teaspoon freshly-ground black pepper
- 1 teaspoon lovage (or celery) seeds generous pinch of aniseed
- 1 teaspoon celery seeds
- 1/2 teaspoon mustard powder
- 1/4 teaspoon ground sumac
- 1/2 teaspoon dried mint, crumbled
- 4 pitted dates, finely chopped
- 2 teaspoon honey
- 1 tablespoon white wine vinegar
- 250 milliliters fish stock
- 60 milliliters defritum
- 1 tablespoon olive oil

Preparation:

1. Combine the black pepper, lovage (or celery) seeds, aniseed, celery seeds, mustard powder, mint and sumac in a mortar.
2. Pound to grind then add the dates and pound again. Mix in the honey, white wine vinegar, fish stock defritum and olive oil then turn into a saucepan.
3. Bring to a boil, reduce to a simmer and cook gently for 20 minutes, or until thickened. Serve to accompany the poached eel.

EEL WITH OLIVES, CHILES, AND CAPERS

Ingredients:

- 2 cups basic tomato sauce

- 1 cup dry red wine
- 12 caper berries
- 12 gaeta olives
- 1 teaspoon hot red pepper flakes
- 2 pounds eel, (from the sea or river), skinned and gutted by your fishmonger, rinsed, patted dry, and cut into 4 inch-long pieces
- Salt and freshly ground black pepper
- 2 tablespoons chopped fennel fronds

Preparation:

1. Preheat the oven to 450 degrees Fahrenheit.
2. In a large sauce pan, combine the tomato sauce, red wine, caper berries, olives, and red pepper flakes and bring to a boil over medium heat.
3. Meanwhile, season the eel with salt and pepper and arrange in a single layer in a baking dish.
4. Pour the sauce over the eel, put the dish in the oven, and bake for about 20 minutes, until the eel is cooked through. Transfer to a warmed platter, sprinkle with the chopped fennel, and serve immediately.

Grilled Chicken Parts with Tasty's Barbecue Sauce

Ingredients:

- 1 tablespoon olive oil
- 1 clove garlic, chopped
- 1 medium onion, chopped
- 1 green or red bell pepper, chopped
- 3 medium tomatoes, peeled and chopped
- 1 cup water
- 2 tablespoons mango chutney
- 1/4 cup pine nuts, dry roasted and ground
- 1 teaspoon thyme
- 1/4 cup Scotch bonnet or habanero hot sauce
- 1 medium chicken, cut into 8 pieces (2 wings, 2 thighs, 2 legs, 2 breasts)

Preparation:

1. In a large skillet over medium heat, saute the garlic in the olive oil for about 2 minutes. Add the onion and saute an additional 5 minutes. Add the pepper and saute another 5 minutes. Add the tomatoes and saute, covered for 20 minutes.
2. Uncover, add the remaining sauce ingredients and simmer for 5 minutes. Transfer to a blender and puree.
3. Smoke grill the chicken until half done, brush the parts with the sauce, and continue smoke-grilling until done.

Fish Steaks with Scilly Cay Grilling Sauce

Ingredients:

- 2 teaspoons olive oil
- 1 clove garlic, chopped
- ½ cup orange marmalade
- 1 cup orange juice
- 1 teaspoon Dijon mustard
- 1 teaspoon dried tarragon
- 1/4 teaspoon curry powder
- 1 tablespoon ground dry roasted peanuts
- 2 tablespoons Scotch bonnet or habanero hot sauce
- 1/4 teaspoon freshly ground black pepper
- 2 thick fish steaks, such as shark or tuna

Preparation:

1. In a sauce pan, heat the olive oil and saute the garlic. Add the remaining sauce ingredients and cook over medium heat until the sauce thickens, about 10 minutes. Transfer to a blender and puree until smooth. Transfer to a bowl and refrigerate if not using it immediately.

2. Add wood chips (such as pecan or mesquite) to the grill fire. Brush the sauce over the steaks and place them on the grill. Keep brushing the steaks with the sauce until they are done. The time will vary according to the heat of the fire, the thickness of the steaks, and their proximity to the fire. Try not to turn the steaks more than twice.

Antigua and Barbuda



Papaya Pie

Ingredients:

- 1 medium pie shell
- 3 ripe papayas (the riper the better)
- 2 teaspoons lime juice
- 1/2 teaspoon lime zest
- 1 pinch cinnamon
- 1 dash orange extract
- 4 tablespoons flour
- 4 tablespoons sugar
- 4 egg whites

Preparation:

1. Peel the papayas and remove the seeds. Roughly mash them. Add the lime juice, the lime zest, the cinnamon and the orange extract. Mix well.
2. Fold in the flour and sugar. At this point, you might want to taste the mixture and adjust the ingredients according to how sweet you like it.
3. Beat the eggs until they form stiff peaks. Gently fold the egg whites into the papaya mixture.
4. Pour the mixture into the pie crust.
5. Bake at 325 degrees for about 45 minutes, or until the filling is set and slightly brown on top. Serve chilled.

Tropical Pops

Ingredients:

- 2 cups fresh pineapple, cut in chunks
- 1 banana, sliced
- 3/4 cup coconut milk
- 1/3 cup honey (or maple syrup or other sweetener)

Preparation:

1. Puree pineapple, banana, coconut milk and sweetener 1-2 minutes, until it is nice and smooth. Pour into ice pop molds, and freeze at least 4 hours. To unmold, run molds under warm water.

Tropical Curried Chicken Salad on Baguette

Ingredients:

- 3 cups of grilled boneless chicken breasts, shredded (about 4 chicken breasts. Grilling the chicken just adds more flavor)
- 1/2 cup raisins
- 16 ounces pineapple tidbits
- 1/2 cup mayonnaise
- 3 Tablespoons mango chutney
- 1 Tablespoon curry powder
- 2 lemons, juiced
- salt

- pepper
- 1 head red lettuce
- 2 rustic baguettes

Preparation:

1. In a large bowl, combine chicken with raisins and pineapple.
2. In a small bowl, stir together mayonnaise, chutney, curry, and lemon juice.
3. Pour over chicken and stir to combine. Let flavors meld for an hour in the refrigerator.
4. Slice baguette(s) in half long-ways and brush the inside with olive oil. Spread open and grill the inside over medium heat until just toasted.
5. Lay lettuce leaves on the bottom of the baguette. Spoon the chicken salad on top of it. Shut the lid, slice into individual sandwiches, and serve!

Grilled Beef in Tamarind Sauce

Ingredients:

- 1 Tablespoon Olive Oil
- 8 Ounces Mushroom - Diced
- 1 Bunch Chives - Chopped
- 2 Tablespoons Soy Sauce
- 1/2 Teaspoon Pepper
- 2 Tablespoons Parsley - Chopped
- 4 Medium Sirloin Steak
- 1/2 Teaspoon Coriander
- 1/2 Teaspoon Cumin
- 1/8 Teaspoon Red Pepper Flakes
- 1 Small Onion - Chopped
- 3 Cloves Garlic – Chopped
- 1 Teaspoon Arrowroot
- 8 Ounces Tamarind Necter

Preparation:

1. Saute in oil, mushrroms and chives for 3 minutes, add soy sauce and pepper, simmer 5 minutes. Stir in parsley and set aside.
2. Combine coriander, cumin and red pepper, Flatten meat into a 8×4 inch rectangle. Sprinkle spice mixture over one side of the meat. Spoon mushroom mixture into middle of meat. Fold the two long sides over and fold up one short sides, thread skewer through to form a rectangular meat pocket.
3. Saute or grill meat 5 minutes per side in small saucepan. Saute onion and garlic for 5 minutes. Stir arrowroot into the tamarind, pour over onions, boil for 2 minutes. serve steaks covered with sauce.

Caramelized Bananas over Vanilla Ice Cream

Ingredients:

- 3 large bananas
- ½ cup (120 mL) packed brown sugar
- ⅓ cup (80 mL) water
- ⅛ teaspoon (0.5 mL) ground nutmeg
- ½ teaspoon (2.5 mL) ground cinnamon
- 1 Tablespoon (15 mL) freshly squeezed lime juice
- 1 Tablespoon (15 mL) dark rum
- good-quality vanilla ice cream

Preparation:

1. Cut the bananas in half lengthwise and then widthwise, so that you end up with 12 banana pieces.
2. Put the sugar and water in a frying pan large enough to hold all the bananas in one layer. Heat over medium-high until the sugar melts. Add the nutmeg, cinnamon and lime juice; simmer for 1 to 3 minutes or until the sauce thickens slightly. Reduce the heat if the sauce starts to boil.
3. Add the bananas. Cover with sauce and simmer for just 2 minutes more. The bananas should retain their shape and not be mushy.
4. Meanwhile, heat the rum in a small saucepan over medium heat. Remove the bananas from the heat. Carefully pour the rum over the bananas and light with a match. The alcohol will flame and then die out. Serve warm bananas and sauce over vanilla ice cream.

Pork Chops with Banana and Bacon

Ingredients:

- 4 pork chops, about 1 inch thick
- ¾ tablespoon Cumin
- Salt and pepper, to taste
- Juice of 1 lemon
- 2 tablespoons Softened butter
- 2 large bananas
- 6 strips bacon

Preparation:

1. Combine the butter, salt, pepper and cumin. Rub mixture into both sides of the meat. Sauté the bacon briefly, until some of the fat has rendered. Remove and drain. Peel bananas and cut into 1 1/4" chunks. Place bananas on a dish and sprinkle with lemon juice.
2. Cut the bacon strips into lengths just long enough to wrap around each banana slice. Place on bananas on skewers, threading through where the bacon slice overlaps. Place the pork chops on a hot grill, for 15 minutes, turning once.
3. Turn grill down to medium, adding the bacon and bananas; grill another 10 minutes, turning both the meat and the bananas.

Beef stew with coconut rice

Ingredients:

- 750 grams rump steaks , cut into chunks
- oil
- 6 cloves
- 1 onion , diced
- 1 large carrot , diced
- 2 celery sticks, diced
- 1 tablespoon thyme leaves , chopped
- 1/2 garlic clove , finely chopped
- 3 tablespoons tomato purée
- beef stock cubes , powder or fresh, made up to 750ml
- 1 large potato , diced
- 100 grams kidney beans (tinned), drained and rinsed
- 300 grams basmati rice
- 2 tablespoons coconut milk
- 1 red chili , sliced (optional)

Preparation:

1. Season the beef, then brown all over in a casserole in a little oil. Add the cloves and onions and cook for 2-3 minutes, then throw in the carrots, celery, thyme and garlic. Cook for a further 2 minutes, then add the tomato purée and pour in the beef stock to just cover the meat. Stir well, then add the potato and kidney beans and bring the stew to a gentle boil. Simmer until the beef is tender, about 20 minutes.

2. Cook the rice according to packet instructions, adding the coconut milk to the cooking water. Lightly oil 4 small teacups, then pack the rice into them. Invert each teacup on to a plate, to give a moulded mound of rice. Spoon some stew around each mound. Finish with a sprinkle of red chili if you like things hot and serve with steamed, buttered pumpkin and green beans.

Sandy Island Chicken

Ingredients:

- 2 pounds Chicken Legs
- 1 Bunch Thyme
- 1/2 Medium Onion
- 1 Red Bell Pepper
- 1/2 Bunch Parsley
- 1 Bunch Garlic
- 1/2 Bunch Chive
- 1/2 Bunch Rosemary
- 1/2 Bunch Fresh Mint
- 6 Scotch Bonnet Peppers

- 2 Mangoes
- 3 ounces Olive Oil

Preparation:

1. Chop Onions, Thyme, Garlic, Bell Peppers, Parsley, Rosemary, Mint Leaves and Scotch Bonnet Peppers finely.
 2. Peel Mangoes and dice into cubes. Heat Olive Oil in frying pan then add Onion, Garlic, Rosemary, Chive and Chicken Pieces and cook for 10 minutes.
 3. Season with Salt and Pepper to taste, and then add Mango, Mint Leaves and 1/2 cup of water then simmer for another three minutes.
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Argentina



Lemon Chimichurri

Ingredients:

- 120 milliliters or 4 ounces Olive Oil
- 90 milliliters or 3 ounces Lemon Juice
- 1 tablespoon freshly chopped Parsley
- 1 tablespoon freshly chopped Thyme
- 1 Garlic Clove, Crushed
- 2 Shallots, finely chopped
- Salt and pepper to taste

Preparation:

1. Place all the ingredients in a blender and process until well blended and relatively smooth. Cover and leave to stand for at least 2 hours at room temperature before serving.

Meat-Filled Empanadas

Ingredients:

- 1/2 cup shortening
- 2 onions, chopped
- 1 pound lean ground beef
- 2 teaspoons Hungarian sweet paprika
- 3/4 teaspoon hot paprika
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon ground cumin
- 1 tablespoon distilled white vinegar
- 1/4 cup raisins
- 1/2 cup pitted green olives, chopped
- 2 hard-cooked eggs, chopped
- salt to taste
- 1 (17.5 ounces) package frozen puff pastry sheets, thawed

Preparation:

1. In a saute; pan melt the shortening and add the chopped onions. Cook the onions until just before they begin to turn golden. Remove from the heat and stir in the sweet paprika, hot paprika, crushed red pepper flakes and salt to taste.
2. Spread the meat on a sieve and pour boiling water on it for partial cooking. Allow meat to cool. Place meat in a dish add salt to taste, cumin and vinegar. Mix and add the meat to the onion mixture. Mix well and place on a flat to dish to cool and harden.
3. Cut puff pastry dough into 10 round shells. Place a spoonful of the meat mixture on each round; add some of the raisins, olives and hard boiled egg. Avoid reaching the edges of the pastry with the filling because its oiliness will prevent good sealing. Slightly wet the edge of the pastry, fold in two and stick edges together. The shape should resemble that of a half-moon. You should have a 2/3 to 1/2 inch flat edge of pastry to work with. Seal by twisting edge, step by step, between thumb and index finger, making sure to add pressure before releasing the pinch and moving on to the next curl. Other sealing procedures like pinching without curling or using a fork to seal will not prevent juice leaks during baking, and empanadas must be juicy.
4. Preheat oven to 350 degrees F (180 degrees C). Place empanadas on a parchment paper lined baking sheet. Be sure to prick each empanada with a fork near the curl to allow steam to escape during baking. Glaze with egg for shine and bake until golden, about 20 to 30 minutes.

Chimichurri Salsa

Ingredients:

- 120 milliliters or 4 ounces Vegetable Oil
- 120 milliliters or 4 ounces Vinegar
- 1 teaspoon Salt
- 2 Garlic Cloves, crushed

- 2 tablespoon finely chopped Parsley
- 2 Spring Onions, chopped
- 1 Tomato, peeled, seeded and chopped
- 1 Capsicum (Sweet Pepper), finely chopped
- ½ teaspoon Ground Cumin
- ½ teaspoon Ground Paprika
- ½ teaspoon Chili Powder
- 1 teaspoon freshly chopped Basil

Preparation:

1. Place all the ingredients in a small bowl and mix well. Cover and leave to stand for at least 2 hours at room temperature and re-mix before serving.

Rice-Veggie Salad

Ingredients:

- 1/2 cup white rice
- salt and pepper
- 1 carrot, cut into 1/4 inch cubes
- 1/4 cup extra virgin olive oil
- 2 teaspoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1 ear of corn, kernels scraped off
- 1 cup frounceen peas
- 2 stalks celery, cut into 1/4 inch cubes
- 2 tablespoons celery leaves, chopped
- 1 small red onion, thinly sliced

Preparation:

1. In a small saucepan, bring the rice, 1 cup water and 1/4 teaspoon salt to a boil. Lower the heat, cover and simmer until the water is absorbed, about 17 minutes. Fluff with a fork and let cool.

2. Meanwhile, fill another saucepan with salted water. Add the carrot, bring to a boil and cook for 2 minutes. Using a slotted spoon, transfer to a bowl; toss with 2 tablespoon olive oil, the vinegar and oregano. Season with salt and pepper.

3. In the same saucepan, blanch the corn in the boiling water for 3 minutes; transfer to the bowl with the carrot. Add the peas to the boiling water and cook for 1 minute. Transfer to the bowl.

4. Add the rice, cubed celery, chopped celery leaves and onion to the bowl, season with salt and pepper, drizzle with the remaining 2 tablespoon olive oil and toss.

Grilled Meat Marinade

Ingredients:

- 3 heads garlic (about 30 to 40 cloves)

- 2 teaspoons salt
- 1 teaspoon black peppercorns
- 1 cup orange juice
- 1/4 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 1 cup onion, minced
- 2 teaspoons oregano
- 1 cup Spanish olive oil
- meat, of choice pounded or cut thin (beef, chicken, pork)

Preparation:

1. Mash garlic, salt, and peppercorns into a paste, using a mortar and pestle. Stir in orange juice, lime juice, lemon juice, onion, and oregano. Let sit at room temperature for 30 minutes or longer. Whisk the garlic-orange juice mixture with the olive oil until well blended.

2. Preparing the Meat: Preparing the meat is very easy. Place the meat in a large bowl or pan. Add enough marinade to cover the meat. Place a cover over the bowl or pan and place in the refrigerator a minimum of five hours, but preferably overnight.

3. Grill the marinated meat outdoors on the barbecue. (Make sure your coals are hot and white!). For the steak - you can cook them however you like your it — from rare to well done. However, the rarer the meat, the more tender and flavorful!

Grilled Flank Steak

Ingredients:

- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon Extra virgin olive oil
- 2 teaspoons fresh lemon juice
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1 small onion, finely chopped
- 1/2 cup finely chopped flat leaf parsley
- 1 beef flank steak, 1 inch thick, about 1 pound
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 medium baking potatoes, scrubbed

Preparation:

1. Put broth, oil, lemon juice, garlic, oregano, red pepper, onion, and parsley in large zip lock plastic bag.

2. Seal bag tightly and shake to mix Chimichurri sauce. Rub steak on both sides with 1/4 teaspoon salt and 1/4 teaspoon black pepper, and then put steak into bag and close.

3. Refrigerate at least 30 minutes, or up to 2 hours, turning bag one time.

Meanwhile, place a wire cooking rack over paper towels.

4. Cut potatoes, do not peel, into 1/2 inch thick slices. Bring potatoes, remaining salt and pepper and enough water to cover to a boil in large saucepan over high heat.

5. Reduce heat to medium and simmer until potatoes are almost tender, about 10 minutes, transfer potatoes back to rack. Lightly coat potatoes on both sides with veggie cooking spray, butter or olive oil flavoured.

6. Remove steak from sauce. Boil sauce vigorously in small saucepan 3 minutes, stirring constantly, remove from heat and cover to keep warm.

7. Meanwhile, coat grill pan with veggie spray and set over medium high heat. Cook steak and potatoes until steak is done to taste, 3 to 4 minutes on each side for medium rare, 4 to 5 minutes for medium; and potatoes are crispy, about 4 minutes per side. Thinly slice steak across the grain. Divide potato and steak slices among 4 plates. Spoon about 2 tablespoons warm Chimichurri sauce over each serving.

Grilled Chicken Skewers

Ingredients:

- 4 chicken breasts or 4 chicken thighs
- 1/2 red bell pepper, cut into 1 inch squares
- 1/2 green bell pepper, cut into 1 inch squares
- 2 yellow onions, cut into eighths
- 1 cup cherry tomatoes
- bamboo skewer
- 1/2 cup oil
- 3 cloves garlic, chopped
- 1 teaspoon paprika (www.worldspice.com has the real stuff)
- 1/2 teaspoon fresh Mexican oregano
- kosher salt
- black peppercorns

Preparation:

1. Soak the skewers for an hour. Set charcoal alight. In your handy mortar grind the Oil, Garlic, Paprika, Oregano, Salt, and Peppercorns.

2. Skin, debone, and de-fat the chicken. Cut into 1/2 cubes, Rinse, pat dry, stir into Marinade. Coat well.

2. Thread the Onion, Chicken, Peppers, and Cherry Tomatoes alternately onto the skewers. Grill over medium coals for 15-20 minutes 'til everything is done. This works well grilled over a hibachi or other small grill on a picnic. Prepare everything at home and do the grilling at the picnic site.

Dulce De Leche Sandwich Cookie

Ingredients:

- 1/2 cup butter
- 1 cup sugar
- 1 egg
- 2 egg yolks
- 1 teaspoon vanilla
- 2 teaspoons lemon rind, grated
- 1 1/2 cups cornstarch
- 1/2 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup dulce de leche (store bought or homemade)

Preparation:

1. Cream butter for a minute, add sugar and beat until fluffy. Add egg and egg yolks, one at a time, beating well. Beat in vanilla and lemon rind.
2. In a separate bowl, sift together cornstarch, flour, baking powder and salt. Add to mixture and mix well. Drop batter by small spoonfuls onto well buttered baking sheet. Try to keep your cookie size uniform as it will make building sandwiches easier. Bake at 350 degrees for 15 minutes. Remove immediately. Sandwich the cookies together with (dulce de leche) sweet milk dessert.

Fried Dough

Ingredients:

Chocolate Caliente:

- 2 cups milk
- 1/4 pound mexican chocolate, Ibarra Chocolate coarsely chopped
- 1/8 cup sugar

Churros:

- 2 1/2 cups water
- 4 ounces butter
- 1 teaspoon salt
- 1/4 cup brown sugar
- 1/4 cup corn oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon nutmeg
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 4 large eggs
- corn oil (for deep frying)

Toppings:

- powdered sugar
- cinnamon sugar (equal parts sugar and cinnamon)

Preparation:

1. Chocolate Caliente: Bring milk to a boil. Add in chocolate and sugar. Stir over

heat until chocolate is melted and sugar has dissolved. Set aside.

2. Churros: Heat water, butter, salt, brown sugar, oil, vanilla extract and nutmeg to a rolling boil. Mix flour and baking powder together; stir vigorously into water mixture over low heat until mixture forms a ball (about one minute). Remove from heat. Beat eggs in all at once. Continue beating until smooth.

3. Let the dough cool. Place dough in a piping bag with a large star tip. In a large frying pan, heat oil in a pan 2 inches to 375 degrees Fahrenheit. Pipe the churros in long rods directly into the hot oil. Fry in 2-3 batches until golden brown on all sides about 2-3 minutes. Drain on paper towel. Dust while still warm with choice of sugars and serve with Chocolate Caliente.

Chicken

Ingredients:

- 3 pounds chicken pieces
- 1 lime, juice of (about 2 tablespoons)
- salt
- pepper
- 1/4 cup oil
- 1 large onion, sliced
- 1 green bell pepper, chopped
- 1 1/2 cups pitted ripe olives
- 1 1/2 cups orange juice
- 1/2 cup toasted slivered almonds

Preparation:

1. Combine chicken and lime juice and marinate for 30 minutes. Lightly season chicken with salt and pepper.

2. Heat oil in a large skillet. Add chicken and brown on all sides. Add onion, pepper, olives and orange juice.

3. Reduce heat, cover and simmer 30 minutes, or until chicken is tender and cooked through. Remove chicken to a serving platter and pour the pan juices over it. Top with almonds.

Armenia



Pizzas

Ingredients:

- 1 pound lean ground lamb
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped red onion
- 3 cloves garlic, minced
- 1/2 green bell pepper, chopped
- 1 tablespoon freshly ground cumin seed
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 1 pinch fenugreek seeds, finely crushed (optional)
- 1 lemon wedge
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons ketchup
- 1 cup chopped flat-leaf parsley
- 6 (6 inch) pita bread rounds
- 1/3 cup crumbled feta cheese (optional)
- 1 lime, cut into wedges
- 1 tablespoon chopped fresh mint

Preparation:

1. Preheat oven to 450 degrees Fahrenheit (230 degrees Celsius). Season lamb with salt and pepper, and set aside.
2. Heat olive oil in large skillet over medium-high heat. Add onion, garlic, and bell pepper and stir until just beginning to brown. Stir in the cumin, turmeric, paprika, and fenugreek. Immediately add the ground lamb. Squeeze lemon wedge over lamb, and drop the peel into the mixture. Break up the meat and stir until it has browned. Remove lemon peel.
3. Stir in the tomatoes, ketchup, and parsley. Continue to simmer until most of the

liquid has evaporated, 10 to 15 minutes. The mixture should be spreadable but not too wet or the pitas will become soggy.

Arrange pitas on a large baking sheet unless you are baking them directly on the oven rack. Spoon meat mixture onto pitas and smooth into an even layer to within 1/8 inch of the edge of the pita. Sprinkle feta cheese on the meat mixture.

4. Bake pitas until the edges are slightly crisp and meat is lightly browned but not dried out, about 10 to 20 minutes depending on whether pitas are on a baking sheet or on the oven rack. Squeeze lime lightly over the top, sprinkle with chopped mint and enjoy!

Rice Pilaf

Ingredients:

- 1/4 cup butter
- 1/2 cup vermicelli
- 1 cup rice
- 2 1/2 cups low sodium chicken broth, preferably homemade, heated till boiling
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

Preparation:

1. In 2-qt. heavy saucepan with tight-fitting lid, melt butter over medium heat until foam subsides. Add vermicelli noodles and saute until dark and reddish in color. Stir in rice and saute in butter until rice is fragrant and nutty in aroma.

2. Raise heat to medium-high; pour in boiling chicken broth and stir. Add salt and pepper, tasting a bit of the broth to ensure desired seasoning. Cover and bring to a boil. Once boiling, reduce heat to keep broth at a simmer and cook for exactly 20 minutes.

3. After 20 minutes, remove cover and taste a few grains of rice for doneness. If still a bit hard, replace cover and cook for two additional minutes. When rice is tender, remove pot from heat. Place a paper napkin directly on top of the pilaf and replace cover; let sit undisturbed for 5 minutes.

4. After rest-time has elapsed, remove cover, discard the paper napkin, and stir the pilaf before serving.

Shish Kebab

Ingredients:

- 1/2 leg of lamb, trimmed and cut into 1 1/2 inch cubes
- 2 tomatoes, chopped
- 2 cloves garlic, crushed
- 1 large white or yellow onion, chopped coarsely
- 1/4 Cup coarsely chopped parsley
- 2 Tablespoons freshly ground coriander
- 1/2 Teaspoon crushed Aleppo pepper
- 2 Cups pomegranate juice

- 1/4 Cup olive oil
- salt, to taste

Preparation:

1. Put the lamb cubes in a large mixing bowl. Add the tomatoes, garlic, onion, and parsley. Toss thoroughly. Add the coriander, crushed pepper, and pomegranate juice. Toss again. Cover and refrigerate overnight, mixing at least once.
2. Build a charcoal fire in a grill and let the flames die out. Place the lamb on skewers, then brush on the olive oil and season with sea salt, to taste, just before grilling. Position the skewers 5-6 inches over the hot coals. For rare, cook about 10 minutes; for medium-rare, cook about 15 minutes; and for well-done, cook about 20 minutes.
3. Save the marinated onions and tomato chunks but do not serve raw. Cook in a pan on the stove, or wrap in aluminum foil and cook on the grill until they reach the desired level of doneness.

Saint Sarkis Halva

Ingredients:

- 2 pounds sesame seeds, refrigerated
- 3 cups white granulated sugar
- 4 tablespoons water
- 1 tablespoon lemon juice
- 1 tablespoon orange blossom water
- One 7-ounce jar marshmallow crème
- 1 cup chopped walnuts or pistachios, or to taste

Preparation:

1. Form a mound with 2/3 of the sesame seeds on a rimmed baking sheet. Place the sugar, water, lemon juice, and orange blossom water in a pot and bring to a boil over high heat. Continue to boil until the mixture turns a golden color. Mix in the marshmallow, remove from heat, and carefully pour onto the sesame seeds.
2. Spread the mixture out evenly using your hands or a spatula, adding more of the cool sesame seeds as needed to keep the mixture from adhering to your hands or spatula. Carefully invert the complete sheet of sesame-covered mixture onto a large, flat work surface.
3. Moving quickly to prevent the sheet from getting hard, add the walnuts or pistachios and roll. Cut into 1 ½ inch lengths and refrigerate until set.

Bishi

Ingredients:

- 1 packet dry yeast
- 1 teaspoon sugar
- 3/4 cups lukewarm water (about 105-110 degrees)
- 1 cup flour

- 1 1/2 teaspoon baking powder
- 2 eggs
- 4 cups vegetable oil, for frying, or more as needed
- Powdered sugar, for dusting

Preparation:

1. Dissolve the yeast and sugar in the water. Mix the flour, baking powder, and eggs in a bowl. Stir in the yeast mixture until blended. Let stand 20 minutes to allow the mixture to thicken and rise.
2. Meanwhile, add the oil to an electric skillet, and heat to 375 degrees.— Test with a small amount of dough - drop it in hot oil, 1 tablespoon at a time. Fry until golden brown all around. Don't place too many dollops of batter in the hot oil at once. (Crowding causes the oil temperature to drop and the bishi will soak up too much oil and become unpleasantly greasy.) After frying, drain on paper towels, then dust with powdered sugar. Serve immediately.

Stuffed Meatballs

Ingredients:

Filling:

- 3-4 tablespoons olive oil
- 2 large onions, chopped finely
- 1 bunch parsley, stemmed and chopped finely
- 1 teaspoon freshly ground coriander
- 1/2 teaspoon allspice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

Cooking spray:

- 3/4 pounds 97-percent lean ground turkey breast

Meatballs:

- 1 1/2-2 pounds 93-percent lean ground turkey
- 1 1/2 cup (fine) bulgur
- 1 egg
- 2 tablespoons olive oil
- 1 1/2 teaspoon freshly ground coriander
- 1 1/2 teaspoon salt
- Plain yogurt, for serving
- 5 sprigs parsley, for garnish

Preparation:

1. For the filling: Heat the olive oil in a skillet over medium heat. Add the onions and sauté until soft and translucent, about 10 minutes. Stir in the parsley and seasonings.
2. Spray another skillet with cooking spray and place over medium heat. Brown the ground turkey breast until it is no longer pink, about 8-10 minutes.

3. Combine the cooked turkey with the onion mixture. Adjust the seasonings, if necessary. Place in a bowl, cover, and refrigerate until ready to use.
4. For the meatballs: Fill a bowl with ice water.
5. Combine the turkey, bulgur, egg, and oil in a bowl. Season with the ground coriander and $\frac{1}{2}$ teaspoon of the salt. Mix thoroughly with your hands. To make the shell, take enough of the mixture to resemble the size of a large egg. Make an indentation with your thumb, pressing until the shell is as thin as you can make it without falling apart.
6. Place about 1 heaping tablespoon of the filling in the indentation. Dip your hands in the bowl of ice water. Continue to shape the shell carefully, making sure it holds together and the filling doesn't come through. Continue the shaping process until all of the filling and shell mixtures are used up.
7. Cover and chill the shaped kufteh until ready to cook. Fill a large pot $\frac{2}{3}$ full with water. Bring to a rolling boil over high heat. Add the remaining salt. Carefully lower a few kufteh at a time into the water, and reduce heat to medium. Do not crowd the pot.
8. When the kufteh rise to the top, allow them to cook 3-4 minutes longer to make sure the shell is thoroughly cooked. Remove with a slotted spoon to drain excess liquid. Keep warm until all are cooked. Serve with plain yogurt and garnish with a sprig of parsley.

Rice

Ingredients:

- 4 Tablespoons butter
- 2 Ounces egg noodles
- 1 tablespoon basil
- 1 Cup rice
- 2 Cups chicken broth

Preparation:

1. Melt butter in large saucepan, add egg noodles and cook until browned. Add rice, stir to coat with butter. Cook on medium-high heat for 1 minute. Add chicken stock and optional basil, and stir to mix.
2. Reduce heat, cover and cook for 25 to 30 minutes until rice is done. Remove from heat and let stand, covered, for 5 minutes before serving.

Lentils

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 4 cups water
- 1 cup lentils
- $\frac{1}{4}$ cup bulgur

- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 lemon, quartered
- 2 green onions, chopped
- 1 cup plain yogurt
- Check All Add to Shopping List

Preparation:

1. Heat the oil in a skillet over high heat; cook and stir the onion in the oil until caramelized, 5 to 7 minutes; set aside.
2. Bring water to a boil in a pan over medium heat; add the lentils. Return mixture to a boil, reduce heat to low; simmer until the lentils get soupy, about 15 minutes. Stir in the bulgur, salt, and pepper; simmer until water is completely absorbed, about 10 minutes; stir in the caramelized onions. Remove from heat, cover, and allow to rest for 3 to 5 minutes. Divide lentils into 4 even portions; squeeze one lime wedge over each portion and top with green onions and yogurt.

Potato Salad

Ingredients:

- 4 medium white potatoes
- 1 teaspoon salt
- 1 tablespoon dried mint
- 1/2 large purple onion, sliced
- 1/4 cup olive oil
- 1/4 cup lemon juice

Preparation:

1. Boil potatoes until done. Slice when cool. Add all the ingredients together. Toss and chill about 2 or more hours.

Eggplant Casserole

Ingredients:

- 1 each Eggplant, large
- 4 each Tomatoes
- 1 each Green pepper, diced
- 1/4 cup Olive oil
- 1/2 ea Clove garlic, finely minced
- 1 Pepper, freshly ground
- 1 each Onion, med, sliced
- 1 1/2 teaspoons Salt
- 1 Sour cream (optional sauce)

Preparation:

1. Pare and dice eggplant. Heat oil in skillet, add onion, green pepper, and

eggplant. Stir over low heat until eggplant is soft. Add tomatoes (may substitute canned Italian solid pear shape, drained), salt, and pepper. Simmer a few minutes. At this point you can add basil, chives, parsley, tarragon or oregano to taste. Turn into casserole dish and bake at 325 degrees for 40 minutes. Casserole may be served hot or cold, with sour

Lima Bean and Spinach Salad

Ingredients:

- 1 Package Baby Lima Beans - cooked and cooled
- 1/3 Cup Olive Oil
- 1 Bunch Spinach – torn
- 1 Cup Walnuts
- 3 Cloves Garlic
- 3 Tablespoons Red Wine Vinegar
- 1/4 Cup Parsley - finely chopped
- 1/2 Teaspoon Ground Coriander
- 1/2 Teaspoon Ground Red Pepper
- 1 Lemon Lemon Juice
- Salt And Pepper - to taste

Preparation:

1. Toss beans with olive oil in salad bowl, set aside. In processor, combine walnuts, garlic and vinegar until smooth. Combine all ingredients. Cover, chill 1 hour and then serve.

Noodles and Rice

Ingredients:

- 1 Cup Fine Egg Noodles – uncooked
- 1/4 Cup Butter
- 2 1/4 Cups Water
- 1 Cup Rice – uncooked
- 1 1/4 Teaspoons Salt
- 1 Tablespoon Fresh Parsley

Preparation:

1. Break noodles into 1 inch pieces if necessary. Cook and stir noodles in margarine in 2 quarts skillet for 5 minutes. Stir in remaining ingredients, except parsley. Heat to boiling, reduce heat, cover and simmer 14 minutes. Remove from heat, fluff mixture, cover and let steam for 5 to 10 minutes. Sprinkle with parsley.



Rice With Chicken

Ingredients:

- 2 cups rice
- 2 1/4 cups water
- 1 (14 1/2 ounce) can chicken broth (1 3/4 cup)
- 1 chicken leg
- 1/2 onion
- 1/2 green pepper, diced
- 2 celery ribs, diced
- 1 tomato, chopped
- 2 tablespoons olive oil
- salt and pepper

Preparation:

1. Bring the rice to a boil, using water and chicken broth, turn down heat and simmer for 15-20 minutes, until done and liquid absorbed. Put the chicken leg in a saucepan, cover with water, and bring to boil with salt and pepper for 15 minutes.
2. Once chicken and rice are ready, shred the chicken from the bone. Fry the onion, green pepper, celery and tomato in the olive oil until it's golden brown, about 10 minutes. Add the shredded chicken and the cooked rice to the vegetables and mix thoroughly. Serve and enjoy!

Pan Bati

Ingredients:

- 2 cups flour
- 1 cup cornmeal, ground fine
- 2 tablespoons baking powder
- 1 pinch salt
- sugar, to taste

- 1 egg
- 1 3/4 cups milk
- vanilla extract, to taste

Preparation:

1. Combine all the ingredients together in a large bowl, then gradually add water until the batter is slightly thicker than pancake batter. Turn on your pancake griddle, adding a little spray butter to prevent sticking.
2. Pour the batter on the griddle. When the Pan Bati is a golden color on one side, flip. Remove from the griddle when the Pan Bati is firm and golden on both sides and keep warm until ready to serve.

Keshi Yena

Ingredients:

- 1 large onion
- 4 tablespoons butter
- 2 cups diced cooked chicken
- 1 large tomato, peeled and chopped
- 2 dill pickles, minced
- 1 large green pepper, seeded and finely chopped
- 8 large stuffed green olives, sliced
- 1 1/2 tablespoons garlic, minced
- 1 tablespoon capers, rinsed
- 1/4 cup golden raisin
- 1 tablespoon prepared mustard
- 1/2 cup ketchup
- 1/2 teaspoon Worcestershire sauce
- 1 cup chopped cashews
- 1 teaspoon fresh thyme, minced
- 1 pound gouda cheese, sliced

Preparation:

1. Melt the butter over medium heat. Then add the onions and sauté until they turn a golden brown color.
2. Stir in the rest of the ingredients, except for the cheese. Butter a baking pan and line it with slices of Gouda. Then pour the chicken mixture on top, and top with the rest of the cheese slices.
3. Bake at 350 degrees for about 30 minutes, then put it under your broiler for a few minutes, just long enough to start browning the cheese.

Black Bean Salsa

Ingredients:

- 1 (14 1/2 ounce) can black beans, drained
- 1 medium mango (peeled & finely chop)

- 1 large red bell pepper, chopped
- 4 medium green onions, chopped
- 1 tablespoon cilantro
- 1/2 teaspoon lime peel, grated
- 1 tablespoon lime juice
- 1 tablespoon red wine vinegar
- cayenne, to taste

Preparation:

1. Mix all ingredients and then serv.

Antillean-Style grilled Swordfish or Shark

Ingredients:

- 1-8 ounce can Del Monte unsweetened pineapple slices, juice reserved
- 4-4 ounce fish steaks, each about 3/4" thick
- 8-1/4" slices peeled sweet potato or yam
- 4-1/2 inches slices purple onion
- 1/4 cup plus 2 tablespoons fresh lime juice
- 2 teaspoons vegetable oil
- 1 teaspoon sugar
- 1/2 teaspoon grated fresh lime rind
- 1/2 teaspoon Tabasco, or to taste

Preparation:

1. Arrange pineapple slices on bottom of large shallow baking dish. Place fish steaks on top of pineapple. In bowl, mix together sweet potato and onion slices. Place on top of fish steaks. In small bowl, stir together 2 teaspoons reserved pineapple juice, lime juice, vegetable oil, sugar, grated rind and Tabasco.
2. Pour over pineapple, fish and vegetables, coating well. Cover and chill for at least 1 hour. Prepare grill and brush grill rack with vegetable oil. Place fish and onion slices on rack.
3. Cook, covered, 4 minutes each side or until fish is done basting occasionally with reserved marinade in baking dish. Remove to warm platter. Place pineapple and sweet potato slices on grill.
4. Cook, covered, 2 minutes each side, basting occasionally with reserved marinade. Add decoratively to platter. Serve immediately.

Curry Goat/Chicken

Ingredients:

- 2 pounds. mutton or chicken
- 1 clove of garlic
- 2 tomatoes
- 2 onions
- 1 stalk of scallion

- 1 hot pepper
- 3 tablespoons curry

Preparation:

1. To make Curry Goat or Chicken:
2. Cut up 2 pounds. mutton or chicken into small cubes. Place in a large bowl. Add 1 crushed clove of garlic, 2 tomatoes, 2 onions 1 stalk of scallion, 1 hot pepper chopped, then 3 tablespoons curry, salt and pepper to taste. Mix all together.
3. Allow to rest for 1/2 hour. Separate meat from seasoning. Fry meat in 2 tablespoons of butter, 2 fluid ounces oil until brown. Add seasoning and 2-3 cups of water. Cover and simmer until tender. Serve with rice or flat bread.

Beregein hasa

Ingredients:

- 3 ripe eggplants
- 1 1/3 pounds butter
- pepper and salt

Preparation:

1. Wash but do not peel eggplants. Cut them lengthwise into slices and sprinkle with salt, pepper. Fry them in hot butter till a nice light brown. Fried eggplant is more delicious with fried tomatoes and fried rings of onion.

Arrounce con Pollo

Ingredients:

- 2 cups of rice
- 1 chicken leg
- 1/2 onion
- 1/2 green pepper
- 2 celery stalks
- 1 tomato
- 1 tablespoon chicken broth
- 2 tablespoon vegetable oil
- Salt and pepper

Preparation:

1. Cook the rice. Put the chicken leg to boil with salt and pepper for 15 minutes. Once ready, shred the chicken from the bone. Fry the onion, green pepper, celery and tomato until it's golden brown. Add the shredded chicken and the cooked rice to the vegetables and mix thoroughly. Serve with a lettuce and tomato salad.

Carnival Calamari

Ingredients:

- 3 pounds calamari (squid), cleaned and cut into bits and pieces
- 1/3 cup olive oil
- 1 tablespoon minced garlic
- 1/4 cup B and G Graves (dry white wine)
- 1 cup dry Sherry
- juice of half lemon
- 1/4 tablespoon chopped fresh lemon peel
- 1 tablespoon fresh oregano
- 1/4 teaspoon crushed red pepper, or taste

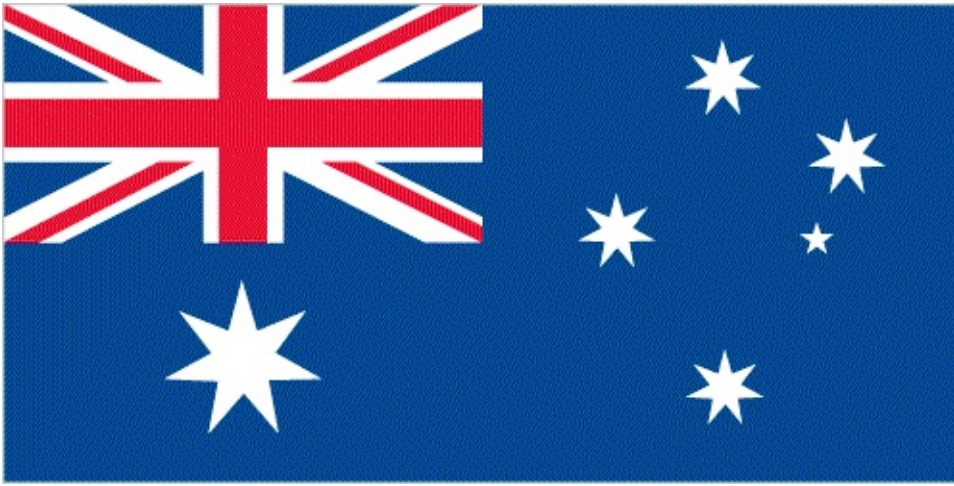
Sauce:

- 1 pound fresh whole, peeled tomatoes or 1-28 ounce can Del Monte whole tomatoes
- 1 tablespoon olive oil
- 1/2 green bell pepper, chopped
- 1 stalk celery, chopped
- 1/2 cup chopped onion
- 3 cloves garlic, minced
- salt and freshly ground black pepper, to taste

Preparation:

1. Sauce: Smash tomatoes with their juice and set aside. Heat oil in medium-sized in medium sized pan. Add pepper, celery, onion and garlic and sautee, stirring occasionally until onion is transparent. Add tomatoes and their juice, salt and freshly ground pepper and simmer over low flame for 25-30 minutes, stirring occasionally. Add more liquid if necessary, to keep from sticking and burning.
2. In large skillet heat oil over high heat. Do not allow to smoke. Add garlic and sautee, stirring. Add wine, Sherry, lemon juice, lemon peel and stir.
3. Sprinkle basil and oregano over and stir again. Add calamari. Sautee, stirring occasionally for about 4 minutes over high heat. Do not overcook. Pour sauce over calamari and heat for 1 minute, stirring.

Australia



Beer-Barbecued Wings

Ingredients:

- 12 chicken wings, whole (about 3 pounds)
- 1/4 cup peanut oil
- 1/4 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1/4 cup beer
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons peanut oil
- 1 onion, finely chopped (small)
- 1 garlic clove, minced
- 2 teaspoons fresh ginger, minced (fresh)
- 1/2 teaspoon red pepper flakes
- 1 cup ketchup
- 1/3 cup
- 2 tablespoons fresh lemon juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons red wine vinegar
- 1 tablespoon dark brown sugar, firmly packed
- 1 tablespoon honey
- 2 teaspoons soy sauce
- 1 teaspoon dry mustard
- 1/2 teaspoon black pepper

Preparation:

1. Rinse the wings under cold running water, then drain and blot dry with paper towels. Make 2 or 3 deep slashes, to the bone, in the meaty part of each wing. Place the chicken in large nonreactive bowl and then stir in next 6 ingredients. Cover and let marinate, in the refrigerator, for 4 hours, turning the wings occasionally.
2. Meanwhile, prepare the barbecue sauce. Heat oil in a medium-size heavy saucepan over medium heat. Add onion, garlic, ginger and hot pepper flakes and

saute, stirring with a wooden spoon, until the onion and garlic are lightly browned, about 5 minutes. Stir in remaining ingredients and bring to a boil. Reduce heat to low and simmer the sauce gently until thick and richly flavored, 10 to 15 minutes, stirring occasionally. Remove from heat and measure out about 1 cup. Set it aside for serving.

3. Preheat the grill to medium-high. When ready to cook, oil the grill grate. Drain the wings and arrange them on the hot grate, pulling them open to expose as much skin as possible to the flames. Grill, turning several times with tongs, until the thicker wing sections are no longer pink near the bone, 12 to 16 minutes in all. Start brushing the wings with sauce the last 5 minutes, then transfer to a platter and brush with sauce again.

4. Serve accompanied by the reserved sauce.

Pepper Steak

Ingredients:

- 4 tablespoons vegetable oil
- 2 cups onions, chopped
- 1 1/2 teaspoons salt
- 2 pounds round steaks, sliced to 1/8 inch thick
- 2 garlic cloves, minced
- 1/2 teaspoon black pepper, freshly ground
- 2 cups green peppers, diced
- 1 1/2 cups beef broth
- 1 1/2 cups canned tomatoes, drained
- 1/4 cup water
- 1 1/2 tablespoons cornstarch
- 1 tablespoon Worcestershire sauce

Preparation:

1. Heat the oil in a large skillet; add the steak, onions and garlic and cook over high heat until the meat is browned.

2. Add the salt, pepper, green pepper, broth, and tomatoes; cover and cook over low heat 15 minutes. Mix together the cornstarch, Worcestershire sauce, and water and stir into the meat mixture. Cook, stirring steadily until thickened. Then serve with mashed potatoes.

Shrimp on the Barbie

Ingredients:

- 1/2 cup butter, melted
- 1/4 cup olive oil
- 1/4 cup minced fresh herb, parsley and thyme
- 3 tablespoons fresh lemon juice
- 3 large garlic cloves, crushed
- 1 tablespoon minced shallot

- salt and pepper
 - 1 1/2 pounds shrimp, unpeeled medium to large
 - spinach leaves (to garnish)
-
- Lemon slice (to garnish)

Preparation:

1. Combine first 8 ingredients in large bowl. Mix in shrimp. Marinate at room temperature 1 hour or in the refrigerator 5 hours, stirring occasionally. Prepare barbecue with medium hot coals. Thread shrimp on narrow skewers. Grill until just opaque, about 2 minutes per side. Line platter with spinach. Arrange skewers on platter. Garnish with lemon and serve.

Sausage Rolls

Ingredients:

- 1 (17 1/3 ounce) package puff pastry
- 2 pounds bulk pork sausage
- 1 medium onion, finely chopped
- 1 cup breadcrumbs
- salt and pepper (to season)
- 1/2 cup milk or 1/2 cup cream
- 1 egg, beaten with 1 tablespoon water

Preparation:

1. Preheat oven to 425°F In a large bowl, mix together the sausage, onion, breadcrumbs, salt, pepper and milk or cream.
2. Unfold the puff pastry onto a lightly floured work surface. Cut each sheet in two lengthwise to make four long rectangles. Form a log of sausage down the center of each puff pastry sheet, leaving a 1 inch edge. Starting from a long edge, roll the puff pastry up and over the sausage, brushing the edge with the beaten egg to seal. Pinch the ends closed.
3. Cut each roll into quarters. Place the rolls seam-side down on a parchment or wax paper-lined baking sheet and brush the tops with the egg wash.
4. Place in the oven and bake for 5 minutes. Reduce heat to 350°F, and bake for another 30 to 35 minutes, or until the pastry is puffed and golden and the sausage is cooked through.
5. Let cool for a few minutes, then serve with ketchup.

For Variations:

6. Add extra flavorings to your sausage mix as you like: chopped parsley, thyme, curry powder, crumbled sage, garlic powder, paprika.
7. Appetizer Portions: Cut each rolled up puff pastry log into 8 portions instead of 4 to make appetizer-sized sausage rolls. Adjust down the cooking time to allow for the smaller size.
8. Sprinkle the rolls with sesame seeds or paprika before baking.

Fish

Ingredients:

- 1/2 pound fresh mushrooms
- 2 tablespoons butter
- 1 tablespoon oil
- 1/2 cup parmesan cheese or 1/2 cup cheddar cheese or 1/2 cup cheshire cheese, freshly grated
- 1 1/2 pounds fillets of sole (or any white fish)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 tablespoons green peppers, chopped
- 6 tablespoons white wine
- 2 tablespoons lemon juice, fresh

Preparation:

1. Melt butter in skillet over low heat. Add mushrooms and saute over medium heat until tender. Rub oil over shallow 4 quart baking dish and sprinkle with grated cheese. Place fish on cheese. Sprinkle fish with salt and pepper. Add green pepper and top with mushrooms.
2. Pour wine over fillets. Bake at 450 degrees Fahrenheit for 20 minutes or until fish flakes. Sprinkle with lemon juice and parsley.

Crab and Asparagus Soup

Ingredients:

- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 cup chopped celery & tops
- 1 large carrot, diced
- 2 garlic cloves, minced
- 2 shallots, minced
- 2 tablespoons all-purpose flour
- 4 cups skim milk
- 1 cup water
- 1/4 cup sherry wine
- 1/2 cup long-grain white rice
- 1 teaspoon Worcestershire sauce
- 1 bay leaf
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon grated lemon zest
- 1 1/2 cups lump crabmeat
- 1 1/2 cups sliced asparagus spears

Preparation:

1. In a large saucepan over medium heat, warm the oil. Saute the onion, celery, carrot, garlic and shallots, stirring occasionally, till vegetables are soft (about 5 minutes). Sprinkle with flour and stir quickly to combine.
2. Add the milk, stirring constantly, and cook till sauce is smooth. Add the water, sherry, rice, worcestershire, bay leaf, thyme, salt, pepper and lemon zest.
3. Bring to a boil, then reduce the heat to low and simmer for about 30 minutes. Stir in the crab and asparagus.
Cover the pan and cook, stirring occasionally, till the soup is thickened and the asparagus is cooked. Discard bay leaf and then serve.

French-Australian Chicken

Ingredients:

- 1 1/2 kg whole chickens, cut into 10-12 pieces
- 1/4 cup flour
- 1/2 teaspoon salt (or more)
- 1/4 teaspoon pepper (or more)
- 2 tablespoons butter
- 1/4 cup vegetable oil
- 2 medium onions, sliced thinly
- 250 grams mushrooms, sliced sort of thinly

- 1 1/2 cups cream
- 1/2 cup white wine
- 3 tablespoons Dijon mustard (or more)
- 1 tablespoon green peppercorn, chopped
- 1/4 cup parsley, chopped

Preparation:

1. Heat oven to 180 degrees Centigrade.
 2. Heat butter and oil in a pan large enough to hold all the ingredients. While the butter and oil are heating, put cut-up chicken, flour, salt and pepper in a plastic bag, and shake well to coat chicken.
 3. Brown chicken pieces in hot oil and butter for 5 minutes on each side. You'll probably need to do this in two batches. Put browned chicken in an ovenproof dish and put in the heated oven to finish cooking while you make the rest of the recipe. The chicken needs 10-20 minutes in the oven. Check that juices run clear.
 4. Reheat the oil and butter. Add the onions and mushrooms to the now hot oil and butter. When onions and mushrooms are well softened and tender, stir in the cream, wine, mustard, pepper corns and cooked chicken pieces.
 5. Heat to boiling, then turn down to a simmer. Simmer for 5-10 minutes. Stir in parsley. Serve over mashed potatoes, rice or egg noodles.
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Austria



Apricot Dumplings

Ingredients:

- 1 pound cold cooked potatoes
- 3 3/4 cups all-purpose flour
- 3/8 tablespoon cup butter
- 1 egg yolk
- Pinch salt

- 12 whole apricots
- 12 lumps of sugar
- 1 1/4 cups white bread crumbs
- 1/4 cup fine sugar
- Cinnamon
- 3 tablespoons brandy

Sauce:

- 10 apricot halves
- 1/4 cup apricot juice
- 1/4 cup brandy

Preparation:

1. Grate potatoes. Measure and sift flour. Measure butter. Soak sugar lumps in brandy. Remove stone of whole apricots. Measure bread crumbs, sugar and brandy. Measure ingredients for sauce. Mix flour with grated potato, add salt and egg yolk. Rub in butter and then turn dough out onto a floured board and knead.
2. Press out dough to 1/4 inch thick. Place a lump of brandied sugar in each half apricot, cover with another apricot half. Cut dough into 4 inch squares. Place apricot in the center and wrap dough around, squeezing edges of dough together. Trim off outside. Roll dumpling between palms of hands. Drop dumplings into a large saucepan of salted boiling water.
3. Boil gently for 12 minutes. Remove with slotted spoon and drain. Fry the bread crumbs with the sugar and 3 tablespoons fresh butter until crisp. Roll the dumplings in the bread crumbs and sprinkle with cinnamon.
4. Place onto a heated serving dish. Coat with apricot sauce. Serve remaining sauce separately. Sauce: Place apricot halves with brandy and apricot juice into a blender and puree. Heat gently in a sauce pan.

Warm Potato Salad

Ingredients:

- 1 pound small fingerling potatoes, washed
- 2 sprigs fresh thyme
- 2 1/2 tablespoons kosher salt
- 1 small yellow onion, finely chopped
- 3 tablespoons sugar
- 1/2 teaspoon freshly ground black pepper
- 1 cup white wine vinegar
- 1/4 cup canola, safflower, or peanut oil
- 1/2 cup chicken broth or vegetable broth

Preparation:

1. In a large saucepan, combine the potatoes, thyme sprigs, and 2 tablespoons of the salt. Add enough cold water to cover completely. Bring to a boil over high heat. Reduce the heat to maintain a simmer and cook until the potatoes are just tender

enough to be pierced easily with a skewer or the tip of a sharp knife, about 10 minutes.

2. Drain the potatoes. While they are still hot, peel them with a small, sharp knife, protecting your hand from the heat with a folded kitchen towel. As each potato is peeled, cut it crosswise into 1/4 inch slices, letting the slices fall into a mixing bowl.

3. Add to the hot potato slices the onion, remaining salt, sugar, pepper, vinegar, and oil. Stir gently but thoroughly with a large spoon to combine the ingredients. Before serving, heat the broth in a large saute pan over medium-high heat. Add the potato salad and stir it gently just until the potatoes are thoroughly heated. Garnish with parsley or chives and serve immediately.

Vanille Kipferl I

Ingredients:

- 2 cups all-purpose flour
- 1/3 cup white sugar
- 3/4 cup ground almonds
- 1 cup unsalted butter
- 1/4 cup vanilla sugar
- 1/4 cup confectioners' sugar

Preparation:

1. Preheat oven to 325 degrees Fahrenheit (170 degrees Celsius). Line a baking sheet with parchment paper.

2. Combine flour, 1/3 cup sugar, and ground almonds. Cut in butter with pastry blender, then quickly knead into a dough. Shape dough into logs and cut off 1/2 inch pieces. Shape each piece into a crescent and place on prepared baking sheet.

3. Bake in preheated oven until edges are golden brown, 8 to 10 minutes. Cool 1 minute and carefully roll in vanilla sugar mixture.

Vanille Kipferl II

Ingredients:

- 2 1/8 cups all-purpose flour
- 1 pinch salt
- 7 tablespoons unsalted butter
- 1/2 cup confectioners' sugar
- 1 egg
- 3 teaspoons vanilla sugar
- 1 1/4 cups ground almonds
- 6 tablespoons confectioners' sugar
- 1 1/2 teaspoons vanilla sugar

Preparation:

1. In a large mixing bowl, combine flour and salt. Cut in the butter until the size of small peas and mix in with your hands. Mix 1/2 cup confectioners' sugar, the egg, 3 teaspoons of vanilla sugar, and ground almonds into the flour mixture. Place the dough in the refrigerator for 30 minutes.
2. Preheat oven to 400 degrees Fahrenheit (170 degrees Celsius). Line a baking sheet with parchment paper.
3. Divide the dough into several parts. Roll each section of dough into logs approximately 1/2 inch thick. Cut the logs into 1 inch pieces, and bend the pieces into a crescent shape (just like a croissant). Place the kipferl on the baking sheet and chill them for 15 minutes.
4. Bake in the preheated oven until the edges are golden brown, 10 to 15 minutes. Let cool slightly. Combine 6 tablespoons confectioners' sugar and 1 1/2 teaspoons vanilla sugar and toss to mix. While still warm, carefully remove kipferl from the baking sheet and dip them in sugar to coat.

Hash

Ingredients:

- 1½ tablespoons corn, sunflower or vegetable oil
- 400 grams smoked bacon lardons (or use cooked ham)
- 1 onion, cut into chunks
- 500 grams cooked potatoes (preferably waxy ones), cold and cut into small chunks
- 1 teaspoon caraway seed
- 1½ teaspoons hot, sweet paprika (if you can't find this use sweet paprika mixed with a pinch of chili powder)
- small handful parsley, roughly chopped

Preparation:

1. Heat the oil in a large frying pan, then fry the bacon and onion together for 10 minutes until the bacon is golden. Lift out of the pan onto a plate, then add the potatoes and fry for 10 minutes more until golden. Return the bacon and onion, taste for seasoning, then add the parsley. Serve hot.

Beef Soup

Ingredients:

- 2 Cans Beef Broth
- 3 Pounds Beef Chuck Roast - CUT in 1 inch pieces
- 3 Quarts Water
- 2 1/2 Teaspoons Salt
- 3/4 Teaspoon Pepper
- 1 Large Onion – chopped
- 2 Leeks – chopped
- 2 Carrot – chopped

- 2 Stalks Celery – chopped
- 3 Turnips
- 2 Cups Cauliflower
- 4 Sprigs Parsley
- 2 Bay Leaf
- 1/2 Teaspoon Thyme

Preparation:

1. Put beef, water and broth in kettle and boil. Add salt and pepper. Reduce heat to simmer and remove scum from top. Cook over low heat, partially covered, for 1 1/2 hours, remove scum. Add remaining ingredients, cook 40 minutes until all is tender.

Pork Medallions in Sorrel Sauce

Ingredients:

- 3 Tablespoons Clarified Butter
- 2 Pounds Pork Tenderloin - cut 18 medallions
- 4 Medium Shallot - finely chopped
- 2 Cloves Garlic - finely chopped
- 1/3 Cup Red Wine Vinegar
- 1 Bunch Sorrel - finely chopped
- 1 Cup Half And Half
- 4 Tablespoons Pork Stock
- 1 Tablespoon Butter
- Salt And Pepper - to taste
- 1/2 Bunch Sorrel - chopped for garnish

Preparation:

1. Saute pork in butter for 4 minutes per side. Remove and keep warm. Add shallots and garlic. Saute until golden. Add vinegar and reduce by half. Add sorrel and half and half. Reduce by half. Add stock and allow to reduce for 5 minutes. Strain the sauce and swirl in the butter. Season with salt and pepper. Place pork on plates and pour sauce over them. Garnish with sorrel.

Filet Mignon with Variety Mushrooms

Ingredients:

- 1 Tablespoon Butter
- 2 Medium Onion - thinly sliced
- 1/2 Cup Beaujolais Wine
- 1 1/4 Cups Beef Stock
- 6 Medium Black Peppercorns
- 2 Medium Bay Leaves
- 1/4 Cup Shiitake Mushrooms – sliced
- 1/4 Cup Enoki Mushrooms – sliced

- 1/4 Cup Chanterelle Mushrooms – sliced
- 4 Medium Shallot - finely chopped
- 1 Pinch Thyme
- 2 Cloves Garlic - finely chopped
- 1 Tablespoon Tarragon Vinegar
- Salt And Pepper - to taste
- 6 Large Filet Mignon
- 1/3 Cup Olive Oil - for saute

Preparation:

1. Heat butter and saute onions until brown. Add wine, bring to a boil and reduce all the liquid. Add stock, peppercorns and bay leaves. Reduce by half. Strain and keep warm. Brown mushrooms in butter, add shallots and brown. Add thyme, garlic, vinegar, salt and pepper. Remove from heat and allow to marinate for 20 minutes. Preheat oven to 400 degrees. Season filets with salt and pepper. Pour oil in ovenproof skillet. Sear both sides of the meat. Then place in oven for 10 minutes. Bring mushrooms and sauce back to a serving temperature. Place filet on plate, top with sauce and mushrooms.

Chicken Enhanced with Ginger and Scallions

Ingredients:

- 1 Cup Rose's Lime Juice
- 1 Lime Lime Juice
- 1 Tablespoon Ginger – grated
- 6 Large Chicken Breasts
- 12 Medium Scallion
- 1 Medium Carrot – sliced
- 2 Stalks Celery – sliced
- 1 Large Leek – sliced
- Salt And Pepper - to taste
- 1/3 Cup Clarified Butter
- 6 Medium Scallion - finely chopped
- 2 Cups Chicken Stock
- 1/4 Cup Half And Half
- 4 Tablespoons Butter

Preparation:

1. Mix lime juices and ginger. Allow to marinate for 1 hour. Pound chicken very thin. Cut off white portion of scallions and chop the green finely. Place chicken in pan, pour lime juice marinade over, add chopped scallions, carrot, celery and leek. Cover and refrigerate for 12 hours. Remove chicken, sprinkle with salt and pepper. Heat butter in skillet and saute chicken until golden brown on both sides. Remove and set aside. Add white portion of scallions to skillet and saute for 5 minutes. Strain the vegetables from the marinade and add to the skillet, saute for 5 minutes. Add marinade and simmer until liquid has evaporated. Add chicken

stock and reduce by half. Add half and half and reduce to sauce consistency. Swirl in butter. Arrange chicken on plates and serve topped with sauce.

Apricot Crepes

Ingredients:

- 1 Cup Apricot Jam
- 2 Tablespoons Dark Rum
- 2 Tablespoons Cognac
- Crepes
- Powdered Sugar - for dusting

Preparation:

1. In pan over medium, warm the jam with the rum and cognac. Spread over a warm crepe and roll it up. Sprinkle with sugar and serve.

Crepes

Ingredients:

- 1 3/4 Cups Flour
- 1 Cup Milk
- 2 Teaspoons Powdered Sugar
- 1 Pinch Salt
- 3 Medium Eggs
- Oil - for frying

Preparation:

1. Whisk the flour, milk, sugar and salt until smooth. Then whisk in the eggs. Heat 2 tablespoons of oil in a pan over medium heat and pour in 4 tablespoons of batter. Allow to brown slightly, turn and brown the other side. Remove and continue until batter is gone.

Garlic Roast Braten

Ingredients:

- 4 Cloves Garlic
- 1 Tablespoon Butter
- 2 Tablespoons Olive Oil
- 6 Large Sirloin Steak
- 1/3 Cup Madeira
- 1/3 Cup Pickle Juice
- 1 Cup Beef Stock
- 1/2 Cup Parsley – chopped
- Salt And Pepper - to taste

Preparation:

1. Puree garlic and butter in food processor. Saute steaks in oil until done to your

liking. Remove and keep warm. Add madiera and pickle juice, reduce by 3/4. Add stock and reduce to about 1 cup. Add garlic butter, parsley salt and pepper. Serve pouring sauce over steaks.

Azerbaijan



Parcha-Dosheme Plov

Ingredients:

- 3 cups long-grain white basmati rice
- 4 tablespoons butter, melted
- 1 cup peeled chestnuts
- 1/2 cup pitted dried apricot, halved
- 1 cup barberries
- 1/2 cup pitted dates
- 1/2 cup golden raisin
- 1 1/2 pounds boneless skinless chicken breasts, cut into 2 inch cubes
- 1 medium onion, peeled, cut in half lengthways, then thinly sliced in half-circles
- 1/3 teaspoon ground saffrod threads dissolved in 3 tablespoon hot water
- Salt
- Ground black pepper

Preparation:

1. Rinse the rice in lukewarm water until the water runs clear. Fill a large bowl with lukewarm water and a tablespoon of salt and add the rice. Soak for 15 minutes or so. Melt 2 tablespoons of butter over medium heat. Add the peeled chestnuts and stir-fry for 3 minutes.
2. Add the apricots, barberries and dates. Keep cooking for another three minutes. Lastly add the golden raisins and stir fry for one more minute. Remove from heat.
3. Put 10 cups of salted water in a large pot. Drain the rice and add to the pot. Boil

for 7 to 10 minutes. The rice is done when it rises to the top of the pot. Don't overcook! The rice should be just a tiny bit chewy, not too soft. Bite a piece to make sure. Drain it in a colander and set aside.

4. Melt a tablespoon of butter over medium heat. Put the uncooked chicken cubes in the bottom of the pot, distributing evenly. Add about a half teaspoon of salt and some pepper. Cover the chicken with the sliced onions and simmer for three minutes or so.

5. Cover the chicken and onions with half of the rice. Spread the fruit and nut mixture out on top and then put the rest of the rice on top of that. Pour a tablespoon of melted butter on top.

Put a clean dishtowel or two layers of paper towel over the pot. Be very careful to fold up the corners or otherwise make certain that the dishtowel or paper towel is nowhere near the flame.

6. Put the stockpot lid on top of the towe and turn the heat down to low. Cook for 30 minutes, without stirring or disturbing it in any way.

7. Combine the crushed saffron threads with three tablespoons of hot water. Stir until the water turns a deep orange. Pour the saffron water over the top of the plov and continue to cook for another 30 minutes.

8. When the plov is done, it should look like this: 1. Fluffy rice with separate grains., 2. The meat should have a golden crust on the bottom., 3. The onion should be translucent (almost invisible).

9. Scoop it all out of the pot and arrange it on a big platter. It's ready to serve.

Plov

Ingredients:

- 2 pounds basmati rice
- 1 pinch saffron
- 1 cup water, boiling
- Salt
- Butter
- 1 egg
- 1 -2 tablespoon yogurt (or 8 ounce flour or 2 potatoes)

Preparation:

1. Rinse the rice several times in cold water to remove excess starch. Place a few threads of saffron in a cup and add boiling water; cover and leave to infuse. Bring a large pot of water to a boil; add rice, reduce heat, but cook rice at a rapid boil until the rice is tender on the outside, but still not done on the inside, 5 to 10 minutes (do not overcook or your plov will be sticky). Strain the rice in a colander. There are 3 methods you can use to form the crust or qazmaq. The first way is to mix together an egg with 4 tablespoons of the parboiled rice, and 1 or 2 tablespoons of yogurt. Add some of the infused saffron water. The second way is to mix together a glass (8 ounces) of flour, a little butter, and a little water to make

a sort of dough (you can also add an egg if you want an eggy flavor). This will then be kneaded and rolled out thinly. The third way is to use some potatoes that have been peeled and sliced crosswise.

2. Rinse and dry the pan you cooked the rice in; melt a heaping tablespoon of butter, then spread whichever qazmaq you chose on the bottom of the pot and fry a little for 2 to 3 minutes.

3. Next spoon half the parboiled rice on top, then pour over half of the saffron infusion. Spoon in remaining rice and pour over most of the remaining saffron infusion; top that with a few tablespoons of butter. Use the handle of a wooden spoon to poke a few holes through the rice to allow steam to escape.

4. Cover pot opening with a clean tea towel and cover with a well-fitting lid; increase heat under pot until rice is steaming, then reduce heat and let steam for 35 to 40 minutes (it can go longer if needed). Spoon rice onto a serving platter and top with remaining saffron infusion and a few more tablespoons of butter.

POMEGRANATE WITH EGGS

Ingredients:

- 6 tablespoons clarified butter or unsalted butter
- 1 medium onion, finely chopped
- 4 cups juicy pomegranate arils
- 4 large eggs
- Salt
- Ground black pepper

Preparation:

1. Heat the butter in a medium nonstick frying pan over medium heat. Add the onion and cook, stirring frequently, until light golden, about 10 minutes.
2. Add the pomegranate arils, cover and cook over medium-low heat, stirring occasionally, until the arils have released some of their juices, about 10 minutes.
3. Break the eggs one by one into the pan, spacing them evenly and making sure the yolks stay intact. Season with salt and pepper to taste. Cook until the egg whites are set and the yolks are set on the top and are somewhat soft in the middle, about 5 minutes. Remove from the heat and serve immediately with bread.

Burger

Ingredients:

- 2 teaspoons pomegranate molasses
- 1 teaspoon ground coriander
- ½ teaspoon ground sumac
- Salt and pepper
- 1 pound 80% lean ground beef
- 4 Tandir Rolls
- Apricot-Saffron Yogurt Sauce

- Aromatic Herbs

Preparation:

1. In a small bowl, combine the molasses and spices. In a medium bowl add the molasses mixture to the ground beef and mix until thoroughly combined. Form the meat into four equally sized patties and cook to desired temperature.

Slice the Tandir Rolls in half and grill the rolls until lightly toasted. Place one burger patty on each roll. Spread 1-2 Tablespoons of the Apricot-Saffron Yogurt Sauce on each top "bun".

2. Top each burger with 2-3 Tablespoons Aromatic Herbs, then cover with top bun. Serve with Roasted Brussels Sprouts with Spring Onions.

Chicken fried in tendyr

Ingredients:

- 275 grams chicken
- 2 teaspoon sour cream
- 25 grams lemon
- 50 grams tomatoes
- 25 grams onions
- 25 grams coriander
- a few sprigs of parsley
- salt and pepper

Preparation:

1. Treat whole chickens, pepper, salt and string on a spit. Coat with sour cream and roast in tendyr. Garnish with tomatoes, lemon, onions and herbs.

Almond rolls

Ingredients:

- 425 grams flour
- 175 grams sour cream
- 125 grams butter
- 225 grams almond
- 175 grams granulated sugar
- 10 grams yeast
- cardamom powder
- brandy
- salt

Preparation:

1. Take the butter out of the fridge to allow it time to reach room temperature.

2. Put a few threads of saffron in a cup and add boiling water. Cover and leave to infuse.

3. Warm the milk to 30-35 degrees Celsius/86-95 degrees Fahrenheit. Sieve the flour and salt onto a large board or into a large bowl and make a hole in the

centre. Pour the warm milk, water from the saffron, yeast and egg into the hole and gradually fold in the flour from the outside.

4. Knead well until the dough is smooth and soft. Cover with a clean teacloth and leave in a warm place to rise for 60 to 90 minutes. While the dough is rising, prepare the filling.

5. Knead fancy yeast pastry adding butter, sour cream, fine sugar powder and salt. Remove the skin from the almonds, hazelnuts or walnuts by heating them in a frying pan, then placing inside a clean tea cloth and rubbing, but not too hard. This method of removing the skin enhances the flavour of the nuts, like roasting. Another way to remove the skin is to soak the nuts in boiling water for a few minutes and then peel the skin off. If using the latter method, leave time for the nuts to dry. Grind the nuts in a nut or coffee grinder. Mix the ground nuts with the sugar. Add the powdered cardamom.

6. Stuffing: scald almond, skin and dry slightly. Grate dry almond, mix with sugar powder, pounded cardamom and add brandy. Divide ready pastry into 40 gramsrams helpings. Further make as nut rolls.

Potatoes shashlyk

Ingredients:

- 350 gramsrams potatoes
- 50 gramsrams sheep fat
- 50 gramsrams spring onions
- a few sprigs of parsley
- salt and pepper

Preparation:

1. Peel potatoes, cut into 45-50 gramsr pieces, blanch in hot salted water for 15-20 sec. Cut sheep fat into 15-20 gramsr cubes and string alternately with potatoes on a spit. Roast over charcoal. Sprinkle with herbs when serving.

Ingredients:

- 2 cucumbers
- 2 tomatoes
- 1 sweet capsicum
- a few sprigs of coriander, spring onions and basil
- 3-4 drop of vinegar or abgora
- salt and pepper

Preparation:

1. Cube cucumbers, tomatoes and sweet capsicum, add finely shredded greens, vinegar, pepper, salt and mix. Use a teaspoon when eating.

Kourma with alycha and lemon

Ingredients:

- 275 grams mutton
- 25 grams onions
- 25 grams dried alycha
- 1/6 lemon
- a few threads of saffron
- salt and pepper

Preparation:

1. Cut mutton into 25-30 gramsr pieces, pepper, salt, add onions and brown. Add broth, saffron infusion, rinsed alycha and stew to readiness. Serve in one helping frying pan: put lemon slices on top.

Badam-buri is a sweet pastry filled with almonds and sugar

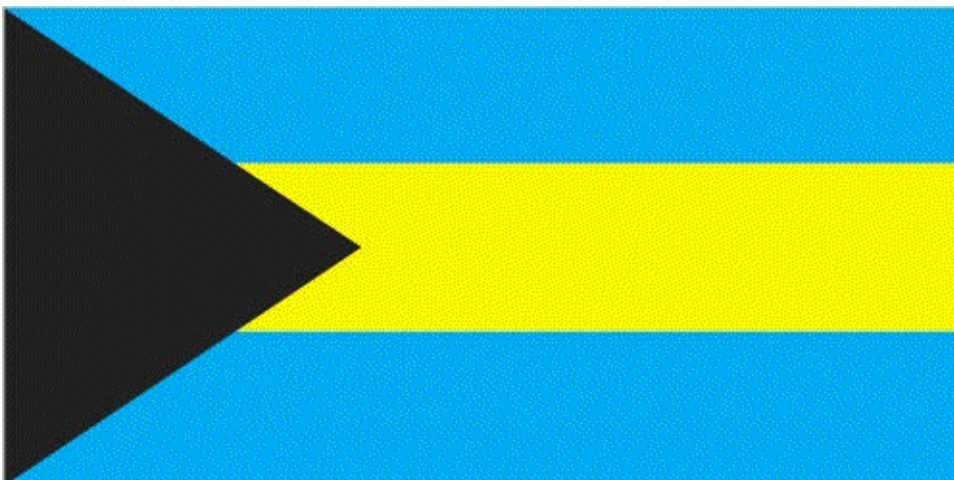
Ingredients:

- 400 gramsrams flour
- 225 grams sour cream
- 225 grams almond
- 25 grams sugar powder
- 225 grams sugar
- 2 teaspoon oil
- Pinch of cardamom
- a drop of cooking soda

Preparation:

1. Knead dough adding sour cream and cooking soda. Keep for 20-25 min. (One can use yeast dough). Roll out 4-5 mm thick and cut out. 8 cm diameter rings. Place in the centre 15-20 gramsr of stuffing made of pounded almond and sugar powder. Aromatize with cardamom. Stick edges and shape pancakes. Fry in oil, cool down and sprinkle with sugar powder.

The Bahamas



Barbecued Chicken

Ingredients:

- 1 2½ pound chicken, cut in serving pieces
- Black pepper and salt to taste
- Garlic

Sauce:

- ¼ cup chopped onions
- ½ cup water
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire or Pickapeppa sauce
- ¼ cup lemon juice
- 2 tablespoons sugar
- 1 cup chili / tomato sauce
- ¼ teaspoon paprika
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon prepared mustard
- 1 teaspoon ketchup
- 1 tablespoon butter
- Hot pepper sauce to taste

Preparation:

1. Season chicken liberally with salt, black pepper, garlic. Let stand 1 hour.
2. Broil chicken.
3. Add sauce when chicken is nearly done (after about 1 hour), basting continually.
4. Sauce: Saute onions till brown and add other sauce ingredients and simmer 15 minutes, then coo

Chicken And Rice

Ingredients:

- 1 chicken, cut into serving portions
- Salt and pepper
- 1½ cups rice, uncooked
- 2 cans (10½ ounces) cream of mushroom soup
- 5 cups water

Preparation:

1. Salt and pepper chicken and place in large baking dish or casserole.
2. Mix soup with water. Place rice in baking dish over chicken.
3. Pour soup mixture over chicken and rice.

4. Cover and bake at 350°F for one hour or until rice and chicken are tender.

Curried Chicken

Ingredients:

- 1 (3 to 4 pounds) stewing chicken
- 6 cups boiling water
- 1 small onion, chopped fine
- 5 tablespoons fat
- 2 tablespoons curry powder
- 2 cups chicken broth or stock
- 1 tablespoon flour
- 1 egg yolk, beaten

Preparation:

1. Cut chicken into serving portions; cover with water and simmer until tender or about 1 - ½ hours. Remove chicken from liquor.
2. Saute onion in 4 tablespoons fat; remove onion and brown chicken in same fat. Add curry powder and broth or stock; simmer 5 minutes.
3. Combine remaining 1 tablespoon fat (melted or oil) with flour and egg yolk; pour into chicken mixture, stirring constantly, and continue cooking until thickened.
4. Serve on platter surrounded with hot boiled rice and a mound of fresh grated coconut.

Baked Pork Chops

Ingredients:

- 6 pork chops
- ½ cup flour, seasoned with salt, pepper and paprika
- 2 tablespoons shortening
- 6 lemon slices
- 2/3 cup catsup
- 2/3 cup water
- 3 tablespoons brown sugar

Preparation:

1. Place pork chops in seasoned flour.
2. Place shortening in skillet and heat; brown chops in hot fat turning to brown on both sides.
3. Place in one layer in a shallow baking dish and top each chop with a lemon slice.
4. Combine catsup, water and brown sugar and pour over the chops.
5. Cover and bake in pre-heated oven at 350°F for thirty minutes.
6. Uncover and bake 20 - 30 minutes longer. Add water if desired.

Barbecued Steak

Ingredients:

- 2 2½ pounds sirloin steak
- 8 ounces olive oil
- ¼ cup soy sauce
- Salt and black pepper to taste
- 1 cup tomato sauce
- 2 tablespoons brown sugar
- 1 green pepper cut in chunk
- 1 onion, sliced

Preparation:

1. Season steak with salt and pepper.
2. Combine other ingredients, pour over steak.
3. Marinate in refrigerator 4 hours or overnight, turning occasionally.
4. Broil steak.

Barbecued Lamb Chops

Ingredients:

- 4 pounds lamb chops
- 1 teaspoon prepared mustard
- 1 piece ginger, beaten
- 2 medium-sized onions, sliced
- 1 tablespoon salad oil
- 1 cup water
- Salt to taste
- 2 tablespoons chili or tomato sauce
- 1 tablespoon Worcestershire or Pickapeppa sauce
- 1 tablespoon vinegar
- Hot pepper sauce to taste
- Black pepper

Preparation:

1. Season chops with mustard, ginger, salt and pepper. Place sliced onions over chops in baking pan.
2. Combine other ingredients and pour over onions and chops.
3. Bake, covered, in moderate oven, basting frequently, for approximately 15-20 minutes or until done.
4. Remove lid 10 minutes before chops are cooked.

Pumpkin Soup

Ingredients:

- 2 pounds of pumpkin
- 2 quarts water
- 1 pound soup meat

- A small piece of salt pork
- 3 pieces chopped scallion
- 1 chopped coco
- Thyme, salt, hot pepper

Preparation:

1. Place meat and salt pork in water and boil until meat is tender.
2. Remove the meats. Add peeled diced pumpkin, seasonings and chopped coco.
3. Boil until vegetables are dissolved.
4. Taste for seasoning. Press through a colander and heat to serve.

Split Pea Soup

Ingredients:

- 2 cups yellow split peas
- 1 teaspoon salt
- 3 stalks celery, sliced
- 2 large onions, diced
- 3 large potatoes, peeled and quartered
- 5 cups water
- 1 teaspoon thyme
- 2 large carrots, peeled and sliced
- 1 pound meat - salt beef may be used (soaked overnight)

Preparation:

1. If using salt beef, soak in water mixed with vinegar overnight. Wash peas; soak in 5 cups water overnight, drain.
2. Add salt to water (if using fresh beef), bring to a boil.
3. Add peas, lower heat. Simmer about ½ hour or until tender. Puree peas through sieve or blender.
4. While the peas cook, place meat into a pot. Add thyme and cook about 1½ hours, then add celery, carrots, onion and potatoes and cook 30 minutes longer.
5. Remove meat and vegetables from broth. Stir broth into pureed peas and simmer until thick. Add cooked vegetables to soup.

Mutton Stew

Ingredients:

- 3 pounds mutton meat
- 1 teaspoon hot sauce
- 1 cup chopped onions
- Oil, salt, flour
- 1 cup sliced carrots
- 1 cup chopped tomatoes
- 1 cup sliced potatoes
- 4 cups hot water

- Some small flour dumplings

Preparation:

1. Dredge cubed meat with flour and salt and brown in hot oil. Add water and simmer until meat is tender.
2. Add sauce, onions, and vegetables. Cook until vegetables are ready. This process should take about 2 hours.
3. When all is ready add the dumplings which will cook very quickly. Add more liquid if necessary.

Hot Coconut Bread

Ingredients:

- 1 dry coconut, grated
- 2 eggs
- ½ cup vegetable shortening
- 2 cups evaporated milk
- 1 cup sugar
- 1 teaspoon salt
- 4 cups flour
- 1 tablespoon baking powder

Preparation:

1. Place coconut in mixing bowl and add eggs, shortening, evaporated milk, sugar and salt.
2. Mix together and slowly add flour, and baking powder. Beat well
3. Pour into greased pan - preferably iron.
4. Bake slowly at 325-350 degrees Fahrenheit for 20 minutes to ½ hour or until brown and toothpick inserted in center came out clean.

Bahamian Conch Chowder

Ingredients:

- 1/4 pound slab bacon, rind removed, diced
- 1/4 cup olive oil
- 6 cloves garlic, sliced
- 2 jalapeno, seeds and stems removed, minced
- 1 large Spanish onion, peeled and diced
- 4 celery stalks, cleaned and diced
- 1 large carrot, peeled and diced
- 1 pound fennel, diced
- 1 yellow pepper, seeds and stem removed, diced
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh marjoram
- 2 tablespoons chopped fresh basil

- 3 bay leaves
- 1 tablespoon crushed red pepper
- 4 cups peeled plum tomatoes, thoroughly crushed
- 2 cups tomato sauce
- 10 cups shellfish or chicken stock
- 2 1/2 pounds cleaned and ground conch meat
- 10 small new-boil potatoes, scrubbed, diced and cooked until tender, drained and reserved
- Hot red pepper sauce

Preparation:

1. In a very large soup pot or Dutch oven, cook the bacon with olive oil over medium heat. When bacon is almost cooked, add garlic and jalapenos and cook for 30 seconds. Raise the heat to medium-high and add the onion, celery, carrots, fennel, and bell peppers. Add herbs, bay leaves, and crushed red pepper.
2. Add the crushed tomatoes and tomato sauce. Bring to a simmer and reduce heat. Add the stock, stir in the ground conch and potatoes and bring to a simmer. Add hot red pepper sauce, to taste, and simmer for 10 minutes, then serve, or chill for later use.

Bahrain



Chicken Machboos

Ingredients:

- 4 1/2 cups water
- 650 grams basmati rice
- 3 tomatoes, quartered
- 1 -1 1/2 kg chicken

- 3 onions, finely chopped
- 1/4 cup coriander leaves, chopped
- 1 green hot pepper, as desired
- 2 black dried limes
- 2 teaspoons baharat spice mix
- 1 1/2 teaspoons turmeric powder
- 1 teaspoon cumin powder
- 2 teaspoons cinnamon
- 1 teaspoon cardamom powder
- 2 garlic cloves
- 1 slice gingerroot, cut into small pieces
- 3 tablespoons butter
- 1/4 cup lemon juice
- 3 tablespoons rose water
- 3 tablespoons oil
- 3 teaspoons salt

Preparation:

1. Cut the chicken in half. Heat the water and leave aside. In a small bowl, mix the buharat, turmeric, cumin, and cardamom together and add to the mixture one teaspoon of salt. Sprinkle half of the spice mixture on the chicken halves.
2. Heat oil in a large cooking pan, fry the onions until golden brown, then add to the pepper and the black limes - you have to make a hole in each limes.
3. Add the chicken to the onion mixture and turn it over a few times in the pan. Sprinkle on the chicken a teaspoon of cinnamon and the rest of the mixed spices. Turn the contents all together so the chicken is coated with the spices, cover the pan and let it cook on medium heat for 3 minutes. Add the garlic, chopped ginger, and tomato cubes to the pan and turn the ingredients in the pan a few times. Cover again for 3 minutes on medium heat. Sprinkle with the rest of the salt and pour on it water while its still hot. Cover the pan and let it cook for about 1 hour, or until the chicken is cooked. Add the copped coriander 5 minutes before you remove the chicken from the stock in the pan. While the chicken is cooking, wash the rice well and soak for 10 minutes in cold water, then drain.
4. Remove the chicken from the pan and put on an oven tray, brush with some oil and sprinkle with the rest of the cinnamon powder and grill in the oven until the chicken is golden brown. Add the rice to the chicken stock, stir, then let it cook on low heat until the rice absorbs the stock and is almost done.
5. Sprinkle rose water and lemon juice over the rice and place the butter pieces on the top. Cover the pan and cook on low heat for 30 minutes. Serve the rice on a large serving plate and place the grilled chicken halves on the top.

Sweet Rice Dish

Ingredients:

- 2 cups basmati rice, washed

- 1/4 teaspoon saffron
- 2 tablespoons rose water
- 3 cardamom pods, cracked
- 6 cloves (see Note above!)
- 1 cinnamon stick
- 1/4 cup ghee or 1/4 cup butter
- 1/2 cup sugar
- salt

Preparation:

1. Soak together saffron, cardamom, cloves, and rosewater; leave aside to steep. Add rice to 6 cups of lightly salted boiling water: boil to half cooked - about 8 minutes; drain. Stir sugar through the hot rice.
2. Heat the ghee or butter in the same pan the rice was boiled and add the sweetened rice. Sprinkle the rose water mix on top. Cover the rim of pan with a cloth or paper towels and place lid on tightly.
3. Cook over very low heat about 20-25 minutes. Transfer to serving platter. Top with melted butter.

Qahwa

Ingredients:

- 1 cup water
- 1/4 cup unroasted coffee beans
- 1 tablespoon cardamom pods, roughly crushed
- 1/4 teaspoon saffron threads
- 2 teaspoons rosewater

Preparation:

1. In a French press or coffee pot, place cardamom, saffron and rosewater to steep. In a large skillet on medium heat (or in a tray under a low broiler), toast the coffee beans, agitating frequently to ensure even toasting. When they are the color of peanut butter, remove from heat and allow to cool down. Grind coffee beans in a mortar or in a coffee grinder. Place in a saucepan with about 1 cup water and simmer, covered, for 3 minutes.
2. Pour coffee grounds and water into French press and stir into other ingredients (if not using a french press, strain the grounds out before mixing liquid with other ingredients).
3. Let steep for about 30 minutes for a strong brew, or less for a weaker one. Serve in small amounts, refilling frequently, with dates.

Pan Fried Fish with Bezar

Ingredients:

- whole fish, preferably grouper, gutted and scaled
- 1 part dried red chilies, whole
- 2 parts turmeric powder

- 2 parts black peppercorns, whole
- 3 parts cumin seeds, whole
- 3 parts fennel seeds, whole
- 3 parts coriander seeds, whole
- 3 parts cinnamon sticks
- Olive oil

Preparation:

1. Roast all whole spices (NOT turmeric) in a hot, dry pan or in a dry sheet pan under a low broiler, agitating constantly. (This creates a lot of smoke, so keep the windows open or you will be a wheezing, weeping mess.) Remove from heat and allow to cool. Grind spices in a mortar or spice/coffee grinder. Mix well with turmeric. Set aside.
2. Trim all fins off of fish. Wash well and dry with a paper towel. Rub body lightly with olive oil. Apply a generous dusting of bezar all over, packing it on to form a light crust. Heat about 1/2 cup oil to smoking point. Place entire fish in pan and press down gently to ensure full contact with cooking surface. Fry about 5-8 minutes on each side, until well browned. Finish in a preheated 400 degrees oven for a few minutes if the fish is very large or thick.

Muhammar

Ingredients:

- 2 cups basmati rice, washed
- 1/4 teaspoon saffron
- 2 tablespoons rose water
- 3 cardamom pods, cracked
- 6 cloves
- 1 cinnamon stick
- 1/4 cup ghee
- 1/2 cup sugar
- salt

Preparation:

1. Soak together saffron, cardamom, cloves, and rosewater; leave aside to steep. Add rice to 6 cups of lightly salted boiling water: boil to half cooked – about 8 minutes; drain. Stir sugar through the hot rice. Heat the ghee or butter in the same pan the rice was boiled and add the sweetened rice. Sprinkle the rose water mix on top.
2. Cover the rim of pan with a cloth or paper towels and place lid on tightly. Cook over very low heat about 20-25 minutes. Transfer to serving platter. Top with ghee while hot.

Spaghetti Vongole Aglio Olio

Ingredients:

- Spaghetti (dried) 450 gramsrams
- Fresh white clams 600 gramsr (scrubbed clean)
- Garlic 4 cloves (chopped)
- Extra virgin olive oil 3 tablespoons
- Parsley 3 tablespoons (chopped)
- Chili flakes 1 teaspoon
- White wine 100 milliliters
- Butter unsalted 60 gramsrams
- Salt
- Fresh ground black pepper

Preparation:

1. Drop the spaghetti (dried) into a large pan of boiling salted water to cook.
2. Meanwhile, clean the fresh clams properly.
3. About 5 minutes before your pasta is ready, get ready to heat the pan.
4. After the pan is hot, pour 2 tbs extra virgin olive oil into it, add garlic, 1 tbs fresh parsley, chili flakes. Stir it until fragrant and just as the garlic starts to color, add the clams and pour the white wine.
5. Put lid in to the pan, about 3-4 minutes the clams starts open, keep shuffling the pan around until all of them have opened. Get rid of any clams that haven't opened.
6. Drain the pasta and add the spaghetti into clams along with 2 tablespoons fresh parsley and 1 tbs extra virgin olive oil, seasoning with salt and fresh black pepper.
7. Stir it for couple minutes to let the juices from clams is absorbed into the spaghetti, add the butter and serve immediately.

Machboos Rubyan

Ingredients:

- 1 Kilogram Prawns, shelled and deveined. With tails intact
- 1 large cinnamon stick
- 1 bay leaf
- 4 garlic cloves, finely sliced
- 1 onion, quartered
- 1 lemon, quartered
- 1 teaspoon ground turmeric
- 1 dried lime
- 1 ½ liters water
- 2 tablespoons olive oil
- 2 large onions, halved and sliced then caramelized
- 3 cardamom cloves
- 1 teaspoon saffron
- 2 garlic cloves, minced
- 3 tablespoons rosewater
- 3 tablespoons finely chopped coriander

- 4 medium tomatoes, peeled and finely chopped
- 2 cups long grain rice, washed and drained

Preparation:

1. Bring 1 ½ liters of water to the boil, add quartered onion, cinnamon sticks, bay leaf, ground turmeric and sliced garlic. Squeeze the juice of the quartered lemon in the boiling water and drop the wedges in as well. Reduce the heat and allow the water to reach simmering instead of boiling. Add the shrimp shells and heads to the water and simmer, covered for 10 minutes. Remove from the heat, drain separately reserving the broth.
2. In a large pot, saute the minced garlic and coriander in olive oil only until translucent. Add the finely chopped tomatoes, dried lime and rosewater then stir to coat. Once the tomato mixture boils, add the fried onions and stir. Top all with the drained rice, then add just enough of the shrimp broth to cover. Cover the pot and bring to a boil, continue to cook on high heat until the liquid is reduced and the rice is starting to show on the surface. Reduce the heat to low and leave to cook until all the liquids are absorbed and the rice is cooked through.
3. Meanwhile, Saute the shrimps in olive oil sprinkles with salt and black pepper.
4. Pour the rice over a serving platter and top with the shrimps. Sprinkle all with finely chopped parsley and serve hot alongside a spicy salad or pickles.

Machboos Dijaj

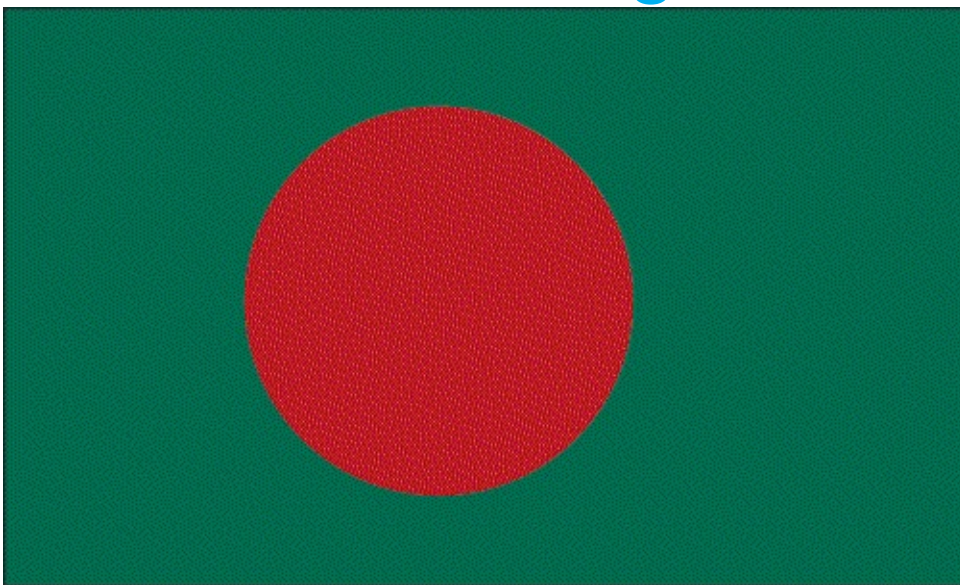
Ingredients:

- 1 teaspoon ground black pepper
- 3/4 teaspoon ground coriander
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground cloves
- 3/4 teaspoon curry powder
- 1/2 teaspoon ground turmeric
- 1 teaspoon cumin seeds
- 5 cardamon pods
- 1 1/2 teaspoon paprika
- Salt to taste
- 1 chicken (about 3-4 pounds), cut in half
- 1 medium onion, chopped
- 3 cloves crushed garlic
- 1inch piece ginger, crushed
- 3 medium tomatoes, chopped
- 2 dried black limes with a couple of holes poked in each
- 1 serrano or jalapeno chili
- 2 cups basmati long grain rice
- 2 1/2 cups water
- Vegetable oil

Preparation:

1. Mix the black pepper, salt, coriander, cinnamon, cloves, cumin, curry, turmeric, nutmeg and paprika to make the spice blend. Use half of the spice blend to season the chicken, set aside for at least 2 hours or overnight.
 2. Saute the onions in the oil until starting to brown. Add crushed garlic and ginger, the rest of the spice mixture and cardamom pods. Saute for a couple of minutes and add the tomatoes, chili, dried limes and chicken halves. Turn the chicken pieces a few times to coat with the mixture. Add water, bring to boil then cover and simmer over low heat for 30 minutes.
 3. Wash the rice in several changes of cold water until excess starch is removed, drain well. Remove chicken halves from the broth and set aside on a baking sheet. Add rice to the broth, cover and let steam over low heat for 30 minutes. While the rice is cooking, roast the chicken halves for 15-20 minutes in a 400 degree oven to brown and crisp skin.
 4. Serve rice on a platter topped with chicken halves and sprinkled with fresh cilantro.
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Bangladesh



Dhaka Chicken Karahi

Ingredients:

- Chicken, cut into pieces 1 kilogram
- Onions, sliced 2 medium
- Tomatoes, chopped 4
- Green chilies 4-5
- Water 1 cup
- Oil 1/2 cup
- Fresh coriander 1/4 bunch
- Ginger, sliced 1 medium piece

- All spice powder 1 teaspoon
- Crushed cumin 1 tablespoon
- Crushed coriander 1 tablespoon
- Red chili flakes 2 tablespoon
- Ginger, garlic paste 3 tablespoon

Preparation:

1. Heat oil in a pan and saute ginger garlic paste in it for a few seconds. Add chicken and sauté. When chicken changes its color, add sliced ginger, cumin, coriander, red chili flakes and salt and mix. Add water, lower flame and simmer for 10 to 15 minutes. Add sliced green chilies, onions, tomatoes and fresh coriander and stir.
2. When all vegetables are tender, add all spices powder and stir well and it is ready to serve.

Beef Tomato Curry

Ingredients:

- Beef 1 kilogram
- Tomatoes 6 (medium-sized chopped)
- Ginger 1 tablespoon (paste)
- Garlic 1 tablespoon (finely chopped)
- Onion 1/2 cup (finely chopped)
- Black paper 1/4 teaspoon (ground)
- Cardamoms 3
- Cinnamon sticks 3 (2.5 cm piece)
- Cloves 2
- Bay leaf 1
- Paprika or Chili powder 1 teaspoon
- Cooking oil 1/2 cup
- Salt to taste

Preparation:

1. Place the meat, ginger, garlic, onion, black paper, cardamom, cinnamon, cloves, bay leaf, salt and half of the oil in a pan. Add 3 cups of water. Cover and cook over moderate heat until the meat is tender.
2. In a separate pan heat rest of the oil. Fry the onion golden brown. Add the tomatoes and fry for a few minutes. Add the meat and paprika, stir and fry for 10 to 15 minutes. Add 1-2 cups of water and keep covered over low heat for 20 to 25 minutes. Serve hot with boiled rice, pullao, chapatti or parata.

Cauliflower Potato Curry

Ingredients:

- Potatoes 400 gramsrams
- Cauliflower head 1 (medium-sized)

- Onion 2 tablespoon (sliced)
- Onion 2 tablespoon (finely chopped)
- Ginger 1/2 teaspoon (ground)
- Garlic 1/2 teaspoon (ground)
- Turmeric 1/2 teaspoon (ground)
- Chili powder 1/2 teaspoon
- Bay leaf 1
- Cinnamon 1/4 teaspoon (crushed)
- Cardamom 1/4 teaspoon
- Green chilies 3
- Cooking oil 1/2 cup
- Salt to taste

Preparation:

1. Peel the potatoes. Make medium-sized cubes of the potatoes and cauliflower. Fry the potatoes and cauliflower separately in 2 tablespoon of oil. Combine the ground spices and make a paste with a little water. Heat oil in a saucepan, saute the onions, add the spices, bay leaf and half cup of water. Stir and fry until oil surface. Add the vegetables and 2 cups of water. Cover and cook over a low heat till the potato is tender. If necessary, add a little water to cook vegetables. Add the cinnamon, green chilies and salt.
2. Cover, keep over a low heat until the vegetables are soft and the gravy is thick and the oil separates. Serve hot with luchi or parata or fluffy boiled rice.

Beef Nehari

Ingredients:

- Beef 1 kilogram
- Bone marrow ½ kilogram
- Aniseed 3 tablespoons
- Black cardamom 8
- Turmeric powder 1 teaspoon
- Garlic ginger paste 1 tablespoon
- All spices Powder 1 teaspoon
- Ginger 1 tablespoon (chopped)
- Dry ginger 5 – 6 tablespoon
- Onion 1 chopped
- Red chili powder 1 tablespoon
- Salt to taste
- Flour 3 tablespoon
- Oil ½ cup

Preparation:

1. Heat oil in a large skillet and fry the chopped onions till they turn golden brown color. Now sauté ginger garlic paste, turmeric powder, red chili powder, all spice powder and salt. Fry for 2 -3 minutes. Then add and beef narrow.

2. Cook until the oil forms a separate layer on top then add 4 – 5 glasses of water. Put aniseed, dry ginger and black cardamoms in a muslin cloth and make a small pouch and keep it in the pan. Cover the pan and heat it over a low flame.

3. When beef becomes tender, take the muslin pouch out squeeze the juice out into a cup. On a flat pan sauté flour and dissolve it in a cup of water and pour it into the pan stirring continuously. Sprinkle 1 teaspoon all spice and 1 tablespoon dry ginger and allow to cook on a low flame.

While serving: Garnish with some green chilies and it is ready to serve. Serve with hot naan or kulcha.

Vegetable Curry with Coconut Milk

Ingredients:

- Cauliflower 1 (small)
- Carrot 2 (sliced)
- Papaya 1
- Beans string 4
- Ginger 1 teaspoon (paste)
- Garlic ½ teaspoon (paste)
- Chili powder ¼ cup

Coriander ¼ teaspoon (ground)

- Cumin ¼ teaspoon (ground)
- Coconut milk 4-5 cup (light)
- Green chilies 2
- Cooking oil 3 tablespoon
- Salt to taste

Preparation:

1. Cut the cauliflower into small florets and the string beans into 4 cm long pieces. Peel and cut the papaya and carrots into 4 cm x 1/2 cm slices. Wash the vegetables and drain the water.

2. In a saucepan fry 2 tablespoon sliced onion until transparent. Add the spices mixed in 1/2 cup of water. Stir to boil, when oil separates, stir fry for 30 seconds. Add the coconut milk. Bring to boil. Add the papaya, carrot and salt.

3. When papaya and carrot are half cooked add the cauliflower. Simmer until papaya is tender. Add the string beans and green chilies. Simmer for 7 minutes. Served with boiled rice and pullao.

Chicken Montajan

Ingredients:

- Chickens 1 kilogram
- Yogurt 1 cup (Natural)
- Onion 1/2 cup (finely chopped)
- Ginger 1 tablespoon (ground)

- Garlic 1 teaspoon (ground)
- Coriander 1 teaspoon (ground)
- Cumin 1 teaspoon (ground)
- Chili powder 1 teaspoon
- Poppy seeds 1 tablespoon (ground)
- Aniseeds 1 teaspoon (ground)
- Mace 1/4 teaspoon (ground)
- Raisins 30 grams (1 ounce)
- Almonds 60 grams
- Cooking oil 1 cup
- Salt to taste

Preparation:

1. Cut the chicken into eight pieces. Heat oil in pan. Fry the onion, add all ingredients except the raisins and almonds.
2. Cover and cook over moderate heat until water dries, add raisins. Fry the meat stirring constantly till gravy becomes thick and oil comes on surface. Dish out and garnish with sliced almonds. Serve hot with bread and salad.

Boiled Lentil

Ingredients:

- Red lentils 1cup
- Onion 2 tablespoons (chopped)
- Green chilies 2 (chopped)
- Coriander leaves 2 tablespoons (chopped)
- Mustard oil 1–2 tablespoon
- Salt to taste

Preparation:

1. Add 2 cups of water, cover and boil until lentils are cooked. Leave to cool for 5 minutes. Mix all ingredients with lentil. Serve with boiled rice or chapatti.

Banana Pitha

Ingredients:

- Flour 1/2 cup
- Sugar 1/4 cup
- Banana 1 cup (mashed)
- Water 1/2 cup
- Cinnamon 1/2 teaspoon (ground)
- Oil for frying
- Salt 1 pinch

Preparation:

1. Peel and mash the banana. Except the oil mix together all ingredients in a bowl.

2. Keep cover for half an hour. Heat 2 cups of oil in wok. Drop one tablespoon of batter, 3–4 at a time. Fry till golden for approximately 2–3 minutes over low heat. Straining oil remove pithas and keep on an absorbent paper. Serve at breakfast or tea.

Beef Tomato Kabab

Ingredients:

- Beef 1 kilogram (boneless tender)
- Potatoes 150 grams (6 ounces)
- Tomatoes 150 grams (6 ounces)
- Onions 75 grams (3 ounces)
- Turmeric 1 teaspoon (ground)
- Chili powder 1/2 teaspoon
- Ginger 2 teaspoon (ground)
- Garlic 1 teaspoon (ground)
- Cumin 1 teaspoon (ground)
- Black paper 1/2 teaspoon (ground)
- Poppy seeds 1 tablespoon (ground)
- Cardamoms 4
- Cinnamon sticks 2 (2.5 cm piece)
- Cloves 2
- Red chilies whole 3 (optional)
- Green papaya 1 tablespoon (paste)
- Cooking oil 3/4 cup
- Vinegar 1 tablespoon
- Salt to taste

Preparation:

1. Slice the beef into moderate large-sized pieces. Rub the meat with green papaya paste (or meat tenderizer) and marinate for 20 minutes. (Green papaya or meat tenderizer is not necessary for tender loin beef). Peel and slice the potatoes 1/2 cm (1/4") thick and slice the tomatoes and onions too. Combine the spices, salt, vinegar and oil. Rub on the beef. In a greased frying pan layer the meat, potatoes, tomatoes and onion alternately. Add 1 cup of water, cover with lid and bring to boil.

2. Lower heat and simmer for about 1-2 hours till the meat is tender and oil separates. Serve with paratha, luchi, chapatti or loaf bread.

Bhapa Pitha

Ingredients:

- Rice 400 grams (2 cups) or Freshly pounded rice flour 500 grams (5 cups)
- Coconut 1 cup (grated)

- Molasses 1 cup

Preparation:

1. Wash and soak rice in 6 cups of water for 45–60 minutes. Test rice by pressing in between teeth to see if it has softened, if not soak for another 15 minutes. Drain water and spread rice in the colander, keep for 30 minutes.
 2. Pound and grind rice to make flour. Sift the rice flour. Arrange a small cup of 8 cm diameter and 3 cm deep (plastic cup not preferable), a piece of cotton cloth measuring 25 square centimeter, a small but deep saucepan with a lid and a strainer that can be fitted on the saucepan.
 3. Boil some water in the saucepan placing the strainer on it. Add salt to the rice flour and sprinkle some water just to dampen the flour. Sift the flour again.
Spread 1/4 cup rice flour lightly in the small cup. Place 1 tablespoon molasses at the center (do not spread molasses). Sprinkle 2 teaspoon coconut over it.
 4. Cover the molasses and coconut by spreading more rice flour in the cup. Spread a wet cloth on the cup. Gather the flour corners of the cloth with the cup inside. Hold the cloth with the cup tightly keeping the cup upside down.
 5. Place the cup with the cloth (keeping it upside down) on the strainer fitted over the saucepan. Uncover the cup and remove it carefully from the pitha. Gather the corner of the cloth again and cover the pitha with it. Put lid on the saucepan and steam for 30–60 seconds. Holding the cloth remove pitha from the strainer and serve hot pitha at breakfast.
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Barbados



Roast Suckling Pig with Bread and Olive Stuffing

Ingredients:

- A 1-pound loaf of homemade-type white bread, sliced
- ½ cup pitted green olives, finely chopped
- ½ cup finely chopped fresh chives

- 1 teaspoon crumbled dried thyme
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons butter
- 1 cup finely chopped onions
- 1 tablespoon finely chopped garlic
- ¼ cup milk

Sucking Pig:

- A 10- to 12-pound oven-ready suckling pig
- 2 tablespoons coarse salt, or substitute 1 tablespoon regular salt
- Freshly ground black pepper
- ¼ cup vegetable oil
- 1 fresh lime

Preparation:

1. Preheat the oven to 300°F. First prepare the stuffing in the following fashion: With a sharp knife, trim the crusts from the bread. Arrange the slices side by side on one or two large baking sheets and toast in the middle of the oven for 5 minutes on each side.
2. Remove the toast from the oven and raise the heat to 350°F. Tear the slices of toast into ½ inch pieces and drop them into a deep bowl. Add the olives, chives, thyme, salt and pepper, and toss thoroughly together.
3. In a heavy 8- to 10 inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the onions and garlic and, stirring frequently, cook for about 5 minutes, until they are soft and transparent but not brown.
4. Watch carefully for any sign of burning and regulate the heat accordingly. Add the entire contents of the skillet to the toast mixture, stir in the ¼ cup of milk and toss together until all the ingredients for the stuffing are well combined. Taste for seasoning.
5. Sucking Pig:
 - A. Wash the pig quickly under cold running water and pat it dry inside and out with paper towels. Sprinkle the abdominal cavity and skin with salt and liberal grindings of pepper, then fill it loosely with the stuffing mixture. Close the opening by lacing it with skewers and kitchen cord or by sewing it with heavy white thread.
 - B. Crumple a sheet of aluminum foil into a ball the size of the lime and insert it in the pig's mouth to keep it open as it roasts. Cover the ears with small squares of foil to prevent them from burning.
 - C. Brush the pig all over with vegetable oil and place it on a rack set in a large shallow roasting pan. If the head extends beyond the edge of the pan, double a strip of foil under it to catch any drippings.
 - D. Roast the pig undisturbed in the middle of the oven for 1½ hours, then remove the foil from the ears, and continue roasting for 15 to 20 minutes longer.
 - E. To test for doneness, pierce the thigh with the point of a small, sharp knife. The juice should spurt out a clear yellow; if it is slightly pink, roast the pig for another 5 to 10 minutes.

6. Transfer the roast pig to a large heated platter and replace the ball of foil in its mouth with the whole fresh lime. Let the pig rest at room temperature for about 10 minutes for easier carving.

Fried Flying Fish

Ingredients:

- 6 deboned flying fish (or any filleted white fish)
- Juice of one lime
- 1 onion, chopped
- 75 milliliters green onions, chopped
- 2 cloves garlic, minced
- ½ hot pepper, chopped
- ½ teaspoon ground thyme
- ½ teaspoon ground cloves
- ½ teaspoon salt
- ½ teaspoon black pepper
- Oil for frying
- Bread crumbs or flour

Preparation:

1. Wash fish and place in bowl.
2. Combine lime juice, onion, green onions, garlic, hot pepper, thyme, cloves, salt and black pepper.
3. Marinate fish in this mixture.
4. Heat oil in saucepan, coat fish in breadcrumbs or flour and fry until brown or for 5 to 10 minutes.
5. Serve with Cou - Cou, vegetables or rice.

Cou - Cou

Ingredients:

- 4 okras
- 4 cups water
- 2 cups cornmeal
- 2 cups cold water
- 1 tablespoon butter
- 1 teaspoon salt

Preparation:

1. Put water to boil in a medium-size pot. Thinly slice okra and add to boiling water.
2. Cook for 10 to 12 minutes, until soft. Lower the heat.
3. Meanwhile, combine corn meal with cold water and mix well.
4. Add corn mixture to the okra. Add salt. Mix well and cook on low, stirring constantly with a flat wooden spoon or cou-cou stick.

5. The cou-cou will be ready when it's fairly stiff and it clean breaks away from the sides of the pot.
6. Place the cou-cou in a serving dish and put the butter on top.

Salt Fish Balls

Ingredients:

- 1 pound salt cod
- 1 pound fresh West Indian pumpkin (calabaza, see Glossary), peeled, seeded and cut into ½ inch cubes (about 3 cups), or substitute winter squash
- 1 tablespoon butter, softened
- 2 eggs, lightly beaten
- Freshly ground black pepper
- Salt
- 1 to 2 cups soft fresh crumbs made from homemade-type white bread, trimmed of crusts and pulverized in a blender or finely shredded with a fork
- 3 tablespoons vegetable oil or lard

Preparation:

1. Starting a day ahead, place the cod in a glass, enameled or stainless-steel pan or bowl, cover it with cold water, and soak for at least 12 hours, changing the water 3 or 4 times.
2. Drain the cod, rinse under cold running water, place it in a saucepan, and add enough fresh water to cover the fish by 1 inch. Bring to a boil over high heat. (Taste the water. If it seems excessively salty, drain, cover the cod with fresh water, and bring to a boil again.)
3. Reduce the heat to low and simmer uncovered for about 20 minutes, or until the fish flakes easily when prodded gently with a fork. Drain thoroughly. With a small knife, remove and discard any skin and bones and separate the fish into fine flakes. Set aside.
4. Drop the pumpkin or squash into enough lightly salted boiling water to cover it completely, and boil briskly for about 20 minutes, or until tender. Drain in a sieve or colander, return the cubes to the pan and slide the pan back and forth over moderate heat for 10 to 15 seconds, until the pumpkin or squash is completely dry.
5. Puree the squash through a ricer set over a deep bowl, or mash it thoroughly with a fork. Beating vigorously with a large spoon, add the softened butter, the cod flakes, eggs and a few grindings of pepper, and continue to beat until the mixture is smooth.
6. Taste and add salt as needed. The mixture should be thick enough to hold its shape solidly in the spoon. If it is too thin, beat in up to 1 cup bread crumbs, a tablespoon or two at a time.
7. To form each salt fish ball, flour your hands lightly, scoop up about 1 tablespoon of the fish mixture and shape it into a round ball about 1 inch in diameter. Dip the ball in the remaining 1 cup of crumbs. As they are shaped and coated, place the

balls side by side on wax paper.

8. In a heavy 10- to 12 inch skillet, heat the oil or lard over moderate heat until a light haze forms above it. Fry the balls, 5 or 6 at a time, for about 3 to 4 minutes, turning them with a spatula and regulating the heat so they color richly and evenly without burning. As they brown, transfer them to paper towels to drain.

9. Serve the salt fish balls while they are still warm as a first course or as an accompaniment to drinks.

Violet Hurdle's Coconut Bread

Ingredients:

- 1 tablespoon butter, softened, plus
- 4 tablespoons butter, melted
- 3 tablespoons plus 5 cups flour
- 2 cups sugar
- 1 tablespoon double-acting baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 1 teaspoon salt
- 1 large fresh coconut, opened, peeled and finely grated
- 2 cups milk

Preparation:

1. Preheat the oven to 350°F. With a pastry brush, spread 1 tablespoon of softened butter evenly over the bottom and sides of three 3½-by-7 inch loaf pans.
2. Sprinkle 1 tablespoon of the flour into each pan and tip the pans from side to side to spread it evenly. Then invert the pans and rap the bottom sharply to remove any excess flour. Set aside.
3. Sift the remaining 5 cups of flour, the sugar, baking powder, cinnamon, cloves and salt into a deep bowl. Add the grated coconut and, with your hands or a large spoon, mix all the ingredients together well.
4. Pour in the milk, ½ cup at a time, and blend thoroughly after each addition. Then stir in the 4 tablespoons of melted butter.
5. Ladle the coconut batter into the prepared pans, filling each of them no more than two thirds full. Bake the bread in the middle of the oven for 1 hour, or until it begins to pull away from the sides of the pans and the top is golden brown and crusty.
6. Remove the bread from the oven and let it cool in the pans for about 5 minutes, then turn the loaves out onto wire cake racks. Serve the coconut bread either warm or cool.

Crab and Greens Soup

Ingredients:

- ½ pound callaloo greens (dasheen or Chinese spinach, see Glossary), or substitute fresh spinach or Swiss chard

- 3 tablespoons butter
- ½ cup finely chopped onions
- ½ teaspoon finely chopped garlic
- 3 cups chicken stock, fresh or canned
- ½ cup coconut milk
- 1 teaspoon salt
- Freshly ground black pepper
- ½ pound fresh, canned or frounceen crab meat, picked clean of all bits of shell and cartilage
- A dash of A-1 or Pickapeppa sauce

Preparation:

1. Wash the callaloo greens (or spinach or chard) under cold running water and discard any discolored leaves. Leave the callaloo greens whole but, if you are using spinach or chard, bunch the leaves together and shred them into fine strips.
2. In a heavy 4- to 5-quart casserole, melt the butter over moderate heat. Add the onions and garlic and, stirring frequently, cook for 5 minutes, until they are soft and transparent but not brown.
3. Add the greens and turn them about with a spoon for 4 or 5 minutes, until they glisten with butter and become somewhat limp.
4. Stir in the stock, coconut milk, salt and a few grindings of pepper. Bring to a boil over high heat, reduce the heat to low, and simmer uncovered for about 10 minutes, or until the greens are tender.
5. Add the crab meat and “A-1” or “Pickapeppa”, and stir for 2 or 3 minutes to heat the crab through.
6. Taste for seasoning and serve at once, from a heated tureen or in individual soup plates.

Mango Mousse

Ingredients:

- 5 medium-sized (about 1 pound each) ripe mangoes
- 1/3 cup strained fresh lime juice
- 2 egg whites
- A pinch of salt
- 1/3 cup sugar
- ½ cup heavy cream

Preparation:

1. With a small, sharp knife, peel the mangoes and cut the flesh away from the large, flat stone inside each fruit. Cut the flesh of 2 of the mangoes into ¼ inch dice and set aside.
2. Chop the 3 remaining mangoes fine and puree them through a food mill set over a bowl. Then stir in the lime juice.
3. In a large bowl, using a whisk or a rotary or electric beater, beat the egg whites

with the salt until they are frothy.

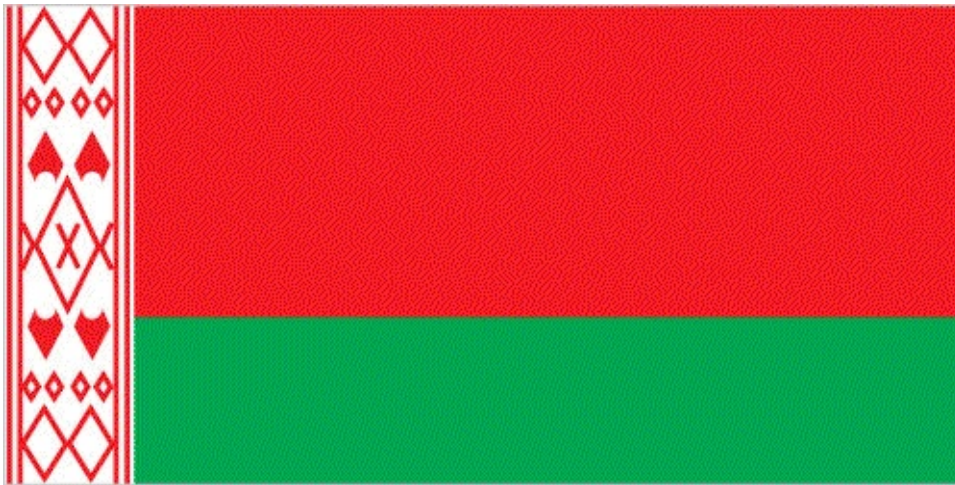
4. Sprinkle in the sugar and continue beating until the egg whites are stiff enough to stand in unwavering peaks when the whisk is lifted from the bowl.

5. In a separate, chilled bowl, but with the same beater, whip the cream until it is stiff enough to form firm peaks.

6. With a rubber spatula, fold the egg whites into the cream. Stir about 1 cup of the mixture into the mango puree, then pour the puree over the remaining cream and fold them together gently but thoroughly. Carefully fold in the diced mango.

7. Spoon the mousse into individual dessert dishes or a large serving bowl. Refrigerate it for at least 3 hours before serving.

Belarus



Babka

Ingredients:

- 6 potatoes, grated
- 2 onions, chopped
- 3 1/2 ounces bacon, diced
- 3 eggs
- 1 teaspoon flour
- about 2 tablespoons sour cream

Preparation:

1. Fry the onions with the bacon until translucent. Add the bacon and onions to the grated potatoes and stir in the flour and eggs. (Note: when I did this recipe my potatoes came out undercooked, and if I had it to do over again I would probably try cooking the grated potatoes in a pan for a few minutes before adding them to the baking dish.).

Put the mixture in a greased baking dish and brush the top with sour cream. Bake at 350 degrees for 45 minutes to 1 hour.

Mushroom Stuffed Hash Browns

Ingredients:

Filling:

- 1 ounce dried wild mushrooms, blend (or a handful of fresh mushrooms)
- 1/4 cup minced red onion
- 1 teaspoon dill
- salt
- pepper
- Draniki
- 1 1/2 pounds potatoes, peeled
- 1/4 cup flour
- 1 egg
- 1/4 cup soymilk (or milk of choice)
- salt
- pepper
- vegetable oil, for frying

Preparation:

1. Rehydrate dried mushrooms according to package directions. Mince and add with onion to a pan with a little oil. Cook until soft. Add dill and salt and pepper. Remove from pan and set aside. Shred potatoes using a grater, food processor, or mandoline. Add remaining ingredients and stir together.
2. Heat about a 1/4 inch layer of oil in a large skillet over medium. Once oil sizzles when you drop a bit of potato in it, begin cooking. Spoon in draniki batter and flatten with a spoon. Add a small spoonful of the mushroom mixture. Top with more draniki batter. Cook until browned and no longer sticks to the bottom of the pan (this should take several minutes). Flip and cook on the other side. Hold in a warm oven while the rest of the drakini are cooked. Serve hot with sour cream.

Potato Pancakes Stuffed with Ground Meat

Ingredients:

- 2 1/2 ounces ground chicken
- 2 ounces ground beef
- 2 ounces yellow onion, cut in small pieces
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 14 ounces fresh potato, peeled and cut into small cubes
- 4 round tablespoons all-purpose flour
- 1/2 beaten egg
- 2 ounces vegetable oil

Preparation:

1. Mix the chicken, beef, onions, 1/4 teaspoon salt and pepper. Form 3 thin patties about 4 1/2 inches in diameter. Add the potatoes and remaining 1 ounce onions to

a grinder and grind everything until the batter is smooth. Pour the batter in a bowl and add the flour, the remaining 1/2 teaspoon salt and the egg. Mix everything thoroughly. Form the batter into round thin pancakes.

2. Heat the oil in a pan. Place a potato pancake in the pan, topped with a meat patty and covered by more potato batter, covering all the meat. Fry the pancake on one side, about 1 minute. Flip it to the other side with a spatula, holding the top of the not-fried side with the fork. Make the fire smaller and cover the pan. Fry for 5 to 7 minutes, turning the pancakes over from time to time.

3. This recipe was provided by a chef, restaurant or culinary professional and may have been scaled down from a bulk recipe. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Chicken Kolety

Ingredients:

- 350 grams chicken breast fillet
- 80 grams hard cheese, grated
- 2 tablespoons mayonnaise
- 4 garlic cloves
- 1 egg
- 80 grams dried breadcrumbs
- 4 tablespoons butter salt oil for frying

Preparation:

1. Combine the cheese, garlic and mayonnaise in a bowl. Divide the chicken fillet into one large and one small piece and salt them liberally. Spread the filling mixture over the large piece then place the small fillet piece in the centre and fold the edges of the larger piece over in half-moons. Dip in the beaten egg to cover then coat with the breadcrumbs to coat evenly. Heat oil in a pan and use to cook the meat until lightly browned. Transfer to a roasting pan, place in an oven pre-heated to 180°C and roast for 30 minutes, or until completely cooked through. Serve hot.

Circassian Chicken

Ingredients:

- 1.5 kilograms stewing chicken
- 1 small carrot, peeled and diced
- 45 grams fresh parsley, chopped
- salt and freshly-ground black pepper, to taste
- 280 grams walnuts, chopped
- 3 slices of white bread
- 1 large onion, peeled and chopped
- 1 tablespoon paprika

Preparation:

1. Combine the chicken, carrot, onion, parsley and 1.2l water in a large pan. Season with salt and black pepper then bring to a boil. Reduce to a simmer and cook, covered for 120 minutes, or until the chicken is cooked through and tender (if the chicken is older you will need to cook longer for the meat to be tender). Remove the chicken from the pot and set aside to cool.
2. Meanwhile, strain the stock and set aside. When the chicken is cool enough to handle strip the meat from the bones and shred. Run the walnuts through a meat grinder twice (reserve any oil that emerges and keep separately). Soak the bread in a little of the reserved chicken stock until soft then squeeze out any excess liquid and combine with the ground nuts and onions.
3. Season with black pepper then place the entire mix through the meat grinder 2 times. When the mixture is fine gradually add 240ml of the strained chicken stock to make a smooth paste. Combine half this paste with the shredded chicken meat in a bowl and spread evenly on a serving plate.
4. Cover with the remaining walnut paste then drizzle the reserved walnut oil over the top and garnish by sprinkling the paprika on top.

Mogilev Sausages

Ingredients:

- 300 grams lean meat (any kind), boned
- 150 grams salt pork fat
- 2 garlic cloves, finely minced
- 4 tablespoons flour
- 1 tablespoons butter, melted
- 1 egg

Preparation:

1. Combine the meat and fat then put through a meat grinder or in a food processor and chop finely. Turn into a bowl and combine with the garlic, salt and pepper. Shape the mixture into small sausages then roll in the flour to coat and lay in a well-greased baking dish (use the melted butter). Whisk the egg and use to brush the top of the sausages then place in an oven pre-heated to 180 degrees Celsius and bake for about 25 minutes or until well browned and cooked through. Serve hot with boiled or fried potatoes.

Salad

Ingredients:

- 40 grams dried ceps
- 200 grams beef liver 2 salted
- cucumbers
- 3 onions, finely chopped
- 2 eggs
- 180 grams mayonnaise

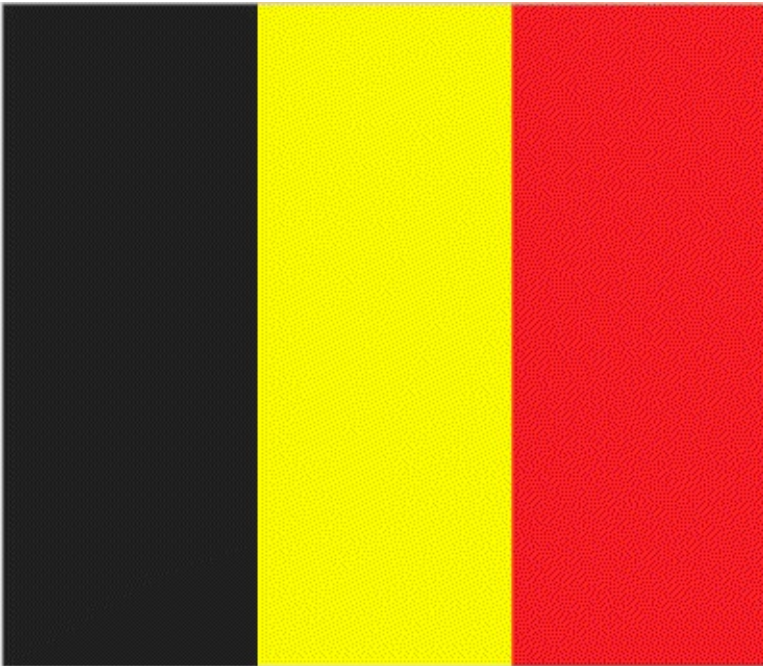
- 3 tablespoons vegetable oil
- salt and freshly-ground black pepper, to taste mixed greens, to serve

Preparation:

1. Wash the dried mushrooms 3 or 4 times through changes of water then allow to soak in cold water for 3 hours. Wash thoroughly once more then place the mushrooms and the soaking liquid (filter this through muslin or cheese cloth) in a pan and bring to a boil. Cook for about 8 minutes, or until tender.
2. Drain the mushrooms and chop finely. Meanwhile, bring a pan of water to a boil, add the beef liver and cook for about 20 minutes, or until tender. Remove the beef from the water, allow to cool then dice quite finely. Heat the oil in a pan and use to fry the onion for about 6 minutes, or until soft. Mix in with the beef then add slices of salted cucumbers, half the mayonnaise and the mushrooms.
3. Season to taste with salt and black pepper then toss to combine. Arrange on a bed of salad greens, pour the remaining mayonnaise over the top and serve



Belgium



Belgian Roast

Ingredients:

- 3 -4 pounds boneless beef rump roast
- 1 1/2 tablespoons oil
- 2 tablespoons butter
- 1/2 teaspoon thyme
- 1/2 teaspoon salt
- 4 cups onions, peeled, sliced
- 4 garlic cloves, minced

- 2 tablespoons light brown sugar
- 2 sprigs parsley
- 2 tablespoons white vinegar
- 1 bay leaf
- 1 teaspoon pepper
- 12 ounces beer
- 3 tablespoons cornstarch
- 1/2 cup water

Preparation:

1. Saute the roast in oil and brown on all sides. Add to crockpot. Saute onions with the butter in the same pan you used for the roast and cook onions until medium brown. Stir in garlic and cook 1 minute more, add to crockpot.
2. Add the beer to the skillet with the brown sugar, parsley, vinegar, bay leaf, salt, thyme, and pepper. Scrape up any brown bits in the bottom of the pan. Warm and pour over roast.
3. Cook on Low for 8-10 hours or until very tender. Remove juices to a saucepan (Strain if desired) and bring to a gentle boil.
4. Mix cornstarch with water until completely dissolved. Pour into pan juices and stir until completely dissolved, and juice has thickened. Serve over roast, and potatoes if you choose.

Coffee Cake

Ingredients:

- 3 cups flour
- 1/2 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 teaspoon salt
- 1 cup honey
- 1 cup hot coffee
- 1 egg
- 1/3 cup corn oil

Preparation:

1. Pre-heat oven to 350 degrees. Prepare a 9 x 4 in loaf pan by lightly greasing the sides. Cut a piece of wax paper or parchment to fit the bottom for quick removal. Mix together dry ingredients (flour, sugar, baking soda, cinnamon & cloves).
2. In a separate bowl, quickly mix 1 egg. Spoon in and mix the honey, coffee, and oil. Quickly fold in the dry ingredients - mixing just enough to combine without toughening the batter. Fold into pan and bake for 30 minutes. Use a tooth pick to see if center is done. Slice thinly and serve warm plain or with butter.

Beef Carbonnade

Ingredients:

- 4 tablespoons flour
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon paprika
- 3 pounds boneless beef cubes
- 1/2 cup butter
- 6 large onions, sliced
- 1 garlic clove, halved
- 1 bay leaf
- 1/4 teaspoon thyme
- 1/2 cup celery leaves, chopped
- 1/4 cup parsley
- 3 tablespoons brown sugar
- 2 1/2 cups beer
- 2 tablespoons vinegar

Preparation:

1. Mix flour, salt, pepper and paprika. Roll beef cubes in this until well coated. Melt butter in large saucepan. Add onions; saute until soft and tender. Remove. In same pan over high heat, sear beef cubes, a few at a time. Return onions and meat to pan. Set on low heat.
2. Add garlic, bay leaf, thyme and celery. Sprinkle on parsley; add sugar and beer. Bring to simmer while stirring. Cover and poach on low heat, 1 1/2 hours. Add vinegar. Simmer 5 minutes. .

Cream of Endive Soup

Ingredients:

- 2 Belgian endive, cored
- 1 white onion, diced
- 1 garlic clove, minced
- 2 tablespoons butter
- 2 large potatoes, peeled and diced
- 2 cups chicken broth
- 1 cup milk (or skim milk or cream)
- salt and pepper
- chopped chives (to garnish)
- dill sprigs (to garnish)

Preparation:

1. Mince the endives, reserving a few small leaves for garnish. Saute the onion, garlic, and endives in the butter for 3 minutes. Add the potatoes and chicken broth and simmer for about 15 minutes, or until the potatoes are soft.

2. Blend until smooth, using an immersion blender, or carefully transferring hot soup to blender and then back to pot. Add the milk, salt, and pepper and blend. Serve hot or cold. Garnish with chopped endive leaves, chives, and dill.

French Fries

Ingredients:

- 1 kilogram potato, peeled
- salt
- oil (for deep frying)

Preparation:

1. Cut the potatoes in the form of French fries and rinse them well with water. make them dry with a clean dish cloth. Deep fry them 5 minutes at 150 degrees Celsius, take them out of the oil and leave them to cool down.
2. Heat the oil to 180 degrees Celsius and deep fry the fries until they are crispy on the outside and golden brown (about 5 minutes). Sprinkle with salt and serve with mayonnaise.

Waffles

Ingredients:

- 2 cups cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 large eggs, separated
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract
- 4 tablespoons unsalted butter, melted
- 2 cups milk

Preparation:

1. Preheat the waffle iron according to the manufacturer's instructions. In 1 medium bowl sift together flour, baking powder, and salt. Set aside. In a second bowl use the wooden spoon to beat together the egg yolks and sugar until sugar is completely dissolved and eggs have turned a pale yellow. Add the vanilla extract, melted butter, and milk to the eggs and whisk to combine.
2. Combine the egg-milk mixture with the flour mixture and whisk just until blended. Do not over mix. In third bowl, beat the egg whites with an electric mixer until soft peaks form, about 1 minute. Using the rubber spatula, gently fold the egg whites into the waffle batter. Do not over mix!
3. Coat the waffle iron with non-stick cooking spray and pour enough batter in iron to just cover waffle grid. Close and cook as per manufacturer's instructions until golden brown, about 2 to 3 minutes. Serve immediately.

Beef Stew with Beer

Ingredients:

- 3 pounds stewing beef, cubed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons oil
- 3 medium onions, sliced
- 2 garlic cloves, chopped
- 3 tablespoons flour
- 1 cup beef broth
- 1 (12 ounce) can beer
- 1 tablespoon white wine vinegar
- 1/2 teaspoon thyme
- 2 bay leaves

Preparation:

1. Season beef with salt and pepper, saute in a Dutch oven with half of the oil over medium-high heat till browned, remove to plate. Add remaining oil and onions to the Dutch oven, cook till tender and browned (make sure heat is low enough that they don't burn, about medium), about 5 minutes - add garlic during the last half minute and saute with the onions.

2. Meanwhile whisk the flour into the beef broth. Stir in beer, vinegar and thyme to the Dutch oven, heat to boiling. Add the broth-flour mixture, beef and bay leaves, stir till thickened and bubbly. Reduce heat to low, cover and simmer 2 - 2 1/2 hours or till meat is tender. You could also use a slow cooker for this, and cook for 8 hours.

Bistro Style Mussels and Chips

Ingredients:

Mussels:

- 1 kilogram fresh mussels
- 1 large onion, peeled and finely chopped
- 1 large shallot, peeled and finely chopped
- 2 fat garlic cloves, peeled and crushed
- 1 teaspoon chopped fresh thyme
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh chervil
- 50 milliliters olive oil
- 150 milliliters dry white wine, such as Muscadet
- 1 teaspoon Pernod (optional) or 1 teaspoon pastis (optional)
- 2 tablespoons creme fraiche (optional)

Frites or Chips:

- 2 large potatoes, peeled and cut into thin strips
- 1/4 teaspoon salt
- oil, for deep frying

Preparation:

1. Frites or Chips: Slice the potato into thin strips (2mm x 2mm) and rinse in salted water. Heat a deep fat fryer to 325 degrees Fahrenheit or 160 degrees Celsius (preferably using sunflower or groundnut oil). Place the frites/chips in and cook for 4-5 minutes. Remove from the heat and leave to cool.
2. Mussels: Place the chopped onion, shallot and garlic in a saucepan with the olive oil, gently sweat them over a low to medium heat for about 5 minutes, or until slightly soft. Add the chopped herbs, and pernod or pastis if using and mix with the onion mixture. Add the washed mussels to the pan and cover with dry white wine, bring slowly to the boil, then simmer gently whilst stirring. Continue until the mussels have opened - discard any that do not open, this can take between 2 to 5 minutes.
3. Add the creme fraiche if using, mixing through the cooked and opened mussels.
4. Cover until the frites/chips are cooked. Whilst the moules are cooking, turn up the deep fryer to 375 degrees Fahrenheit or 190 degrees Celsius and salt the frites/chips. Add the frites or chips back to the oil for around 1 minute until golden and crispy. Serve the mussels in a deep bowl with the frites/chips on the side - providing plenty of napkins and a large bowl for the shells.

Veal Stew

Ingredients:

- 2 pound neck or breast of veal
- 1 sprig of parsley
- 1 ounce butter
- 1 quart water
- 1 ounce flour
- 1 large onion stuck with 6 cloves

Juice of lemon:

- Seasoning
- 2 bay leaves
- 1 egg
- 2 sprigs of thyme

Preparation:

1. Cut the meat up into fairly small pieces.
2. Bring the water and flavorings to the boil and add the meat, cover the saucepan and cook until the meat is almost tender (about 2 hours).
3. Remove the veal, and pass the liquid through a sieve.
4. Melt the butter in a saucepan, blend the flour with it, and add some of the meat liquor, lemon juice, seasoning and beaten egg yolk; the sauce should be quite thick.
5. Add the meat, and place in a dish.
6. Serve with boiled or mashed potatoes - no other vegetable is needed.

Flemish Steaks

Ingredients:

- 4 pieces chuck steak
- 4 to 8 ounces button mushrooms
- 3 tablespoons oil
- Salt and pepper
- Flour
- 3 sliced medium-sized onions
- 1 bottle lager
- 1 ounce Demerara sugar
- Butter
- 1 clove of garlic

Preparation:

1. Marinade the meat overnight in the oil with a little seasoning.
 2. Saute the onions in a little butter until slightly colored and place in a casserole with the washed mushrooms.
 3. Dip the steaks in flour and fry lightly in the pan in which the onions were sauteed, adding any remaining marinating oil.
 4. Put the steaks on top of the vegetables in the casserole.
 5. Mix together the lager, sugar, finely chopped garlic, salt and pepper and pour over the meat.
 6. Cover with a lid and cook in a slow oven (300°F) for 3½ - 4 hours.
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Belize



Curry Coconut Seafood Soup

Ingredients:

- 2 Whole Snapper
- 8 ounces Shrimp (deveined)
- 4 each sea crab (Ratty)
- 2 teaspoons Grace Coconut Oil
- 1 small Onion (sliced thinly)
- 2 cloves Garlic (diced)
- 4 teaspoons Grace Curry Powder
- 3 teaspoons Tomato Paste
- 2 cans Grace Coconut Milk Liquid
- 2 teaspoons Malher Chicken Consome
- 1 ounce fresh Ginger (grated)
- To taste Malher complete seasoning
- To taste Malher Black Pepper
- Small bunch Fresh Cilantro
- Small bunch Fresh Basil Leaves

Preparation:

1. In a saucepot, heat the Grace Coconut Oil, add Onion, Garlic and grated Ginger. In a separate bowl add 2 teaspoons Malher Complete Seasoning. Add the Seasoned Snapper, Ratty and Shrimp browning on all sides. Add Grace Curry Powder and Tomato Paste, stir occasionally, add Grace Coconut Milk Liquid. Let simmer for 8 minutes. Add Malher Complete Seasoning and Malher Black pepper to taste. Add fresh cilantro and basil and let simmer for 2 minutes.

Coconut chicken soup

Ingredients:

- 2 inch piece ginger, peeled and very thinly sliced
- 2 cups Grace Coconut Milk
- 1 cup chicken stock
- 3 chicken breast fillets, cut into thin strips
- 1-2 teaspoons finely chopped red chilies 2 tablespoons Grace Fish Sauce
- 1 teaspoon brown sugar
- 1/4 cup coriander (cilantro) leaves

Preparation:

1. Combine the ginger, Grace Coconut Milk and stock in a medium pan. Bring to the boil and simmer, uncovered, over low heat for 10 minutes, stirring occasionally.

2. Add the chicken and chilies to the pan and simmer for 8 minutes. Add the Grace Fish Sauce and brown sugar: toss. Add the coriander (cilantro) leaves and serve immediately, garnished with extra sprigs of coriander (cilantro) to your liking.

Tuna Noodle Soup

Ingredients:

- 4 Tablespoons MALHER Chicken Consommé
- 1 Cup GRACE Whole Kernel Sweet Corn
- 1 Cup GRACE Evaporated Milk
- 1 Can GRACE Tuna (in water) drained
- 1/8 Teaspoon MALHER Garlic Powder
- 1 Can Cream of Broccoli or Cream of Mushroom soup
- 1 Can chicken soup and 1/4 cup water
- 1/4 Teaspoon Dried Basil
- 2 Cups cooked and drained corkscrew macaroni

Preparation:

1. Cook spiral macaroni according to package directions. Open GRACE Tuna and drain. In saucepan, combine chicken soup, GRACE Whole Kernel Sweet Corn, water, MALHER Chicken Consommé, Basil and MALHER Garlic Powder.
2. Cover and heat to boiling over high heat. Add corn. Reduce heat to low. Cook 10 mins stirring occasionally. Add GRACE Evaporated Milk, Pasta, GRACE Tuna. Heat thoroughly, stirring occasionally. Garnish with crushed parsley if desired.

Mackeson Chicken

Ingredients:

- 1 ½ pound Boneless Chicken Breast
- 1 Bottle Mackeson Stout
- 3 Teaspoons Grace Coconut Oil
- 3 Teaspoons Grace Salad Cream
- 2 Sachets Malher Garlic Powder
- 2 Teaspoons Basil
- 1 Teaspoons All Spice
- 2 Sachets Malher Complete Seasoning
- 2 Sachets Malher Black Pepper
- 1 Dollop Grace Salad Cream

Preparation:

1. Clean Chicken Breast and season with 1 sachet Malher Complete Seasoning, 1 sachet Malher Black Pepper and all spice. Add ½ bottle Mackeson Stout and let sit for half an hour. Drizzle coconut oil in a Frying Pan add basil, and then sear the chicken breast for approximately 10 minutes. When done, remove the chicken from the pan, and pour in the remainder of the Mackeson stout and add more complete seasoning and Black Pepper as desired, as well as a dollop of Grace Salad Cream. Stir over heat until desired thickness is achieved. Pour Sauce over Chicken and enjoy!

Grace Jerk Pork Tenderloin

Ingredients:

- 12 ounces Pork Tenderloin
- 2 teaspoons Grace Jerk Seasoning Hot
- 1 sachet Malher Consome Beef Flavor
- 2 teaspoons Grace Vegetable Oil
- 1 cup hot Water

Preparation:

1. Marinate Pork Tenderloin with Grace Jerk Seasoning one hour before cooking. In a bowl add Malher Beef Consome and mix in hot water until dissolved. In a sauté pan, heat grace 2 teaspoons Grace Vegetable Oil and Sear the Pork Tenderloin on all sides. Add Malher Beef Broth and cover for 10 - 12 minutes. Remove from heat. To serve: slice the pork tenderloin on an biased angle serve with Grace Guava Glaze Sauce and Pan Fried Coconut Garlic Cassava.

Grace Style Beef Straganoff

Ingredients:

- 1 ½ pounds Strip Steak
- 2 teaspoons Margarine
- 2 teaspoons Grace Vegetable Oil
- 1 medium Onion (sliced)
- 1 can Mushrooms
- 1 can Cream of Mushrooms
- 1 cup Grace Evaporated Milk
- 1 teaspoons Malher Garlic Powder
- 1 teaspoons Malher Black Pepper
- 1 teaspoons Malher Consome
- ½ cup Flour
- ½ cup Water

Preparation:

1. Wash and rinse Steak with Grace Vinegar and place in a bowl. In a small bowl, mix Malher Garlic Powder, Malher Black Pepper and Malher Consome. Sprinkle seasonings over Steak and rub in. Heat pot on medium flame. Add Margarine and Grace Vegetable Oil.

2. Place Steak in and brown lightly on both sides. Sprinkle flour and stir. Remove from pot and place in bowl. Add Onions and Mushrooms to pot, sauté for 2 minutes. Sprinkle lightly with Flour. Add Steak to pot. Add Cream of Mushroom and Water and remaining flour.

3. Let cook for 10 minutes. Add Grace Evaporated Milk and cook down for 5 minutes. Serve warm on Pasta.

Chicken in Grace Coconut Sauce

Ingredients:

- 1 teaspoon ground cumin
- 1 teaspoon Encona Sweet Chili Sauce
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 4 skinless, Quality Poultry boneless chicken breast halves
- Malher Chicken Consome to taste
- 2 teaspoons Kent Boringer olive oil
- 1 onion (chopped)
- 1 teaspoons minced fresh ginger
- 1 jalapeno pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 tomato (chopped)
- ½ can Grace Coconut Milk Liquid
- 1 bunch chopped fresh basil

Preparation:

1. Clean Chicken and wash with Grace Vinegar. In a medium bowl, mix the cumin, Encona Sweet Chili Sauce, turmeric, and coriander. In a separate bowl, place the chicken, add Malher Consome, and rub on all sides with the spice mixture.
2. Heat 1 teaspoons Kent Boringer Olive Oil in a skillet over medium heat. Place the chicken in the skillet. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat and set aside in a bowl. Heat the remaining Kent Boringer Olive Oil in the skillet. Cook and stir the onion, ginger and garlic 5 minutes, or until tender.
3. Mix in the tomatoes and continue cooking 5 to 8 minutes. Stir in the Grace Coconut Milk Liquid. Add the chicken and basil. Let simmer for 5 minutes. Serve with Grace Coconut Rice.

Steamed Whole Fish with Ginger and Scallion

Ingredients:

- 2 pounds Whole Fish
- 1 ounce Ginger
- 2 stalks Scallions
- 2 teaspoons Sugar
- 1 teaspoon Chicken Stock
- 1 teaspoon Chinese MSG salt
- 2 ounces Grace Soy Sauce
- 1 ounces Kent Boringer Olive oil

Preparation:

1. Clean fresh whole fish and place on metal plate, sprinkle sugar, Chicken Stock and chinese salt over fish. Place ginger shreds over fish. Bring steamer to boil and place fish in steamer for 8 minutes. Place shredded scallion over fish. In a separate pot heat 1ounce Kent Boringer Olive Oil until hot. Apply hot olive oil

over fish using a spoon and place fish in serving plate. Sprinkle Grace Soy Sauce over fish and serve.

Snapper Rundown

Ingredients:

- 1 Can plus 1 Cup Grace Coconut Milk
- 1 Packet Grace Coconut Milk Powder
- 2 Teaspoons Grace Curry Powder
- 1 Teaspoon Malher Garlic Powder
- 3 Red or Black Snappers
- 1 Teaspoon Freshly Grated Ginger
- 2 Cloves Garlic (minced)
- Grace Coconut Oil for frying
- 2 Teaspoon Thyme
- 1 Medium Onion (diced)
- 1 Habanero Hot Pepper (diced)
- 1 Sweet Pepper (diced)

Preparation:

1. Clean and wash whole fish with lime. Pat and dry with paper towel. Season fish with MALHER Garlic Powder and thyme. Using a large fry pan, fry fish until golden brown and set aside. In the same fry pan, sauté onions and sweet peppers.
2. Add GRACE Coconut Powder. Cook until mixture is thick and bubbly. Arrange fish in the sauce making sure they are completely covered. Simmer for 10 minutes. Serve hot over the white rice.

Garifuna Porridge

Ingredients:

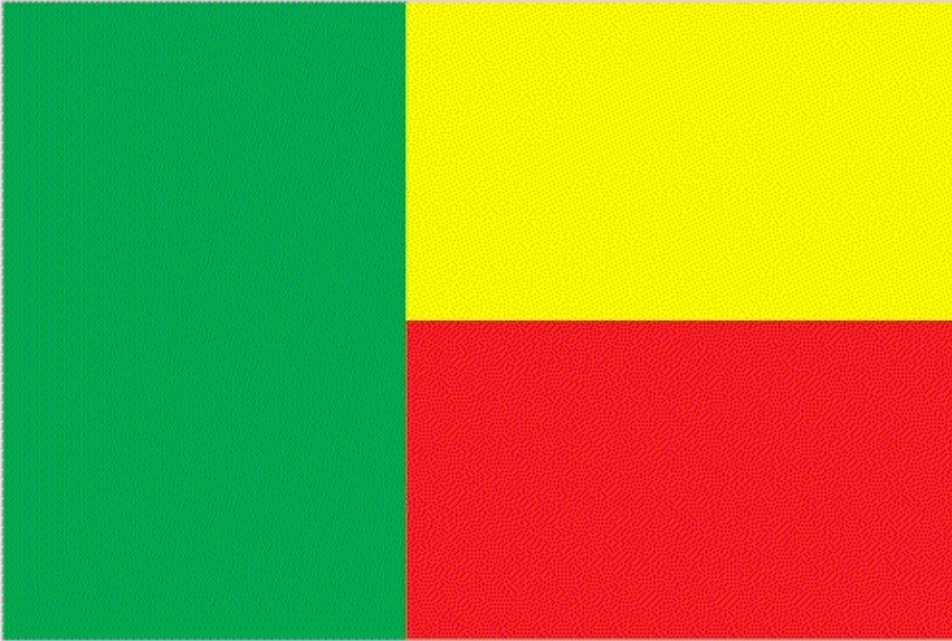
- 1/2 cup Gungude Powder (Sun Dried Green Plantains)
- 3 cups Water
- 1/2 can Grace Condensed Milk
- 1/2 can Grace Evaporated Milk
- 1/2 sachet Grace Coconut Milk Powder
- pinch of Salt
- 2 teaspoons Benjamins Vanilla Essence
- 2 teaspoons Benjamins Nutmeg Extract

Preparation:

1. In a deep pot, bring 2 cups of Water to a boil. In a bowl pour in 1 cup water, stir in Gungude Powder. Pour mixed Gungude mixture in pot of boiling water, stir in Grace Evaporated Milk and Grace Condensed Milk, and stir for 5 - 10 minutes to get the thickness you desire.
3. Stir in Benjamins Vanilla Essence and Nutmeg Extract. Continue stirring for 5

minutes. Serve hot or cold.

Benin



Chicken Meatballs with Red Sauce

Ingredients:

- 1 chicken, cut up, deboned and diced
- 3/4 cup no-sugar-added peanut butter
- 1 habanero pepper, minced
- 1 bunch green onion, washed and chopped
- 4 onions, peeled and chopped
- 6 tomatoes, blanched, peeled, de-seeded and chopped
- 1 cup red palm oil
- salt and freshly ground black pepper

Preparation:

1. Take about half of the peanut butter and mix it with a little bit of hot water. It should still be a paste, but it should be just thin enough so you can stir it. Set aside.
2. Take the remaining peanut butter, the chicken, the habanero, the green onions and salt and put them in a food processor. Pulse until smooth. Shape the mixture into meatballs. Chop the blanched tomatoes and the onions and toss them with the peanut butter or water paste.
3. Melt the palm oil in a pan and fry the meatballs in the palm oil until they are nicely golden all over. Add the onion, tomato and peanut butter mixture. Cover the pan and reduce the temperature to low. Simmer for 15 minutes or so, then remove the lid and check the internal temperature of the meatballs (they should be at 165

degrees or higher).

Baby Bananas in Orange Sauce

Ingredients:

- 1/2 cup orange juice
- 1/2 cup brown sugar
- 1 tablespoon lemon juice (optional, I did use freshly squeezed)
- 2 slightly under-ripe baby bananas (NOTE poster used red bananas which are about 4 inches long)

Preparation:

1. Heat orange juice, brown sugar, and lemon juice in a skillet for about 15 minutes on low (there should be small bubbles breaking the surface, but not quite a simmer). The orange juice will reduce and thicken into a syrup. Peel bananas and add to syrup. Cook for a few minutes per side, making sure to warm through. Serve immediately with ice cream, pound cake, or plain. Both would be all the better!

Tofu Benin with Tomato-Peanut Sauce

Ingredients:

- 2 tablespoons minced fresh ginger
- 2 tablespoons minced fresh garlic
- 1 teaspoon Old Bay seasoning
- 1 teaspoon freshly ground pepper
- 1 pound firm or extra-firm tofu, drained and cut in half lengthwise
- 2 medium onions
- 3 large tomatoes, seeded and chopped
- 2 tablespoons vegetable oil
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1/2 teaspoon crushed red pepper
- 1/4 cup smooth natural peanut butter
- 1 cup green olives, halved

Preparation:

1. Make paste: In small bowl, combine ginger, garlic, Old Bay seasoning and pepper. Cut each tofu slab on the diagonal, making 4 triangles. Spread each piece of tofu with paste, covering evenly on both sides. Place coated tofu slices on plate, cover with plastic wrap and refrigerate 8 hours or overnight.

2. Coarsely chop one onion. In food processor, puree chopped onion and tomatoes. Set aside. Cut remaining onion in half and then into 1/2 inch slices.

3. In large skillet, heat oil over medium heat. Add sliced onion and cook, stirring often, until softened, 8 to 10 minutes, reducing heat if necessary. Add puree mixture, tomato paste, sugar, red pepper and salt to taste. Simmer 15 minutes,

stirring occasionally.

4. Dissolve peanut butter in 1 1/2 cups lukewarm water. Using whisk, mix into tomato sauce. Simmer 15 minutes, stirring occasionally. Stir in olives.

5. Add coated tofu to pan, pushing each piece into sauce so it is covered. Simmer, uncovered, over medium heat, so paste has time to blend into and flavor sauce, about 15 minutes. Serve hot.

Chicken

Ingredients:

- 1 chicken
- 1 hot chili, chopped
- 3 garlic cloves, chopped
- 2 onions, chopped
- 1 Maggi chicken cube (or other chicken bouillon cube)
- 3 tablespoons tomato purée
- 2 bay leaves
- 1 teaspoon dried thyme salt and freshly-ground black pepper

Preparation:

1. Dissolve the chicken stock cube in 2l of warm water then add the thyme and bay leaves and season to taste with salt and black pepper. Pour the stock into a large casserole dish and add the chicken, whole. Bring to a boil, cover and cook for 20 minutes over high heat. At this point, remove the chicken and set aside to cool. Add the onions, garlic and chili to the stock in the casserole then whisk in the tomato purée. Continue to boil, uncovered, until the sauce has thickened (about 30 minutes).

2. At this point, cut the chicken into serving pieces and add to the sauce. Lower the heat, cover the dish and continue to cook until the chicken is tender (about 20 minutes). Stir frequently during this time to prevent the sauce from catching and burning.

3. Serve hot, accompanied by rice, yams or sweet potatoes.

Grilled Fish

Ingredients:

- 4 fish, cleaned and gutted
- 1 onion, finely chopped
- 1 tablespoon ground black pepper
- 1 tablespoon salt
- 6 tablespoons groundnut oil
- 2 lemons, halved

Preparation:

1. Mix the chopped onions with the salt and pepper. Cut deep incisions in the sides of the fish and use the onion mixture to stuff these gashes and the body

cavity of the fish.

2. Allow to marinate for 30 minutes then brush the fish with the oil and cook under a grill or on a barbecue until the fish is done (About 10 minutes per side). Serve the fish with half a lemon.

Maize Porridge

Ingredients:

- 500 gramsrams cornmeal
- 1 hot chili 1 onion, chopped
- 2 garlic cloves, chopped
- 500 milliliters water
- 4 tablespoons oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. In a mortar, pound together the chili, onion and garlic to form a smooth paste. Heat the oil in a pan, add the garlic paste and fry for about 4 minutes, or until the ingredients are soft and aromatic. Take off the heat and set aside. Bring the water to a boil in a saucepan and stir in the fried garlic and onion mix. In the meantime, take 100 gramsrams of the cornmeal and mix with a little water to form a paste.
2. Pour this into the boiling water, stirring constantly and mix until smooth. Re-cover the pot and cook for 15 minutes. After this time work in the remaining cornmeal a little at a time, stirring until sooth after each addition. Continue cooking, stirring constantly until the amiwo has thickened to your liking (this can be either a soft porridge or you can cook until the mixture is thick enough to come away from the sides of the pot).
3. Typically the mixture is cooked for about 10 minutes. If the amiwo is thick, shape into balls and serve to accompany your favorite stew. Otherwise serve the amiwo in a bowl.

Grilled Lamb Shoulder Chops with Fresh Mint Sauce

Ingredients:

Chops:

- 2 shoulder lamb chops, 3/4 inch thick
- 4 cloves garlic, peeled, crushed
- 2 sprigs rosemary, bruised
- 2 tablespoons pomegranate juice
- black pepper
- salt

Mint Sauce:

- 1/3 cup orange marmalade
- 1 tablespoon white vinegar
- 1 tablespoon water
- 1/4 teaspoon crushed red pepper flakes

- 1/3 cup fresh mint leaves, lightly packed

Preparation:

1. Season both sides of the lamb chops with black pepper and place in a seal able plastic bag. Toss in the crushed garlic, rosemary and pomegranate juice in the bag and seal. Place in refrigerator for about 1 hour. While the chops marinate, prepare the mint sauce. Place the marmalade in a small saucepan, add the vinegar, water and crushed red pepper flakes. Bring to a boil, remove from heat and strain through a mesh strainer discarding the orange peel.
2. Allow the sauce to cool completely before cutting the mint leaves chiffonade and stirring into the cooled sauce. About 30 to 40 minutes prior to grilling the chops, remove from refrigerator and allow to stand at room temperature. Preheat grill to medium high heat, remove chops from marinade, season with salt and place of grill.
3. Cook 4 to 5 minutes per side. Allow to rest for 10 minutes before serving. Top each chop with sauce and serve with roasted potatoes or rice for a delicious meal.

Beef Stew

Ingredients:

- 1kilogram beef (any stewing cut), cubed
- 300 gramsrams chopped onions
- 3 tablespoons West African Curry Powder
- 2 teaspoons salt ground cayenne pepper, to taste
- 360 milliliters coconut milk
- 8 to 10 deep-fried sweet potato chunks
- 4 tablespoons margarine or butter
- 1 tablespoon flour
- 60 milliliters smooth, unsweetened, peanut butter
- 5 garlic cloves, minced or pounded to a paste
- 3 whole hot red chilies
- 250 milliliters water several whole okra, with tops removed

Preparation:

1. Add the margarine (or butter) to a pan, heat and use this to brown the beef. Remove the beef and reserve then use the remaining oil in the pan to fry the onions and garlic until they are golden brown. At this point add the flour, curry powder, salt, cayenne pepper and the peanut butter.
2. Heat for a minute then slowly add the coconut milk and then add the water. Continue cooking (stirring all the while) until the sauce thickens. Then add the meat and chilies and simmer, covered, until the beef is tender (this can take up to 2 hours, depending on the cut of meat).
3. About 20 minutes before the dish is ready add the okra and fried sweet potatoes. Serve immediately on a bed of rice.

Bermuda



Sweet Potato Casserole

Ingredients:

- 3 cups mashed cooked sweet potatoes
- 1 cup granulated sugar
- 1 cup coconut flakes
- 1/2 cup raisins
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1/4 cup heavy cream (if needed)
- 1 cup packed brown sugar
- 1 cup chopped pecans
- 1/2 cup self-rising flour
- 1/4 cup melted butter

Preparation:

1. First mix the mashed sweet potatoes with the sugar, coconut, raisins, eggs and vanilla. If it seems too thick, add the cream. Spoon the mixture into a well-greased casserole dish. Combine the brown sugar with the pecans, flour and butter. Spread over the top of the sweet potatoes.
2. Bake at 350 degrees for 20 to 30 minutes (it's ready when the topping is golden brown).

Bermuda Johnny Bread

Ingredients:

- 1/4 cup sugar
- 1 1/2 cups flour
- 1/4 teaspoon salt

- 2 teaspoons baking powder
- 1 egg
- 1/2 cup milk
- 2 tablespoons butter

Preparation:

1. Mix sugar, flour, salt, and baking powder. Add egg and milk and mix until batter consistency. Melt butter in frying pan. Spoon a third of the batter into the pan. Fry on low heat until brown. Turn and brown the other side. Repeat twice with the remaining batter. Split bread in half and serve with plenty of butter and jam.

Fish Cakes

Ingredients:

- 3 ounces chopped onion
- 1/2 -ounce chopped garlic
- 1 tablespoon olive oil
- 1 -ounce curry powder
- 1 -ounce fresh chopped thyme
- 1 -ounce fresh chopped parsley
- 1 pound cooked, roughly smashed potatoes
- 8 ounces salted cod fish (soaked and rinsed 3 times over the previous 24 hours in the refrigerator, poached in water for 8 minutes)
- Salt and pepper, to taste

Cream:

- 2 ounces flour
- Oil, for frying

Preparation:

1. In a heavy bottom pan, saute the onion and garlic until cooked. Add the curry powder and herbs and cook for 1 minute. Add the potato and flaked cod fish to the pan and mix together.

2. Season with salt and pepper. Add enough cream to make the mixture workable. On a floured surface, shape the fish cakes and fry in shallow oil on each side for 5 to 6 minutes over a medium heat.

Fish Chowder

Ingredients:

- 3 tablespoons olive oil
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup finely chopped carrot
- 1 1/2 cups peeled chopped tomato
- 1 teaspoon finely chopped garlic
- 4 ounces flour

- 1/2 teaspoon cinnamon
- 1/2 teaspoon marjoram
- 1/2 teaspoon oregano
- 4 pints fish stock
- 2 cups cooked, flaked white fish meat
- 1 ounce black rum (goslings, if available)
- 1 ounce Worcestershire sauce
- 1/2 -ounce hot sauce
- Salt and pepper, to taste

Preparation:

1. Heat up the olive oil in a thick heavy bottomed pan. Add all the chopped vegetables, tomato and garlic and sweat off for 5 minutes, stirring continuously. Add the flour, cinnamon and herbs and continue to cook for 2 minutes. Add the fish stock and bring to a boil, then crumble the fish into the pan with the rum, Worcestershire sauce and hot sauce. Let simmer for 1 hour, stirring occasionally. Add salt and pepper, to taste.

Cream of Butternut Squash and Apple Soup

Ingredients:

- 3 tablespoons unsalted butter
- 1 Bermuda onion, chopped
- 1 butternut squash, about 3 pounds peeled, seeded and cut into 1 inch cubes
- 6 cups low-sodium chicken stock
- 4 Granny Smith apples, peeled, cored and chopped
- 4 pinches of Spanish saffron threads, about 1 teaspoon
- Pinch of freshly grated nutmeg
- 2 cups heavy cream
- Salt and freshly ground pepper, to taste

Preparation:

1. In a large soup pot over medium heat, melt the butter. When the butter is foamy, add the onion and sauté, stirring occasionally, until tender and translucent, 4 to 6 minutes. Add the squash and stock, bring to a boil and reduce the heat to medium-low. Simmer, stirring occasionally, until the squash is tender when pierced with a fork, about 20 minutes.
2. Add the apples, saffron and nutmeg and simmer, stirring occasionally, until the apples are tender, about 15 minutes. Using a food processor or a blender, puree the soup in batches until smooth. Return the soup to the pot, stir in the cream, and season with salt and pepper.
3. Warm gently as needed. Ladle the soup into warmed bowls and serve immediately.

Beef Stroganoff

Ingredients:

- 2 cups beef stock
- 1 pound filet of beef, cut into 2 inchx1 inchx 1/4 inch slices
- 2 tablespoons unsalted butter
- 3 tablespoons vegetable oil
- 1 small onion, sliced
- 1/2 red bell pepper, thinly sliced
- 1/2 yellow bell pepper, thinly sliced
- 1/2 cup dill pickle, chopped
- 1/4 cup brandy
- 2 cups whipping cream
- 5 teaspoons sweet Hungarian paprika
- 12 ounces fettuccine
- 1 tablespoon fresh lemon juice
- 6 drops hot pepper sauce

sour cream:

- 2 tablespoons fresh parsley, chopped

Preparation:

1. Boil beef stock in a heavy medium saucepan until reduced to 1/2 cup, about 15 minutes. Set aside. Season beef with salt and pepper. Melt butter in a heavy large skillet over high heat. Add beef and saute to desired doneness, about 4 minutes for medium. Transfer to a bowl.
2. Heat oil in a heavy large deep skillet over high heat. Add onion, bell peppers and pickles and saute 3 minutes. Remove skillet from heat. Add brandy and ignite with a match. When flames subside, return skillet to heat. Add reduced stock, cream and paprika. Simmer until reduced to sauce consistency, stirring occasionally, 15 minutes.
3. Meanwhile, cook fettuccine in a large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain thoroughly. Add beef, lemon juice and hot pepper sauce to cream sauce. Season with salt and pepper. Stir until heated.
4. Divide fettuccine among plates. Spoon beef and sauce over. Garnish with sour cream and parsley.

Onion Soup

Ingredients:

- 8 to 10 bermuda onions, finely chopped
- 4 tablespoons butter
- 4 tablespoons olive oil
- 3 tablespoons flour
- 6 cups chicken broth, hot
- bouquet garnish (parsley, thyme, bay leaf, tied together)
- fresh ground white pepper, to taste
- 3 tablespoons goslings black seal rum

- 1 teaspoon sherry pepper sauce (to taste)
- 6 rounds day-old French bread (toasted or sauteed and topped with Gruyere or)
- Swiss cheese (to garnish)

Preparation:

1. In a pot large enough to contain all the ingredients, saute the onions in the butter and oil until they are just golden. Sprinkle onions with flour and cook another 5 minutes or so, allowing the mixture to darken slightly.
2. Stir in the hot broth, taking care to keep the soup free of lumps. Season with the white pepper, drop in the bouquet garnish (remove before serving), the rum and simmer for 30 minutes.
3. Add a few generous dashes of sherry peppers sauce just before serving. Top each bowl with a round of French bread sprinkled liberally with Gruyere cheese and melted under the broiler.

Bhutan



Cheese Curry

Ingredients:

- 8 green cayenne chilies, seeded and chopped
- 1 large onion, sliced lengthwise
- 2 teaspoons vegetable oil
- 1 1/2 cups tomatoes, chopped
- 3 garlic cloves, chopped
- 1/3 pound feta cheese, copped in small cubes
- 4 tablespoons coriander leaves, chopped

Preparation:

1. Put the chilies, onion, water and oil in a medium pot and bring to a boil. Cover, reduce the heat slightly and cook at a strong simmer for 15 minutes. Add the

tomatoes and garlic and bring back to a boil, then simmer uncovered for 10 minutes, or until the tomatoes are melting into the liquid and the garlic has softened.

2. Add the cheese and simmer for another 3 to 4 minutes. Stir, remove from the heat, cover, and let sit for 10 minutes before serving. This is best served warm, not hot.

3. Stir in coriander leaves (cilantro), add salt and pepper to taste and serve. This is usually served with Bhutanese red rice, but it is also good with plain rice accompanied with a stir fried green vegetable.

Chili Chicken with Red Rice

Ingredients:

- 3 tablespoons cornstarch
- 1 pound chicken breast, Roasting, Breast, Raw
- 3 tablespoons sesame seeds, toasted, unrefined
- 2 garlic cloves, fresh
- 1 cup onion, red, fresh, chpd
- 1/4 cup chili pepper, red, hot, fresh, chopped
- 3 tablespoons gingerroot, RAW
- 2 tablespoons soy sauce, SHOYU, REG
- 2 tomatoes, RED, RAW
- 1 cup red rice, dry

Preparation:

1. Cook whole-grain red rice according to package directions in unsalted water. Cut the chicken into 2.5 cm (1inch) cubes and toss with cornstarch making sure all pieces are totally coated. If not, add a bit more cornstarch.
2. Heat the canola or vegetable oil over medium heat in a non-stick wok or skillet. Cook chicken until pieces are browned on both sides and slightly crispy. Remove with a slotted spoon and set aside.
3. Add 15 ml of sesame oil, sliced onions, minced garlic and ginger and stir-fry for 2 minutes. Add chopped peppers and sliced tomato wedges and cook another 2 minutes. Return chicken to pan and heat through.
4. Season with soy sauce. Serve over cooked red rice on a heated serving platter.

Ema Datshi

Ingredients:

- 9 ounces green chilies, cut lengthwise into four pieces each
- 1 onion, sliced
- 1 1/3 cups water
- 2 teaspoons vegetable oil
- 2 tomatoes, chopped
- 4 1/2 ounces danish blue cheese
- 4 1/2 ounces feta cheese

- 5 garlic cloves, crushed
- 3 stalks cilantro
- 1 cup Bhutanese red rice

Preparation:

1. Add the rice and about 1 1/2 times as much water to a pot and bring to a boil. Reduce heat and cover. Simmer for 20 minutes or until all the liquid is absorbed. Meanwhile, put the chiles and onions into a pot with the water. Add the vegetable oil. Bring to a boil and reduce heat to medium.
2. Boil uncovered for 10 minutes, then add the tomato and garlic. Continue to boil for 2 more minutes, then add the cheese and cook an additional 2 to 3 minutes. Add the cilantro and remove from the heat. Stir and cover. Let stand for two minutes before serving over red rice.

Momo Dumplings

Ingredients:

Dumplings:

- 1/2 pound yak meat or 1/2 pound beef, ground
- 1/2 onion, finely chopped
- 3 garlic cloves, finely minced
- 1 ounce Chinese wine
- 2 teaspoons flour
- 2 teaspoons soy sauce
- 1 jalapeno pepper, seeds removed, finely minced
- 1 (12 ounce) package wonton wrappers
- 1 few large lettuce or 1 cabbage leaf

Dipping sauce:

- 1/4 cup soy sauce
- 1/4 cup rice wine vinegar
- 1 teaspoon chili oil

Preparation:

1. With your hands, thoroughly mix the ground meat with the onion, garlic, Chinese wine, flour, soy sauce and jalapeno. Lay out a few of the wonton wrappers and spoon a small amount of the filling into the center of each.
2. Fold the wonton wrapper in two and then pinch the edges to make a tight seal. Line your steamer basket with the cabbage or lettuce leaves.
3. Add the dumplings (don't let them overlap) and steam for 30 minutes. Meanwhile, mix the dipping sauce ingredients. Serve the dumplings hot with the dipping sauce.

Vegetarian

Ingredients:

- 250 grams of chilies (green and of medium hotness)

- 1 onion chopped longitudinally
- 2 tomatoes
- 250 grams cheese
- 5 cloves of garlic, finely crushed
- 3 leaves of coriander
- 2 teaspoon vegetable oil

Preparation:

1. Cut chilies longitudinally (1 chili = 4 pieces). Put these chilies and chopped onions in a pot of water (approximately 400 milliliters). Add 2 teaspoon vegetable oil. Then boil in medium heat for about 10 minutes. Add tomato and garlic and boil for another 2 minutes. Add cheese and let it remain for 2-3 minutes. Finally add coriander and turn off the heat. Stir. Keep it closed for 2 minutes. And then you are ready for a treat of good Ema Datshi. Serves 3. As always, serve with a generous portion of red rice or polished white rice, along with some other dish.

Spicy Chicken Stew

Ingredients:

- 1 tablespoon cooking oil
- 3 cloves garlic, minced
- 2 tablespoons red onion, finely chopped
- 1 piece of ginger, minced or grated
- 1/2 cup leek, rinsed and finely chopped
- 1 pound Chicken, boneless or bone-in, cut into 1 inch pieces
- 3 fresh red or green chilies, sliced
- 1 small tomato, finely chopped
- 1/2 cup water
- salt to taste
- handful of cilantro, finely chopped

Preparation:

1. Heat oil in a large pan. Add garlic, ginger, onion, and leeks. Saute until lightly browned.
2. Add chicken, chilies, tomatoes, and water and stir. Lower heat slightly, and cover and cook for about 20 minutes (or until chicken is done). Add water during cooking if sauce becomes too thick.
3. Salt to taste and garnish with cilantro.

Chili Chicken with Red Rice

Ingredients:

- 1 pound (0.5 kilogram) boneless, skinless chicken breast(s)
- 1 cup (250 milliliters) whole grain red rice
- 1/4 cup (60 milliliters) cornstarch
- 3 tablespoons (45 milliliters) sesame oil

- 1 teaspoon (5 milliliters) sesame oil
- 1/2 cup (125 milliliters) red onion(s), sliced lengthwise
- 2 cloves garlic, minced
- 1/2 cup (125 milliliters) red hot chili pepper(s), chopped
- 3 tablespoons (45 milliliters) ginger, minced
- 2 tablespoons (30 milliliters) low-sodium soy sauce
- 2 tomatoes, large, cut into wedges

Preparation:

1. Cook whole-grain red rice according to package directions in unsalted water. Cut the chicken into cubes and toss with cornstarch making sure all pieces are totally coated. If not, add a bit more cornstarch. Heat 3 Tablespoons (45 milliliters) sesame oil over medium heat in a non-stick wok or skillet. Cook chicken until pieces are browned on both sides and slightly crispy. Remove with a slotted spoon and set aside. Add another 1 teaspoon (5 milliliters) of sesame oil, sliced onions, minced garlic and ginger and stir-fry for 2 minutes. Add chopped peppers and cook another 2 minutes. Return chicken to pan, add sliced tomato wedges, season with soy sauce and heat through. Serve over cooked red rice on a heated serving platter.

Red Rice Pilaf

Ingredients:

- 1 cup uncooked Bhutanese red rice
- 2 tablespoons butter
- 1 small-medium onion, minced
- 4 finger-hot chilies, minced
- 1 tablespoon ginger, grated or minced
- 2 teaspoons garlic, peeled and diced
- 1 mandarin orange or regular orange
- 1 teaspoon salt
- ½ teaspoon Szechuan peppercorns, roasted and ground
- 1 teaspoon perilla seeds, roasted and ground
- 2¼ cup water

Preparation:

1. Melt the butter in a medium sauté pan. Add onion and sauté 5 minutes or until tender. Add chilies, ginger, garlic, orange zest, salt, pepper and perilla, and stir well. If necessary add a tablespoon or two of water or orange juice to moisten.

2. Add water and rice and stir well. Heat to a boil and then reduce heat to a high simmer and cook covered for about 30-40 minutes until rice is tender and water is absorbed. Check the rice occasionally, but don't stir too much. When rice is done let sit covered off the heat for at least 10 minutes before serving while preparing the other ingredients.

3. The Bhutanese love to vary dishes. Sometimes 5-6 different variations in ingredients or preparation methods are accepted as the same dish in Bhutan

when these would be divided into different dishes in the west. If you'd like to try a variation on this pilaf, try a fine dice or sliver of nuts or add some crushed black mustard seeds for additional flavor.

Fish and Mandarin Orange Curry

Ingredients:

- 2 pounds of fish, gutted and heads removed
- 4 tablespoons sweet butter
- 1 large or 2 medium yellow onions, peeled, thinly sliced and separated into crescents
- 6 garlic cloves, peeled and minced
- 1 large thumb-size piece of ginger, peeled and grated or minced (2.5 in. x 1 x 1)
- 9 Finger-hot chili peppers, minced, but with seeds and placenta intact
- 1 large tomato, cut into a large dice
- 1/2 cup water or orange juice
- 1 cup fish stock
- 2 mandarin oranges, peeled and separated, and seeds removed
- 1 teaspoon sea salt (or to taste)
- 1 teaspoon ground Szechuan pepper
- 1 teaspoon perilla seeds, lightly roasted and ground
- 1 tablespoon chopped cilantro leaves for garnish

Preparation:

1. Melt butter in a large saute pan over medium heat and add the onion slices when butter is warm. Stir and separate the onions as they warm and after a few minutes, reduce heat to low, cover and let the onions rest as if you were caramelizing them. Let the onions cook quietly for 15 or 20 minutes and then resume cooking over medium heat by adding garlic and ginger and stirring liberally. Cook for 5-8 minutes, or until the garlic starts to swell. Then add the chili peppers and the tomato, stir and cover again and cook for a 3-5 minutes.
2. Add the water or the orange juice (this can be done earlier if the contents of the pan are too dry) and stir well. When the water is warmed, add the fish stock stir and cooked until the contents of the pan are warmed. Now add the oranges and cover to cook. After about 3-5 minutes uncover and stir again, pressing down on the orange and tomato segments to let them release their flavors into the sauce. Then add the salt, Szechuan pepper and perilla seeds and stir well.
3. Chop the fish into serving pieces. I cut mine homestyle, which means having to battle bones at the table, but we don't mind this. Over the many years we have been eating fish this way, we have become skilled at eating the top layer of fish and just lifting the bones out before tucking in to the top layer. If you use a different cut of fish, you will have to change (reduce) the cooking time to suit the cut.
4. Using the homestyle cut I just lay the fish pieces into the sauce and ladle the sauce over the fish. When all the slices are in the pan, cover and let cook for 5

minutes or so. Then uncover and spoon some more sauce over the fish and repeat for about 10-12 minutes to ensure the slices are fully cooked. Do not flip or turn the slices unless you are confident that you can do so gently without breaking the slices apart. When done, uncover, remove from the heat and plate as desired. Adding a bit of chopped cilantro as a garnish pretties it up just before bringing it to the table.

5. The flavor of the dish is phenomenal, hot chilies and sweet oranges over a bass-line of tomato and onion with a grace-note of Szechuan pepper makes this dish a keeper in our home. Hopefully, you will think the same thing.

Bolivia



Silpancho

Ingredients:

Meat:

- 1 pound thin sliced soft beef
- 2 cups breadcrumbs (estimated amt, use as needed)
- adobo seasoning with cumin
- vegetable oil

Rice:

- 3 cups uncooked white rice
- 1/2 of a red pepper, diced
- 1/4 cup diced red onion
- 1 tablespoon fresh cilantro (or 1 teaspoon dried)
- 3 tablespoons vegetable oil

- 1/2 teaspoon salt

Salsa:

- 2 vine-in plum tomatoes, seeded and diced (about 1 cup)

- 1 finely diced jalapeno

- 1/3 cup finely diced red onion

- Fried Sliced Potatoes

- 6 medium yukon gold potatoes

- vegetable oil

- Fried Eggs

- 8 eggs

- vegetable oil

Preparation:

1. Potatoes: Add whole peeled potatoes to boiling lightly salted water. Boil about 20-25 minutes or until fully cooked but still firm (overcooking will cause slicing thin to be more difficult). Put potatoes in the fridge to cool (this can be done the day before).

2. Rice: Cook rice as directed (this can be done the day before). Dice a 1/2 red pepper and 1/4 cup red onion. Put in a container and add 1 tablespoon fresh chopped cilantro or 1 teaspoon dried cilantro. Store container in fridge until ready to fry rice (this can be done the day before).

3. Meat: Lightly dust both sides of meat with Adobo Seasoning Con Cumin (just tap it out, don't shake on).

Pour some of the bread crumbs onto a plate. Lay one slice of meat over the crumbs, sprinkle more bread crumbs on top and pound into meat using a meat mallet (or make a fist and pound with the side of your hand). Flip the meat over and sprinkle more bread crumbs on the other side if needed and pound again so that both sides are well covered in crumbs and meat is flattened out. Repeat on each slice of meat. Store in fridge until ready to cook (this can be done the day before).

4. SALSA: Dice tomatoes, onions and jalapeños and mix together. Store in the fridge until ready to serve (this can be done the day before). (Time Saver: Use a food processor to chop onions and jalapeño and then stir hand diced tomatoes).

5. Cooking: Fry rice - heat 2-3 tablespoons vegetable oil over medium heat in a large non-stick skillet. Add cooked rice and prepared red pepper, red onion and cilantro. Toss well. Add 1/2 teaspoon salt (or to taste) and Cook 10-15 minutes tossing frequently. Remove and keep warm in covered serving dish.

6. Fry potatoes - while the rice is cooking, heat another skillet over moderately high heat and pour oil so that it covers the entire bottom and is about 1/8 deep. Slice cooled potatoes about 1/2 inch thick. Add slices one at a time until you have 1 layer on the bottom of the pan and there is space between each one. Cook for about 2 minutes on each side or until golden brown. Remove from skillet and place on a paper towel lined plate to soak up excess oil. Repeat with remaining potatoes. Cover and keep warm.

7. Fry meat - when rice is done, add about oil to emptied skillet so that it is about

1/4-1/2" deep and heat so that it is hot, but not smoking. Place a few slices of meat in skillet and cook about 1.5 minutes or until edges become golden brown and meat actually lifts up in the center. Flip and cook on other side about 1 minute or until cooked through. Remove from skillet and place on a paper towel lined plate to soak up excess oil. Repeat with remaining meat. Cover and keep warm.

8. Fry eggs - when the potatoes are done, use the same skillet for the eggs reducing heat to medium low. (TIP: Make sure skillet has cooled before adding eggs - you don't want them to cook too fast or the egg whites will become hard before the yolks are cooked). Add eggs individually so they remain separate and fry just until yolks are cooked, flipping once.

9. Serve immediately - on each plate, serve about 2-3 pieces of meat topped with prepared salsa, about a cup of rice, 5 potato slices and 2 eggs.

Saltenas

Ingredients:

Filling:

- 1 (.25 ounce) package unflavored gelatin
- 3 potatoes, peeled
- 1 1/2 tablespoons olive oil
- 1 onion, chopped
- 1 1/2 pounds ground beef
- 1 (10 ounce) package frozen petite peas, thawed
- 1 spring onion, sliced
- 1/2 cup fresh parsley, chopped
- 4 teaspoons white sugar
- 2 teaspoons paprika
- 1/4 teaspoon ground cumin
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 3 tablespoons jalapeno sauce (optional)
- 1/2 cup cold water
- 3 hard-cooked eggs, peeled and chopped
- 1 (2.25 ounce) can sliced black olives, drained
- 1 cup raisins, soaked in water and drained

Dough:

- 6 cups all-purpose flour
- 1/4 cup white sugar
- 1 teaspoon salt
- 1 cup butter, cubed
- 1 1/2 cups hot water
- 2 eggs, beaten
- 2 teaspoons water
- 1 tablespoon paprika

Preparation:

1. Sprinkle the gelatin over the 1/2 cup cold water in a heat-proof dish; set aside for 10 minutes. Microwave the rehydrated gelatin for 30 seconds or until melted (or melt it over a pot of simmering water). Transfer the melted gelatin to a small bowl and refrigerate until set. Place the potatoes into a saucepan, cover with water, and bring to a boil over medium heat. Reduce heat, and simmer until the potatoes are cooked but still firm, about 10 minutes. Remove from water, allow to cool, and shred into a bowl; set aside.
2. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the ground beef, and cook until the meat is no longer pink, breaking it up into crumbles as it cooks, about 10 minutes. Drain excess grease. Stir in the shredded potatoes, peas, spring onion, parsley, 4 teaspoons sugar, 2 teaspoons paprika, cumin, salt and black pepper, and 3 tablespoons jalapeno sauce (optional). Simmer filling until hot, about 3 minutes. Remove from heat and set aside.
3. Preheat an oven to 425 degrees Fahrenheit (220 degrees Celsius). Lightly grease a baking sheet, or line it with parchment paper. Combine the flour, 1/4 cup sugar, and 1 teaspoon of salt. Cut in the butter with a knife or pastry blender until the mixture resembles coarse crumbs. (This can also be done in a food processor: pulse the butter and flour mixture until it looks like cornmeal. Turn mixture into a bowl and proceed.) Slowly add the hot water and knead until smooth, about 3 minutes. Keep the dough covered with plastic wrap or a clean kitchen towel to keep it warm. Divide the dough into 16 pieces and roll them into balls. Keep the other balls of dough covered with a towel while you roll out each round.
4. On a lightly floured surface, roll each ball of dough into a 1/8 inch-thick circle. Whisk the beaten eggs and 2 teaspoons water in a small bowl. Lightly brush egg wash on the edges of the dough circle. Place about 2 tablespoons of the meat filling on one half of the dough round; top it with about a 1/2 teaspoon of hard-boiled egg, 1/4 teaspoon of gelatin, a few sliced black olives, and some raisins.
5. Fold the dough over the filling. Seal and scallop the edges of the dough together. To scallop, start at one edge of the half circle: fold a small piece of dough (the size of your fingernail) over the seam and press gently. Fold another small piece of dough over the seam so that it overlaps the first piece; repeat until you have sealed the half circle. (You may also seal the saltenas by pressing a fork around edges.)
6. Place the saltena on the prepared baking sheet and continue with the remaining dough and filling. Whisk the paprika into the remaining egg wash and brush the saltenas with the egg wash. Bake in the preheated oven until golden brown, 15 to 20 minutes.

Spicy Cabbage and Potatoes

Ingredients:

- 8 cups shredded cabbage (1 small head)

- 1 ½ pounds small red-skinned potatoes, cut into 1 inch chunks
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 2 tablespoons olive oil
- 1 large onion, chopped (1 ½ cups)
- 1 small yellow or orange bell pepper, finely chopped (¾ cup)
- 5 Roma tomatoes, seeded and coarsely chopped
- ½ aji chili or Scotch bonnet chile, or 1 jalapeño, seeded and finely diced (2 Tbs.)
- 2 tablespoons lime juice
- ¼ cup coarsely chopped cilantro

Preparation:

1. Bring large pot of salted water to a boil. Drop cabbage in water, and blanch 5 minutes, or until crisp-tender. Cook potatoes in boiling salted water 5 to 7 minutes, or until tender. Drain, reserving 1/2 cup cooking water. Stir tomato paste and sugar into cooking water, and set aside.
2. Heat oil in Dutch oven or large saucepan over medium heat. Add onion and bell pepper, and sauté 5 minutes, or until soft. Stir in tomatoes, chile and tomato paste mixture, and cook 5 minutes, stirring occasionally. Stir in cabbage and potatoes. Cook 5 to 6 minutes or until cabbage and potatoes are heated through. Season with salt and pepper, sprinkle with lime juice and cilantro, and serve.

Majao

Ingredients:

- 1 pound of charque beef
- 2 cups of rice
- 1 large red onion, chopped fine
- 1 large tomato, diced
- 2 teaspoons powdered red chili pepper (cayenne pepper works too)
- 2 cubes of beef bullion
- 5 plantains (should be yellow, not too green)
- 8 eggs

Preparation:

1. BOIL one pound of beef with about 4 tablespoons of salt, for 10 minutes. Do not throw out the water. Take the beef out of the water, set aside, and when it is cool, you shred it with your hands. (For this you should use a very tender beef.)
2. Chop the onion in a little oil until transparent. Add the diced tomato and the powdered red chili pepper and cook 5 more minutes. Add 1 cup of the water in which you cooked the beef to the onion and tomato, along with the 2 cubes of beef bullion.
3. Separately, add three cups of fresh water to the three cups of water you boiled the beef in (you now have 6 cups of water in your pot). Add the onion/tomato/pepper mixture from the pan and the shredded beef into the water.

Boil the rice in this water along with everything else.

4. While this is cooking, you peel the plantains (you usually have to use a knife). Cut them lengthwise into thin strips about ½ inch thick (not too thin). Fry the plantains in hot oil just until toasted on the outside. They should remain soft inside. When the rice and beef have cooked, serve hot with a fried egg on top and the plantains on the side.

Spicy meat

Ingredients:

- 1 pound beef
- ½ cup oil
- 1 cup green peas, peeled
- 2 cups white onion, finely chopped
- 1 cup tomato, peeled and finely chopped
- ½ cup ground spicy red pepper
- ½ teaspoon ground cumin
- 1 teaspoon oregano, crumbled
- ½ fresh parsley, finely chopped
- ½ teaspoon ground black pepper
- 1 spoonful salt
- 3 cups broth or cold water
- 8 potatoes, peeled and boiled separately
- uncooked sauce
- steamed rice
- 2 spoonfuls parsley, finely chopped

Preparation:

1. Cut the meat into very small pieces. In a casserole combine the meat with all the other ingredients, including the broth or water. Set to cook over high heat until it boils and later over low heat, for at least an hour or until everything is very well cooked. If the preparation dries a little, add broth or hot water. It must be very juicy.

2. Serve in a deep plate with one cooked potato, steamed rice and uncooked sauce. Sprinkle with the chopped parsley and onion.

Cornmeal - Coated Chicken In Tomato Sauce

Ingredients:

- 2 eggs
- ½ cup milk
- 2 tablespoons yellow cornmeal
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3½-pound chicken, cut into 6 to 8 serving pieces
- ½ cup vegetable oil

- ½ cup coarsely chopped onions
- 6 medium tomatoes, peeled, seeded and coarsely chopped (see salsa cruda), or substitute 2 cups chopped, drained, canned Italian plum tomatoes
- ½ cup dry white wine
- Bouquet of 3 parsley sprigs, 1 bay leaf, ½ teaspoon dried marjoram tied together in cheesecloth
- 1 teaspoon salt
- Freshly ground black pepper

Preparation:

1. In a large mixing bowl, beat the eggs with a whisk or rotary beater for a minute or two only, then beat in the milk, the cornmeal, 1 teaspoon of salt and ¼ teaspoon of black pepper.
2. Pat the chicken pieces completely dry with paper towels, then one at a time dip them into the egg and cornmeal batter, and when they are lightly coated lay them side by side on a long sheet of wax paper.
3. Heat ¼ cup of the oil at high heat in a 10- to 12 inch skillet. Add the chicken and regulate the heat so that the pieces brown quickly without burning. Turn the chicken frequently with tongs or a slotted spoon. Transfer the chicken to paper towels to drain.
4. In a heavy 4-quart flameproof casserole, heat the remaining ¼ cup of oil over moderate heat until a light haze forms above it. Add the onions and cook, stirring, for 4 or 5 minutes, or until they are soft and transparent but not brown.
5. Stir in the tomatoes, wine, bouquet, 1 teaspoon of salt and a few grindings of pepper. Cook, stirring frequently, for 5 minutes. Add the browned chicken to the casserole, basting the pieces well with the tomato sauce.
6. Cover and simmer over low heat for 30 to 40 minutes, or until the chicken is tender but not falling apart. Taste for seasoning and serve directly from the casserole.

Pasties

Ingredients:

- 1 pound flour
- 2 teaspoons salt
- 4 ounces lard
- 3 egg yolks
- 1 teaspoon sugar
- 1 cup tepid water

Filling:

- 1 pound stewing steak
- ½ pound cooked green peas
- 3 tablespoons lard
- 1 tablespoon aji salt (or 1 tablespoon piquant table sauce)
- 1 large onion

- 2 tomatoes
- 1½ tablespoons powdered gelatin

Seasoning:

- A few sultanas
- 2 teacupfuls good stock
- A few olives
- 3 cooked potatoes
- Hard-boiled egg

Preparation:

Begin Making The Filling 12 Hours Beforehand:

1. Chop the meat.
2. Heat the lard and fry the chopped onion and tomatoes, then add the gelatin (previously dissolved in ½ cupful water) and the stock.
3. Add half the chopped meat, bring to the boil, and then put aside in a cool place for 12 hours.
4. The next day add the rest of the meat (raw), the potatoes, peas, salt or sauce and seasoning to taste.
5. Pastry:
 - A. Sieve the flour; melt the lard, add the sugar and salt and leave to get slightly cool, then stir gradually into the flour, together with egg yolks and water.
 - B. Roll out, cut into saucer-like rounds and put on each a portion of meat filling, a few sultanas, an olive and a few pieces of egg.
 - C. Fold over envelope fashion, rolling the edges to keep the filling from oozing out.
 - D. Bake in a moderately hot oven (425 degrees Fahrenheit) for 15 minutes.
 - E. Serve hot or cold.

Pickled Chicken

Ingredients:

- 1 can (10¾ ounces) condensed chicken broth
- 2 pounds chicken parts
- 2 cups sliced onions
- 1 cup white vinegar
- 3 medium carrots, diagonally sliced
- 2 medium bay leaves
- 1 envelope unflavored gelatin
- 1 lemon, sliced

Preparation:

1. Combine all ingredients except gelatin and lemon in a large saucepan; cover and simmer 45 minutes, or until done. Cool.
2. Remove chicken from broth, reserving broth. Remove chicken from bone; chop.
3. Sprinkle gelatin over ½ cup reserved broth in saucepan to soften; place over low heat, stirring until gelatin is dissolved.

4. Add gelatin-broth mixture to remaining broth mixture.
5. Arrange lemon slices in a 9 by 5 by 3 inch loaf pan; cover with about ¼ inch thick layer of gelatin mixture. Chill until slightly firm.
6. Chill remaining gelatin mixture; fold in chicken. Pour chicken mixture onto bottom layer; chill until firm.

Coconut Candies

Ingredients:

- 2 2/3 cups shredded coconut
- 3/4 cup condensed milk
- 1 egg
- 1/4 teaspoon almond essence

Preparation:

1. In a bowl, mix shredded coconut, egg, condensed milk, and almond essence until everything is well mixed. Let rest for two or three minutes. Spread butter on a baking sheet to coat. Using two teaspoons, put small amounts of the mixture in the baking sheet.
2. Bake at medium temperature (European oven: 163 Celsius degrees; American oven: 325 Fahrenheit degrees) for 25 minutes or until they are golden, dry and smooth at the same time.

Chicken Soup with a Touch of Incan Legend

Ingredients:

- Several large pieces of chicken breast, skinless
- 1 cup of habas (broad beans or butter beans)
- 4 large potatoes, whole, peeled
- 2 tablespoons of chopped green onions (heads and tails)
- 1 tablespoon of chopped parsley
- 1/2 teaspoon of butter
- Salt and pepper to taste.

Preparation:

1. Chop the head of the onion and the tail separately. In about 1 quart of water, boil the chicken with the chopped onion head for about 20 minutes. While you are waiting, wash and peel the potatoes and boil the broad beans separately (if you can't find any, use peas) for about 1/2 an hour with some salt.
2. When the chicken is half cooked, add the potatoes, whole. Meanwhile, in a little pan on very low flame, melt the butter and stir in the chopped green onion and parsley and continue stirring for about 2 minutes. Remove the broad beans (or peas) from their pot and strain the water from them. Add the broad beans, and the green onions and parsley to the soup. Serve hot and add salt and pepper to taste and serve hot.

Spicy Pork stew

Ingredients:

- 2 spoonfuls oil
- 2.2 pounds pork meat, preferable ribs, cut into 16 pieces
- 1 cup white onion, cut into thin strips
- 1 teaspoon ground cumin
- 1/2 teaspoon ground black pepper
- 1 teaspoon crumbled oregano
- 4 cloves garlic, minced
- 1/2 cup ground cayenne pepper
- 1 spoonful salt
- 1/2 cup green onion, cut into thin strips
- 8 cups boiling water
- 1/2 cup plain bread crumbs, to thicken

To Serve:

- 4 cups cooked white corn
- 8 peeled potatoes (cooked separately)

Preparation:

1. In a large pot heat the two spoonfuls of oil over medium heat. Add the pork and fry until golden. Add onion, cumin, pepper, oregano, garlic, cayenne pepper, salt and green onion. Stir and add the eight cups of boiling water.

Let cook until the meat comes off a little of the bones, at least two hours. Try to maintain the initial amount of broth, adding a little of water if necessary.

2. Shortly before serving, add bread crumbs to thicken. Serve in a deep plate with sufficient broth. Garnish with one cooked potato and cooked white corn.

Thick Rice and Chicken Soup with Vegetables

Ingredients:

- 2 pounds or 1kilogram squash, pumpkin or sweet potato peeled and cut into 1 in/2.5 cm chunks (optional)
- 1/2 cup or as needed (usually more water is used)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tomato, chopped
- 1/2 teaspoon oregano
- 1/2 cup rice
- 450 gramsrams potatoes, cut into cubes and parboiled
- 1/2 cup frounceen lima beans (optional)
- 1/2 cup peas
- Chicken in medium or large sized pieces, quantity according to portions to be served
- 1 teaspoon fresh parsley, chopped
- Oil, Salt

Preparation:

1. Put the water into a pan with the squash and bring it to boil; cook until it begins to soften. While that is happening, heat the oil in another pan and saute the onion, garlic, tomato, oregano and salt. Put this mixture into the squash and combine well. Cook the rice in the water, add the chicken pieces and let them cook till they feel soft to touch.
 2. Add the potatoes and beans. Let them cook gently 10 min or so, then add the peas while the soup is cooking, stir it. Serve warm with parsley on top.
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Bosnia and Herzegovina



Kacamak with Potatoes and Cheese

Ingredients:

- 3 cups water
- 2 potatoes, peeled, cubed and boiled (medium to large)
- salt
- 1 1/4 cups yellow cornmeal
- 1/2 cup feta cheese
- 1/4 cup oil

Preparation:

1. Bring the water to a boil. Add the cooked potatoes and salt and boil until the potatoes start to break apart. Without draining the water, gently mash up the potatoes. Slowly add the cornmeal, continuing to stir. The texture should be like cream of wheat. Don't let it get too thick. When the kacamak is done cooking add a little oil. Remove from the heat and add the cheese, stirring until mostly melted

Cevapi

Ingredients:

- 1 tablespoon lard or 1 tablespoon butter
- 1/2 yellow onion, finely chopped

- 1 garlic clove, finely chopped
- 1 pound lean lamb
- 1 pound lean beef
- 1 egg white, lightly beaten
- 1 tablespoon sweet paprika
- 2 tablespoons onions, finely chopped
- 6 -8 pita breads

Preparation:

1. Melt the lard or butter over medium heat. Add the onions and saute until translucent. During the last three minutes or so, add the garlic and keep stirring to prevent burning. Remove the onions and let cool. Mix the ground lamb with the ground beef. Add the onion/garlic mixture, egg white and paprika and mix well.
2. Shape the meat into unappetizing looking little cylinders, which are the traditional shape. Cover with plastic wrap and refrigerate for at least one hour. Pan fry the cevapi in a little olive oil until nicely browned.
3. To serve, cut the pita breads in half and make a pocket in each one. Stuff a few finely chopped onions inside the pita, then add the cevapi and top with a few more of the onions.

Cream Cheese Potato Soup

Ingredients:

- 4 1/2 pounds russet potatoes, peeled and cut into 1 inch pieces (about 8)
- 3 1/2 cups chicken broth
- 6 slices bacon
- 1 onion, chopped
- 12 mushrooms, coarse chopped
- 2 cups milk
- 8 ounces cream cheese, cut into bits and softened (chilled cream cheese will be grainy)
- salt and pepper
- sliced green onion top (to garnish)

Preparation:

1. In large pot combine potatoes with broth and simmer, covered, 20 minutes or until potatoes are tender. Remove potatoes from heat and mash with potato masher. In frying pan, cook bacon until crisp and drain on paper towel and crumble; set aside. To bacon fat, add onion and mushrooms; saute until tender.
2. Add the bacon/onion mixture to potatoes. Stir in milk, cream cheese, salt and pepper until cream cheese is melted. Garnish with green onions.

Bosnian Lamb Soup

Ingredients:

- 900 grams rams lamb meat, cut into 2cm cubes
- 1 large onion, chopped

- 4 tablespoons butter
- 2.5 liters water
- 4 garlic cloves, crushed
- 4 eggs, well beaten
- 1 tablespoon lemon juice
- 600 grams fresh spinach, trimmed, blanched and chopped
- 1 tablespoon paprika
- 1 tablespoon salt
- 300 grams cooked rice
- 2 tablespoons fresh dill, chopped
- 250 milliliters plain yoghurt

Preparation:

1. Melt the butter in a pan and fry for 2 minutes then add the lamb and cook, stirring frequently, until the meat has browned all over. Add the garlic and water and bring the mixture to a boil. Reduce to a simmer, cover and cook for 1 hour. At the end of this time, uncover the pan and return to a boil.
2. Stirring constantly, slowly add the eggs in a slow stream then stir-in the lemon juice. Reduce to a simmer then stir-in the chopped spinach, paprika, salt and rice.
3. Cover the pan and cook gently for 30 minutes. About 10 minutes before you are due to serve stir-in the yoghurt and dill. Ladle into warmed soup bowls and serve.

Pita with Meat

Ingredients:

- 6 Pita Breads (or one packet shop-bought)
- 3 large onions, chopped
- 3 tablespoons olive oil
- 900 grams pork, cubed
- 2 large eggs
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a pan and use to fry the onions until golden (about 10 minutes). Add the pork and continue frying until the meat is thoroughly browned all over. Take off the heat at this point and stir-in the eggs and season to taste with salt and freshly-ground black pepper.
2. Mix thoroughly to combine then arrange the pita breads on a lightly-oiled baking tray. Spread the meat mixture over the top of the pita breads then transfer to an oven pre-heated to 210 degrees Celsius and bake for about 8 minutes, or until the eggs are set and golden brown. Serve hot!

Mutton Stuffed Vine Leaves

Ingredients:

- 2 kilograms mutton, minced

- 1 kilogram veal, minced
- 100 grams rams rice
- 50 grams rams onion
- 1 egg
- 2 garlic cloves
- 100 grams rams butter or oil
- 250 milliliters double cream
- 100 grams rams grape vine leaves beef stock
- salt, black pepper, paprika and finely-chopped flat-leaf parsley, to taste

Preparation:

1. Bring a pan of salted water to a boil. Add the vine leaves and cook for 20 minutes, until soft and pliable. Drain the leaves in a colander and set aside to cool. Meanwhile, melt the butter in a frying pan and use to fry the onion and garlic. Add a little flat-leaf parsley and fry for 3 minutes. Turn the contents of the pan into a bowl and add the mutton, veal, rice and egg.
2. Mix thoroughly and season with salt, black pepper and paprika. Gradually add 100 milliliters cold water and mix to combine (this helps the rice cook). Trim the stems from the vine leaves then arrange vein side up. Add a tablespoon of the meat mix near the stem end of the leaf. Lift the stem end and fold over now fold in the sides and tightly roll the leaf to form a cigar or sausage shape. Place this, open end down at the side of a casserole dish. Continue filling and rolling the leaves and arrange them end to end in the pot so they form a tightly-packed spiral.
3. When you have finished one layer begin a second layer, placing the filled vine leaves in the dents between the rolled leaves of the layer below. When all the vine leaves have been filled add just enough beef stock to the casserole to cover the contents. Bring to a gently simmer, cover and cook slowly for at least 90 minutes, and up to 150 minutes.
4. When ready arrange the vine leaf parcels on a serving plate, whisk the double cream into the stock left in the dish and pour over the vine leaf parcels. Serve immediately, accompanied by boiled potatoes.

Sarajevo Okra Soup

Ingredients:

- 300 grams rams veal, cubed
- 50 grams rams fresh okra, sliced
- 2 tablespoon butter
- 1 tablespoon sour cream
- 2 tablespoon flour
- 40 grams rams carrots, diced
- 40 grams rams onions, diced
- 1 tablespoon flat-leaf parsley, chopped
- 2 egg yolks

- 100 gramsrams lemon slices

Preparation:

1. Melt the butter in a frying pan and use to fry the veal until browned all over then stir-in the carrots and onions. Cook over medium heat for about 8 minutes then scatter the flour over the top and stir to combine. Transfer the mixture to a saucepan then stir-in 750 milliliters water along with the okra.
2. Season to taste then bring the mixture to a boil. Meanwhile, whisk together the egg yolks and sour cream in a bowl. Add this slowly to the soup, whilst whisking constantly. Immediately take the soup off the heat and stir-in the parsley. Ladle into warmed soup bowls then float the lemon slices on top and serve.

Cabbage Rolls

Ingredients:

- 2 medium sized heads of sour cabbage (about 20 gramsood leaves).
- 750 gramsrams mixed minced meat (more beef, less pork),
- 150 gramsrams smoked bacon cut into small pieces
- 6 smoked ribs or ham hock or other smoked meat
- 6 onions, finely chopped
- 1 cup rice,
- 3 dried red peppers,
- 1 tablespoon of flour ,
- 1 cup of oil,
- salt and pepper to taste
- 1 teaspoon ground paprika
- 1 (8-ounce) can tomato sauce (passata is a possible substitute)
- 1 (10 ¾ ounces) can tomato soup
- Bay leaf, crumbled
- ground red pepper

Preparation:

1. Taste sourness of sour cabbage, separate leaves and if it is necessary pour water over to reduce acidity and saltiness. While cabbage is in the water, fry the onions in the half of oil, add meat, and fry it too, add salt, add pepper, sprinkle with ground red pepper, paprika and add rice. Mix well and remove from stove.
2. Clean cabbage leaves, being careful not to tear the leaves. On each leaf place the filling of fried meat and onions. Roll the leaves first from yourself, then from the sides, then again from yourself and place them in suitable cooking pot in one layer, but not too tight with one another.
3. Between each cabbage roll, place a few pieces of smoked bacon and smoked meat. Crumb laurel leaf and dried red peppers and sprinkle over cabbage rolls. Mix tomato sauce and soup with enough water to make a liquid consistency. Pour over rolls until mixture is level with rolls but not over the top.
4. At the beginning cook on a high temperature (until water boils), and then at medium temperature for 20 minutes. In the other half of oil fry the flour, add a little

ground pepper, whisk and all pour over the cabbage rolls. Shake the pan so that the browned flour covers the rolls if necessary separate the rolls so that each is completely covered with the sauce.

5. Place dish in pre-heated oven and bake on medium temperature for about 2 hours. Temperature should not exceed 200 degrees Celsius. If the rolls starts to become brown on the surface, cover them with foil, but do not seal them. If all the liquid evaporates, add a little hot water. When cooked remove from the oven and serve with pieces of smoked bacon and pork ribs.

Botswana



Chicken Pie

Ingredients:

Filling:

- 1/4 cup butter
- 3 1/2 ounces onions, sliced thinly
- 1 apple, peeled and diced
- 1 pound cooked chicken, chopped
- 2 teaspoons hot chili powder
- 1/2 cup currants
- 2 tomatoes, diced
- salt, to taste
- 1 egg yolk whisked in 1 tablespoon water

Dough:

- 4 cups all-purpose flour
- 1 pinch baking soda

- 1 pinch salt
- 2 egg whites
- 1 egg yolk
- 1 cup butter or 1 cup margarine
- 1/4 cup cold water

Preparation:

1. Fry the onions in the butter until translucent, then add the apple, chicken, currants and chili powder. Cook for about a minute, then add the tomatoes and salt to taste. Keep cooking for another five minutes or so (the finished mixture should be pretty dry). Meanwhile, make the dough. Sift the flour and baking soda together, then add the butter, working it with your fingers until you get a texture like fine breadcrumbs.
2. Now whisk the egg whites together with one egg yolk and add it to the dough. Add the water in small amounts until you get the right consistency for a pastry dough. Cut out circles about 6 inches wide or so. Drop enough filling on each dough piece to cover about half the circle, with enough room left over to pinch the edges together.
3. Fold over to a half-moon shape. Repeat until you either run out of dough or filling. Prick each pie to vent. Mix the remaining egg yolk with 1 tablespoon of water and brush the surface of each pie. Transfer to a well-oiled baking sheet (they stick, so make sure to use plenty of grease) and bake at 350 degrees for 30 to 35 minutes, or until the pies turn a nice golden brown color.

Botswana Beef

Ingredients:

- 250 milliliters beer
- 125 milliliters olive oil
- 60 milliliters soy sauce
- 4 cloves garlic, crushed
- 1 thumb fresh root ginger, peeled and crushed
- 2 red chilies, seeded and chopped
- 5 milliliters paprika
- 10 milliliters ground peppercorns
- 10 milliliters coriander seeds, crushed
- 4 x 225 grams fillet steaks
- 45 milliliters olive oil for cooking
- 8 large cloves whole garlic, peeled
- Salt and ground pepper

Preparation:

1. In a deep ceramic dish combine the beer, olive oil, soy sauce, crushed garlic, ginger, chilies, paprika, ground peppercorns and coriander. Add the steaks and coat well with marinade. Leave for at least 6 hours. Heat a large cast-iron pan. Add the olive oil for cooking, steaks and whole garlic. Seal steaks for 3 minutes on each side, then cook until ready. Season with salt and pepper to taste.
2. Serve: 4 banana leaves and Fresh chilies, and then wrap each fillet in a strip of banana leaf and garnish with fresh chilies as per photograph.

Chicken Groundnut Stew

Ingredients:

- 1 chicken cut into serving pieces
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 250 milliliters water
- 120 grams peanut butter
- 120 milliliters tomato paste
- 1 teaspoon grated ginger
- 2 tablespoons brown sugar
- 1/2 teaspoon chili flakes

Preparation:

1. Prepare the sauce by combining the sugar, chili flakes, ginger, peanut butter and tomato paste in a bowl. Slowly stir-in the water a little at a time until the sauce is smooth. Add the oil to a large pan and fry the chopped onion until translucent. Add the chicken and continue frying until the chicken has begun to brown before adding the bell pepper.

2. Continue cooking until the chicken is nicely browned all over. Pour-in the peanut sauce and stir well. Cover and reduce the heat to low simmer. Cook for 1 hour, stirring occasionally. Serve over rice or rice balls.

Bean Leaf Stew

Ingredients:

- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 generous handfuls of cow pea leaves (you can substitute savoy cabbage, kale or beet greens)
- 1/2 green bell pepper, chopped
- 1 medium tomato, diced salt, to taste barbecue spice blend, to taste

Preparation:

1. Wash the bean leaves then set in a colander to drain. Heat the oil in a pan, add the onion and fry gently over low heat for 3 minutes. Now add the bell pepper and tomato and fry for 3 minutes more. Pour in 250 milliliters water then add the bean leaves.
2. Bring to a simmer, cover the pot and cook for about 15 minutes, or until all the ingredients are tender, season to taste with salt and the spices.
3. Check the liquid levels. If too dry add a little water, if too wet continue cooking until the mixture has dried. Either serve as a main meal with bagobe (porridge) or serve as an accompaniment.

Beef and Lemon Casserole

Ingredients:

- 1kilograms segwopa, or 1.5 kilograms beef shin cut into strips
- 1 large, unwaxed, lemon, thinly sliced (remove any pips)
- 1 large onion, sliced into thin rings
- 200 milliliters water
- salt and freshly-ground black pepper, to taste
- oil for frying
- 1 tablespoon plain flour

Preparation:

1. Heat a large frying pan, add some oil and if you are using fresh beef add to the pan and fry until browned on both sides. Layer the beef into a casserole dish, separating each layer of beef with a layer of mixed onion and lemon slices. Pour in enough water to just cover the meat and season liberally with salt and black pepper.
2. Cover with a tight-fitting lid and transfer to an oven pre-heated to 160 degrees Celsius. Bake for about 90 minutes, or until the beef is very tender. Remove from the oven then mix the 1 tablespoon plain flour with 2 tablespoon water to smooth slurry. Stir this into the casserole (it will help thicken the gravy). Return to the oven

and cook for a further 15 minutes. Serve hot accompanied by rice or noodles.

Spaghetti with Broccoli

Ingredients:

- 150 gramsrams broccoli florets
- 300 gramsrams spaghetti
- 3 garlic cloves, finely chopped
- 6 tablespoons oil for frying

Preparation:

1. Bring two pans of lightly-salted water to a boil. Add the broccoli to one and cook for about 6 minutes, or until just tender. Drain thoroughly in a colander. Now cook the spaghetti according to the packet instructions. Heat a little oil in a pan, add the broccoli and garlic and stir fry until the garlic is aromatic (about 5 minutes). Drain the spaghetti then stir into the pan with the broccoli and garlic. Toss to combine, turn into a warmed serving bowl and serve.

Barbecue Beef

Ingredients:

- 4 good quality beef steaks (about 300 gramsrams each)
- 2 Maggi cubes
- 4 tablespoon soya oil
- 2 teaspoons barbecue spice blend

Preparation:

1. In a bowl, work together the oil, Maggi cubes and barbecue spices to a smooth paste. Smear this mixture over the meat then set aside to marinate as you heat your barbecue. When the barbecue is hot, add the meat and cook for about 10 minutes per side, or until done to your liking. Serve immediately with roasted yams and morogo.

Morogo with Butternut Squash

Ingredients:

- 500 gramsrams leafy greens (eg thepe, spinach, collard greens, beet leaves), washed and chopped
- 100 gramsrams chopped peanuts
- 1 onion, chopped
- 400 gramsrams butternut squash, cubed
- 75 milliliters sour milk
- 20 gramsrams butter (or margarine)
- 250 milliliters boiling water
- 50 gramsrams sugar
- 1/2 teaspoon ground cinnamon
- salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the greens in a pan with the boiling water, chopped peanuts and onion. Bring to a simmer and cook for about 10 minutes or until almost dry. In a second pan, combine the sour milk and the butternut squash. Bring to a simmer, cover and cook over low heat for about 10 minutes, or until almost tender. Add the butter and season with the sugar and cinnamon. Stir in the cooked greens and peanut mix and toss gently to combine. Serve hot, accompanied by maize meal bagobe (porridge).

Brazil



Black Bean Stew

Ingredients:

- 1 tablespoon canola oil
- 1/4 pound chorizo sausage, chopped
- 1/3 pound cooked ham, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 (1 pound) sweet potatoes, peeled and diced
- 1 large red bell pepper, diced
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 small hot green chile pepper, diced
- 1 1/2 cups water
- 2 (16 ounce) cans black beans, rinsed and drained
- 1 mango - peeled, seeded and diced
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt

Preparation:

1. Heat the oil in a large pot over medium heat, and cook the chorizo and ham 2

to 3 minutes. Place the onion in the pot, and cook until tender. Stir in garlic, and cook until tender, then mix in the sweet potatoes, bell pepper, tomatoes with juice, chile pepper, and water.

2. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until sweet potatoes are tender. Stir the beans into the pot, and cook uncovered until heated through. Mix in the mango and cilantro, and season with salt.

Pork Ribs

Ingredients:

- 10 pork spareribs
- 1/2 cup soy sauce
- 10 cloves garlic, crushed
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 2 bay leaves
- 1 lime, juiced
- 10 sprigs fresh parsley
- ground black pepper to taste
- 2 limes, cut into wedges

Preparation:

1. Place the spareribs into a large pot, and fill with just enough water to cover. Add the soy sauce, garlic, rosemary, oregano, bay leaves, lime juice and 3/4 of the parsley. Bring to a boil, then simmer uncovered over medium heat until the water has completely evaporated, about 25 minutes.

2. When all of the water is gone, remove the bay leaves, and allow meat to brown, turning occasionally. Use a spatula to scrape up browned bits and softened garlic from the bottom of the pot, and toss them with the pork.

3. The garlic will dissolve onto the meat. Remove the meat, and drain on paper towels, season with black pepper and garnish with lime wedges and remaining parsley.

Canja

Ingredients:

- 3 pounds boneless, skinless chicken meat
- 1 onion, chopped
- 6 cups chicken stock
- 1/4 cup long-grain white rice
- 3/4 cup tomato - peeled, seeded and chopped
- 1/2 cup chopped carrots
- salt to taste
- ground black pepper to taste
- 3/4 cup diced ham

Preparation:

1. To a large saucepan, add the chicken, onion, and chicken stock. Bring to a simmer, and cover. Cook over low heat until the chicken is tender, about 45 minutes. Lift the chicken out onto a platter, and set aside. Strain the stock through a sieve set over a bowl. Discard the solids, and skim off as much fat as possible from stock.
2. Rinse out the saucepan, and return the stock to it. Add the rice, tomatoes and carrots to the stock, season with salt and black pepper to taste. Bring to a simmer.
3. Cook until the rice is tender, about 25 minutes. When the chicken is cool enough to handle, cut it into strips about 1/2 X 1 1/2 inches. Return the chicken to the soup with the ham, and cook just long enough to heat through. Add the parsley, and serve.

Chicken with Coconut Milk

Ingredients:

- 1 teaspoon ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 tablespoon minced fresh ginger
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- 3 tomatoes, seeded and chopped
- 1 (14 ounce) can light coconut milk
- 1 bunch chopped fresh parsley

Preparation:

1. In a medium bowl, mix the cumin, cayenne pepper, turmeric, and coriander. Place the chicken in the bowl, season with salt and pepper, and rub on all sides with the spice mixture. Heat 1 tablespoon olive oil in a skillet over medium heat. Place the chicken in the skillet. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat and set aside.
2. Heat the remaining olive oil in the skillet. Cook and stir the onion, ginger, jalapeno peppers, and garlic 5 minutes, or until tender. Mix in the tomatoes and continue cooking 5 to 8 minutes. Stir in the coconut milk. Serve over the chicken. Garnish with the parsley.

Fish Stew

Ingredients:

- 3 tablespoons lime juice

- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 1/2 pounds tilapia fillets, cut into chunks
- 2 tablespoons olive oil
- 2 onions, chopped
- 4 large bell peppers, sliced
- 1 (16 ounce) can diced tomatoes, drained
- 1 (16 ounce) can coconut milk
- 1 bunch fresh cilantro, chopped (optional)

Preparation:

1. Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours. Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture.

2. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

Style Flan

Ingredients:

- 1 cup white sugar
- 4 eggs, separated
- 1 (14 ounce) can sweetened condensed milk
- 3/4 cup milk, plus
- 2 tablespoons milk

Preparation:

1. Preheat an oven to 350 degrees Fahrenheit or 175 degrees Celsius. Melt the sugar in a heavy saucepan over low heat, stirring constantly. Once the sugar becomes a golden brown syrup after about 10 minutes, pour it immediately into a round baking dish, swirling so that the syrup coats all sides of the dish. Set aside to cool.

2. Place the egg yolks into a blender and blend on medium for 5 minutes, then add condensed milk, 3/4 cup plus 2 tablespoons milk, and egg whites. Continue to blend until all ingredients are combined. Pour egg mixture into the baking dish and cover with aluminum foil. Line a roasting pan with a damp kitchen towel. Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack.

3. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish. Bake in the preheated oven until a knife inserted 1 inch from the edge

comes out clean, 45 to 50 minutes. The center of the flan will still be soft. Allow flan to cool before unmolding onto a plate. Refrigerate before serving.

Sun Dried Tomato and Arugula Pizza

Ingredients:

- 1 cup tomato sauce
- 1 (12 inch) pre-baked pizza crust
- 2 cups shredded mozzarella cheese
- 1 cup chopped sun-dried tomatoes
- 2 cups chopped arugula

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Spread the tomato sauce evenly atop the pizza crust. Arrange the mozzarella cheese and tomatoes on the pizza crust.
2. Bake in the preheated oven until the cheese is bubbly, about 20 minutes. Remove from oven and top with arugula to serve.

Style Beef Ribs

Ingredients:

- 1 (3 pound) rack of whole beef ribs (not short ribs)
- 2 tablespoons sea salt, or more if needed
- 3/4 cup water

Preparation:

1. Preheat oven to 275 degrees Fahrenheit or 135 degrees Celsius. Place the rack of beef ribs in front of you on a work surface with the shiny white membrane facing up. Slip the blade of a sharp knife under the membrane at one end, and slice the membrane off the meat in a single piece, if possible. Discard the chewy membrane. Rub the ribs thoroughly with sea salt, front and back. Place the ribs onto a cooking rack in a roasting pan.
2. Bake in the preheated oven until very tender, about 6 hours. Lightly baste the beef with water (use beef broth if you prefer) after the first 1 1/2 hours, being careful not to dislodge the salt. Baste again every 45 minutes to 1 hour; after 6 hours of total cooking time, remove from oven and allow to rest 10 to 15 minutes before slicing up into servings.

Picadinho A Brasileira

Ingredients:

- 1/2 cup olive oil
- 2 onions, chopped
- 4 cloves chopped garlic
- 2 pounds ground beef
- 3 stalks celery, chopped

- 1 green bell pepper, chopped
- 6 eggs
- 1 (15.5 ounces) can diced tomatoes, with liquid
- 1 cup chopped fresh parsley
- 1 1/2 cups red wine
- 1/4 teaspoon crushed red pepper flakes, or to taste

Preparation:

1. Heat the olive oil in a large pot over medium heat. Stir in the onions and garlic, and cook until the onions have caramelized to a deep, golden brown, 15 to 20 minutes. Stir frequently as the onions cook. Meanwhile, place the ground beef, celery, bell pepper, eggs, tomatoes, and parsley into a mixing bowl; mix until evenly combined.

2. Add the meat mixture into the caramelized onions, and increase the heat to medium-high. Cook and stir until the beef is crumbly and no longer pink, about 10 minutes. Reduce the heat to medium-low, cover, and simmer 15 minutes. Stir in the red wine and red pepper flakes. Continue simmering, covered, until the liquid evaporates, about 1 hour.

British Virgin Islands



Fish and Fungi

Ingredients:

Fish:

- 2 1/4 pounds firm white fish
- 1/2 teaspoon Accent seasoning
- 1 cup water
- 1 teaspoon margarine
- 1 medium onion, cut into large chunks
- 1 small tomato, chopped

- 1 1/2 teaspoons vinegar
- 4 1/2 teaspoons lemons or 4 1/2 teaspoons lime juice
- 1 lime, slices

Fungi:

- 5 ounces frounceen cut okra
- 3/4 cup fine yellow cornmeal
- 1 1/4 cups boiling water
- 1 tablespoon butter
- 1/8 teaspoon salt
- pepper

Preparation:

1. To make the fish, put all the ingredients into a large saucepan and bring to a boil. Cover and reduce heat, simmering for 20 to 30 minutes or until the fish flakes with a fork. Garnish with sliced lime. To make the fungi, bring the water to a boil and add the frounceen okra. In a separate bowl, blend 2 tablespoons of the cornmeal with about 6 tablespoons water.
2. Pour into the pot with the boiling water and okra and let cook for one minute. Slowly pour the rest of the cornmeal into the pan, stirring constantly. Add the butter and salt and pepper, continuing to cook for 5 minutes. Serve hot.

Meat Pate

Ingredients:

Dough:

- 5 cups flour
- 1/4 cup vegetable shortening
- 2 tablespoons baking powder
- 1/4 to 1/2 cup water

Filling:

- 1/2 pound lean ground beef
- 1/2 small onion, chopped
- 1 small stick celery, chopped
- 1/4 teaspoon salt
- 2 tablespoons green bell pepper, chopped
- Dash oregano
- Dash black pepper
- 1 teaspoon Kitchen Bouquet
- 2 teaspoons tomato paste
- Dash parsley flakes
- Dash garlic powder
- 1/4 small hot pepper, chopped (or to taste)

Preparation:

1. Dough: Place flour, shortening, and baking powder into a large mixing bowl. Add enough water to make dough. Knead for 10 to 15 minutes. Let dough sit for

20 minutes.

2. Filling: Cook beef in a large frying pan with onion, celery, bell pepper, black pepper, garlic powder, oregano, parsley flakes, salt, tomato paste, Kitchen Bouquet and hot pepper. Continue cooking until ground beef is well cooked and vegetables are tender. Stir often while cooking to blend ingredients well. Use a large strainer to remove excess fat from the meat mixture. Divide dough into two pieces. Roll flat and place 1-1/2 tablespoons of ground beef mixture into center of flattened dough. Fold dough over filling using a fork to seal ends so that the filling is completely sealed inside like a turnover. Use dough cutter to cut excess dough around the pate to give an even shape.

3. Deep fry in vegetable oil or shortening at 360 degrees until golden brown.

Garlic Pork

Ingredients:

- 4 pounds lean pork (with just a little fat)
- 2 pints vinegar
- 1/2 pound garlic
- 1 bunch thyme (1 broad leaf and 4 stalks fine leaf)
- 8 wiri-wiri peppers
- 6 cloves
- 4 teaspoons Salt

Preparation:

1. Cut pork into suitable sized pieces. Steep pork in a solution of 1/2-pint vinegar and water, then lift out using two forks and put into a large jar or bottle. Pound garlic peppers and thyme. Add to the rest of the vinegar. Add salt and clove. Pour over pork, making sure that there is enough liquid to cover pork completely. Leave to soak for about 3 – 4 days or longer if possible. Into a pan, put pork with some of the vinegar liquid and leave it to boil until liquid evaporates. The fat of the pork should also melt supplying the fat in which the pork will fry until brown. Serve hot.

Rasta Pasta

Ingredients:

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 yellow and/or red peppers, cored, seeded and cut in lengthwise julienne slices
- 1 pound fettuccini
- 1 tablespoon olive oil
- 2 cups cooked drained black beans
- 2 cups cooked broccoli floweretes (just the top portion of small broccoli)
- ¼ cup chopped fresh basil or 1 teaspoon dried
- 2 teaspoons fresh chopped oregano or ½ teaspoon dried
- Parmesan cheese

Preparation:

1. Heat oil in a large skillet and sauté garlic, onions and peppers just until limp. Add drained, cooked black beans. Cook fettuccini in rapidly boiling salted water just until cooked. Drain and toss with olive oil. Combine cooked pasta with pepper mixture, broccoli and seasonings. Sprinkle generously with freshly grated Parmesan cheese.

Crab and Tropical Fruit Timbale with Lemon Mayonnaise over Shingled Roma Tomatoes

Ingredients:

- 4 tablespoons lemon mayonnaise
- 1/4 pound lump crabmeat
- 1/4 cup diced mango
- 1/4 cup diced pineapple
- 1/4 cup diced kiwi
- 1/2 cup diced avocado
- 2 Roma tomatoes, diced

Lemon Mayonnaise:

- 1/4 cup fresh lemon juice
- 1/2 cup prepared mayonnaise
- 2 teaspoons lemon zest
- 1 teaspoon sugar

Preparation:

1. Combine all ingredients in a bowl.
2. In small mixing bowl mix half the mayonnaise with crabmeat.
3. In separate bowl combine fruits
4. Slice Roma (plum) tomatoes very thinly, and arrange in circle in center of the plate overlapping the slices.
5. Place ring mold on top of tomato slices and fill bottom 1/2 way fruit mixture. Place crabmeat mix on top, smooth over and remove ring mold.
6. Garnish plate with baby mix lettuce and remaining lemon mayonnaise.

Fish Baked in Banana Leaves

Ingredients:

- Banana leaves or parchment paper
- Salt and Pepper to taste
- 8 ounces fillets of grouper, snapper or other firm fish
- 2 tomatoes, peeled, seeded and chopped
- 1/4 cup chopped green onions (some of the green part and all the white)
- 1/2 cup coconut cream

Preparation:

1. Preheat oven to 400 degrees. Cut the banana leaves into rectangles large

enough to be folded over the fish, or cut the parchment into similar pieces. Sear the banana leaves, if you're using them, over a gas flame until they are limp and pliable.

2. Place each fillet on a piece of banana leaf, parchment paper or foil. Sprinkle the fish with salt and pepper, chopped tomato and chopped green onion. Spoon out some coconut cream. Fold the wrapping to enclosed the fish & filling, and seal the edges by folding over twice. Fold over the ends in the same way. (When we are using banana leaves, we take the extra precaution of tying the packages with strands of tough local grass. String works as well.)

3. Bake the packets for 10-15 minutes, depending on the thickness of the fish. Allow your guests to open their own little bundles, which look like lovely gifts.

4. Coconut Milk: To make coconut milk, pour 2 cups boiling water over the 4 cups grated fresh coconut meat, and allow the mixture to stand for 30 minutes. Then strain it through a double layer of cheesecloth that has been rinsed and wrung dry, squeezing to remove all the milk. To make coconut cream, allow the coconut milk to sit until it separates, and spoon the thickened cream off the top. You can also make coconut milk with unsweetened dried shredded coconut, substituting dairy milk for the water.

Crab Cakes

Ingredients:

- 2 eggs
- 4 tablespoons melted butter
- 450 gramsrams cooked crab meat (mix of white and dark)
- salt, black pepper and cayenne pepper, to taste
- 100 gramsrams white flour
- 1 egg beaten with 2 tablespoon water
- 200 gramsrams fresh white breadcrumbs, seasoned
- oil for frying

Preparation:

1. In a bowl, combine the crab meat, eggs and the spices. Bring the mixture together then shape into small flat cakes. Dip these in the white flour then in the beaten egg then coat with the seasoned breadcrumbs. When all the crab cakes are made heat a little oil in a large frying pan and use to cook the crab cakes until golden on all sides.

Grilled Tuna with Sweet Soy Glaze and Asian Slaw

Ingredients:

- 2 8 ounces portions tuna

Sweet Soy Glaze:

- 1 cup honey
- 1 cup pineapple juice
- 1 1 inch piece of peeled ginger (roughly chopped)

- 1/2 cup soy sauce
- 2 teaspoons corn starch

Asian Slaw:

- 1/4 cup red cabbage
- 1/4 cup white cabbage
- 1/4 cup green cabbage
- 1/4 cup each julienne red, green and yellow peppers
- 4 tablespoons soy sauce
- 2 teaspoons sesame oil
- 3 teaspoons granulated sugar
- 1/2 cup prepared mayonnaise
- 1 head parsley, finely chopped

Preparation:

1. Sweet Soy Glaze:

- Place honey in saucepan and cook on high until reduced by half.
- Add all ingredients except cornstarch and bring to a simmer.
- Add cornstarch to water and stir until thoroughly combined. Add to simmering mix and cook for 3 minutes. Strain through fine mesh sieve.

2. Asian Slaw:

- Shred cabbages & carrot, place in a mixing bowl.
- Julienne bell peppers very finely, add to mixing bowl.
- Combine soy, sesame oil, sugar, mayonnaise & parsley.
- Combine all ingredients and let stand for at least one hour.

3. Combine all together:

- Season Tuna & grill to medium rare.
- Spread glaze over tuna just before fish is done cooking.
- Place fish atop a bed of rice.
- Place Asian Slaw on top of fish.
- Drizzle sweet soy glaze around plate.

Brunei



Cakes

Ingredients:

- 100 grams sultanas
- 1 teaspoon ground ginger
- 50 grams glace ginger
- 25 grams butter
- 50 grams demerara sugar
- 1/2 tablespoon golden syrup
- 1 tablespoon water
- 500 grams puff pastry
- 2 tablespoons milk

Preparation:

1. Pre-heat the oven to 425 degrees Fahrenheit or 220 degrees Celsius and line a baking tray with greaseproof paper.
2. Place the first 7 ingredients in a medium saucepan and combine over a gentle heat until melted and thoroughly mixed. Allow to cool to room temperature. On a lightly floured surface, roll the pastry thinly and cut into discs of about 10cm diameter.
3. Place a rounded dessert spoon of the cool filling onto centre of each pastry disc. Dampen the edges of the pastry with a little milk and draw the edges together over the fruit and pinch well to seal. Turnover and then press gently with a rolling pin to flatten the cakes – the fruit should just show through the top layer of pastry. With a sharp knife, score 3 or 4 lines through the top layer of pastry. Place on a baking tray. Brush with milk and sprinkle with a little extra Demerara sugar. Bake in a hot oven for 20 minutes or until lightly browned round the edges, place on a wire rack and allow cool.

Mangoes with Khao Man

Ingredients:

- 2/3 cup rice (sushi rice works best)
- 1 cup water
- 1 1/2 cups coconut cream, divided
- 1 cup coconut cream
- 4 tablespoons sugar
- 1 teaspoon salt
- 4 ripe mangoes

Preparation:

1. Rinse the rice and drain. Put in a saucepan with the water, salt and 1/2 cup of coconut cream. Bring to a boil, then reduce heat and cover. Simmer for 10 minutes or until all the liquid has been absorbed. Now mix the rest of the coconut cream with the sugar and a dash of salt. Bring just to a boil, then reduce heat and simmer for two or three minutes, stirring occasionally. Peel and slice the mangoes

and cover with the rice. Spoon the sauce over and serve.

Rojak

Ingredients:

- 1 green apple, cubed
- 1 green pear, cubed
- 3 pineapple rings in syrup, cubed
- 1 slice papaya, cubed
- 1 star fruit, thinly sliced
- 1 small cucumber, thinly sliced

Sauce:

- 60 grams peanuts, dry roasted
- 2 red chilies, chopped
- 2 cili padi, chopped
- 100 grams palm sugar
- 2 tablespoons tamarind paste
- 100 milliliters warm water
- Salt to taste

Preparation:

1. Keep fruits separately. Chill them. To prepare sauce: Grind peanuts until very fine. Add chilies, palm sugar, tamarind paste, water and salt to taste. Blend well to form a paste. Serve chilled fruits with sauce.

Tofu and Turnip Saute

Ingredients:

- 2 pieces tofu, diced into 6 and dried on paper towels
- 3 tablespoons oil
- 1 small onion, sliced
- 1 small turnip or white radish, peeled and sliced into ½ cm slices
- 1 medium ripe tomato, chopped
- 1 teaspoon chopped green cili padi
- 2 teaspoon sweet soy sauce
- ¼ teaspoon ground cumin
- ½ teaspoon salt
- 80 milliliters water

Preparation:

1. Heat oil in a pan for 1 minute. Fry the tofu over moderate heat until light brown on both sides. Remove and set aside. Remove all but 1 tablespoon oil. Brown the onion in the oil over moderate heat for 2 minutes.

2. Add the turnip slices. Stir fry for 2 minutes. Add tomato, cili padi, soy sauce, cumin and salt, stir fry for 1 minute. Add water and cover the pan. Bring to the boil for 5 minutes. Add the tofu, stir then cover again. Cook for 3 minutes more. Serve

warm with bread.

Black Glutinous Rice Pudding

Ingredients:

- 100 gramsrams black glutinous rice
- 250 gramsrams sugar
- 160 milliliters water
- 300 milliliters thick coconut milk
- 200 milliliters thin coconut milk
- 1 pandan leaf
- ¼ teaspoon salt

Decoration:

- A little thick coconut milk

Preparation:

1. Boil black glutinous rice until soft. Set aside. Boil sugar, water and pandan leaf together. Add salt, thick and thin coconut milk to the sugar syrup. Let it boil for 5 to 8 minutes. Add cooked glutinous rice to the mixture. Stir to combine. Drizzle thick coconut milk on glutinous rice. Serve hot or cold.

Nasi Goreng Keropok Belinjau

Ingredients:

- 400 gramsrams cooked one-day old rice
- 40 gramsrams margarine, melted
- 100 gramsrams mixed vegetables
- 100 gramsrams prawns, peeled
- 50 gramsrams chicken meat, thinly sliced
- 2 shallots, minced
- 2 cloves garlic, minced
- 1 teaspoon pepper
- 1 teaspoon paprika powder
- 1 cube of chicken stock
- 2 stalks spring onion, cut diagonally
- 1 stalk coriander leaves, chopped
- 50 gramsrams keropok belinjau, fried and kept in air-tight container

Preparation:

1. Heat margarine and stir fry minced ingredients until aromatic. Add prawn, chicken meat, pepper, paprika powder and chicken stock. Add rice and mix well. Add mixed vegetables, spring onions and coriander leaves. Stir to combine. Serve with keropok belinjau.

Celebration Rice

Ingredients:

- 2 tablespoons oil
- 3 tablespoons thinly sliced shallots
- 1/4 cup minced shallot
- 1 teaspoon minced gingerroot
- 1 minced garlic clove
- 1 1/2 teaspoons salt
- 1/2 teaspoon turmeric
- 2 1/4 cups water
- 1 1/4 cups long grain rice
- 1/4 cup plain yogurt
- 1/2 small tomato, sliced
- 1 tablespoon cilantro, chopped
- 1 tablespoon almonds, chopped
- 1 tablespoon cashews, chopped
- 1/2 small fresh red chili pepper

Preparation:

1. Heat 3 tablespoon oil in a large pot and fry the sliced shallots until golden, then remove with a slotted spoon and drain on paper towels, leaving the oil in the pot. Add the minced shallots, ginger and garlic. Saute for two minutes or until fragrant.
2. Add the water and bring to a boil, then add the rice and yogurt. Stir until well blended. Now add the tomato, cilantro, nuts and chile. Return to a boil, then cover and simmer over a very low flame for 40 minutes or until all the water is absorbed and the rice is tender. Garnish with the fried shallots.

Cutlets

Ingredients:

- 2 x 170 grams flaked light Tuna
- 1 small Onion chopped
- 1 green Chili chopped
- 1 sprig curry leaves (optional)
- 1 piece Rampe (Pandanus) (optional)
- 1 piece Cinnamon
- 1/2 inch Ginger root (crushed)
- 4 cloves Garlic (crushed)
- 2 tablespoons Vegetable oil
- Salt, Pepper and Cardamom powder (optional) to taste.
- 4 medium Potatoes boiled, skinned and cut into pieces.

Coating:

- 2 Eggs (beaten)
- Toasted bread crumbs (grounded)
- Oil for deep frying

Preparation:

1. Drain the two cans of tuna. Heat the oil in a skillet (frying pan). Add crushed

ginger and garlic, stir, add onions, green chili, curry leaves, Rampe and cinnamon. Cook until the onions are tender light brown. Add drained tuna, stir all together. Allow to cook for a few minutes.

2. Add the drained tuna liquid.

3. Stir and allow to cook until the liquid is dry.

4. Add salt, pepper and cardamom powder. Stir until well mixed. Turn off heat. Add potatoes and mix well.

5. Separate the mix and shape in to small (2 inch diameter) balls or thick discs. Coat the balls with beaten egg and then with the toasted bread crumbs. Deep fry in hot oil until light brown.

6. Serve with rice.

Grilled Fish with Greens

Ingredients:

- 1/2 Piece fresh ginger, sliced
- 1 small Onion, sliced
- 1 or 2 fresh, hot red -chilies, seeded, sliced
- 1/2 teaspoon Salt
- 1/4 teaspoon Sugar
- 1/4 teaspoon Turmeric
- 2 cups Coconut milk
- 1 Whole red snapper or-similar fish, about 1 pound
- 1 slice Laos
- 2 Stalks lemon grass or two -slices lemon
- 1/4 pound Spinach or Swiss chard, coarsely chopped

Preparation:

1. Process the ginger, onion, chili, salt, sugar, turmeric and 1/4 cup of the coconut milk into a smooth paste. Set aside. Grill fish over charcoal or in a gas or electric broiler for 2 minutes on each side.

2. Put the remaining coconut milk and the spice paste in a large skillet and bring to a boil over moderate heat. Add the laos and lemon grass and simmer for 5 minutes, stirring frequently. Add the fish and greens, cook for 15 minutes basting occasionally. Serve warm.

Kurma

Ingredients:

- 600 grams chicken
- 1 cup thick coconut cream
- 2 cup thin coconut milk extracted from 1 grated coconut
- 1/2 cup oil
- cardamoms
- 2 star anise
- 2 red chilies

- 3 cm piece cinnamon stick
- 3 cloves
- 3 cm piece ginger
- 4 cloves garlic
- 4 tablespoons kurma powder
- 6 shallots

Preparation:

1. Pound 3 shallots and 2 cloves garlic together. Mix with kurma powder and 1 teaspoon water. Blend well into paste. Slice finely the remaining shallots and garlic. Heat oil and fry the sliced shallots and garlic with the spices until fragrant. Add in the blended kurma powder and fry further until oil separates. Add in the chicken and 1 cup water. Cook until the beef is tender.

2. Pour in the thick coconut milk, bring to boil and pour it in the thin milk. Season with salt to taste and cook further over a low flame until the gravy is thick. Add in the large onion and red chilies. Stir once and remove from rice.

Beriani

Ingredients:

- 1 chicken, about 900 gramsrams (beef or mutton)
- 1 tablespoon poppy seeds
- 1 clove garlic
- 1 cup shallots – sliced
- 1 teaspoon curry powder
- 3 teaspoons salt
- 2 chilies
- 1/2 coconut – grated
- 5 cm piece ginger
- 4 tablespoons ghee
- 5 cloves
- 5 cm cinnamon stick
- 10 cashew nuts
- 10 almonds
- 450 gramsrams long-grain rice

Preparation:

1. Cut chicken into 8 pieces. Grind together garlic, ginger, chilies, poppy seeds, cashew nuts and almonds.

2. Heat ghee and fry cloves, cinnamon, shallots. Add in the chicken pieces, 1 teaspoon salt, ground ingredients and curry powder. Stir to mix and cook covered for 10 minutes. Extract 2 cups coconut milk from coconut. Add in salt. Mixed with washed rice and cook it. When the rice has absorbed all the milk, make a well in the center and put the chicken mixture. Cover and allow rice to cook over very low fire.

Rendang

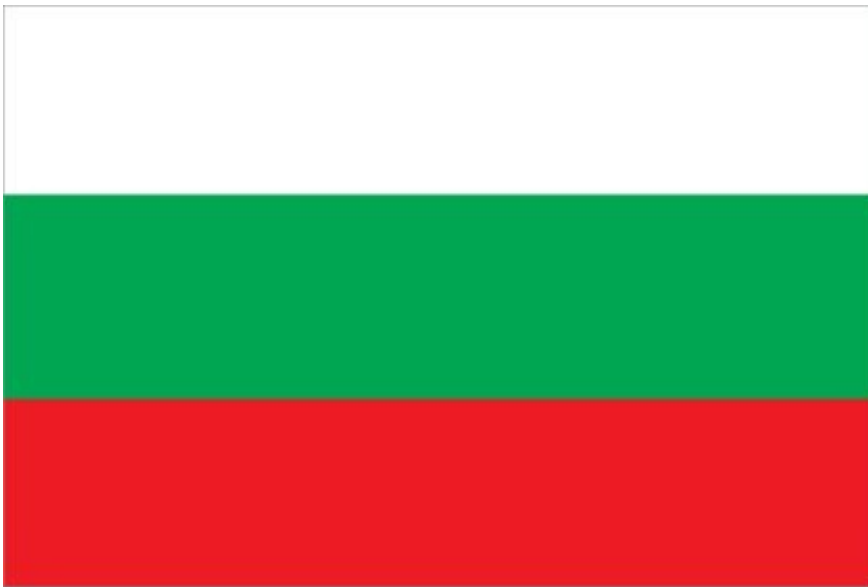
Ingredients:

- 1 teaspoon shrimp paste
- 1 Kilogram rump steak (beef, chicken or mutton)
- 1 stalk lemon grass
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon soya sauce
- 3 stalk lemon grass – sliced thinly
- 120 gramsrams grated coconut – fried and pounded
- 4 slices galangal
- 5 candlenuts, Ground
- 2 tablespoon curry power – blended with 2 tablespoons water
- 30 dried chilies
- 120 gramsrams shallots
- 4 red chilies
- 1 clove garlic
- 2 cm piece ginger
- 1/2 cup thick coconut milk – extracted from 1/2 grated coconut
- 8 tablespoons oil

Preparation:

1. Heat oil and fry ground ingredients and curry powder until fragrant. Add in half of the coconut milk and fry until the oil separates. Add in the soya sauce mixture and steak. Add in also the fried grated coconut and lemon grass. Stir fry for 10 minutes. Pour in the rest of the coconut milk and simmer until the meat is tender, for about 1 hour. Increase heat to reduce gravy until it is thick and oily.

Bulgaria



Cold Cucumber Soup

Ingredients:

- 2 cucumbers (about 500 grams or 1 pound)
- 500 grams plain yogurt (1 pound)
- 4 garlic cloves
- 3 tablespoons of crushed walnuts (optional)
- 1 bunch fresh dill
- oil
- salt
- water

Preparation:

1. Cut the cucumbers into cubes and put them in a bowl. You may also grate them but it changes the look and the consistency. Beat the yogurt with a fork until it gets liquid and pour it over the cucumbers.
2. Add the crushed garlic, the walnuts and the minced dill as well as salt and oil to taste. If needed add some water to make the soup as liquid as you like but take care not to make it too thin. Put into the refrigerator to cool or add ice cubes. Best serve cold.

Banitza

Ingredients:

- 12 sheets Filo pastry - you can buy ones already made from your supermarket.
- 500 grams white
- 1/2 pack butter (melted)
- 4 eggs
- 250 milliliters soda water
- pinch of salt

Preparation:

1. Oil a medium size deep oven dish, cover bottom with a sheet of filo pastry, sprinkle melted butter, sprinkle crumbled white cheese, and continue layering filo pastry with butter and cheese. Finish with a layer of filo pastry and butter. In a separate dish beat the eggs, add salt, and soda water. Pour slowly over the dish with the banitza and let it soak in. Cook in a preheated oven (180-200 C) for about 40 minutes or until the banitza has risen slightly and has nicely browned on top. Leave to cool for about 30 minutes and serve. I like it with greek yoghurt on the side.

Meat and Vegetables

Ingredients:

- 2 pound fat beef or veal
- 6 green peppers
- 3 tablespoons oil or butter
- 1 green tomato
- 4 potatoes
- Salt and pepper
- 5 tomatoes
- 2 eggs
- 1 large aubergine
- Juice of ½ a lemon
- A cup of French beans
- 1 spoonful of flour

Preparation:

1. Cut the vegetables in pieces.
2. The aubergine must be sliced, salted, allowed to stand for 1 hour and then drained before being added to the other vegetables.
3. Meanwhile, cut the meat into small pieces and put them into a pan with the butter or oil, salt and pepper.
4. Fry gently till brown and then cover with water and simmer for about 30 minutes.
5. Then add all the vegetables, cut into slices or diced, and more water.
6. Stir well and simmer till the vegetables and meat are tender.
7. Heap into a baking dish and put into a slow oven at 300 degrees Fahrenheit.
8. Beat up 2 eggs; add 1 tablespoonful of flour, the juice of ½ a lemon and a little salt.
9. Pour the egg mixture over the dish in the oven and continue cooking for a few more minutes until the egg is set.

Baked Carp Stuffed With Rice and Nuts

Ingredients:

- ½ pound filipounderts or hazelnuts
- 2 tablespoons unconverted long grain white rice

- 3½ pounds carp, cleaned but with head and tail left on
- 1½ teaspoons salt
- 6 tablespoons olive oil
- ½ cup finely chopped onions
- 1/8 teaspoon ground hot red pepper (cayenne)
- Freshly ground black pepper
- ¼ cup strained fresh lemon juice combined with ½ cup water

Preparation:

1. Drop the filipounderts or hazelnuts into enough boiling water to cover them completely and boil briskly for 2 minutes. Drain the nuts in a sieve and, with a small, sharp knife, peel them while they are still hot. Grind the nuts in an electric blender or with a nut grinder or pulverize them with a mortar and pestle.
2. In a 3-quart saucepan, bring 1 quart of lightly salted water to a boil over high heat. Add the rice and boil briskly, uncovered, for 10 minutes, or until partially cooked. Drain the rice in a sieve or colander, run cold water over it, and set it aside.
3. Preheat the oven to 400 degrees. Wash the carp under cold running water and pat it completely dry with paper towels. Sprinkle the fish, inside and out, with 1 teaspoon of the salt.
4. Heat 2 tablespoons of the olive oil in a heavy 8- to 10 inch skillet. When a light haze forms above it, add the onions and, stirring frequently, cook over moderate heat until they are soft and translucent but not brown.
5. Add the nuts, rice, red pepper, the remaining ½ teaspoon of salt and a few grindings of pepper, and stir for 2 to 3 minutes. Cool to lukewarm, then spoon the mixture into the fish and close the opening with small skewers and kitchen string or sew it up with heavy thread.
6. Pour the remaining 3 tablespoons of the oil into a shallow roasting pan large enough to hold the carp comfortably, and tip the pan back and forth to spread the oil evenly.
7. Place the fish in the pan and brush the top with the remaining oil. Pour ¼ cup of the lemon-juice-and-water mixture over the fish and bake in the middle of the oven for 40 minutes, basting it every 15 minutes with the remaining lemon juice and water. Serve at once from a heated platter.

Veal Stew with Horseradish

Ingredients:

- 2 pounds boneless veal shoulder, trimmed of excess fat and cut into 1 inch cubes
- 3 cups chicken stock, fresh or canned
- 3 cups cold water
- 2 teaspoons salt
- Freshly ground black pepper
- 3 medium-sized carrots, scraped and cut into ½ inch dice (about 2 cups)

- 3 medium-sized celery stalks, trimmed of all leaves and cut into ½ inch dice (about 2 cups)
- 2 medium-sized boiling potatoes, peeled and cut into ½ inch dice (about 2 cups)
- 2 tablespoons freshly grated horseradish, or substitute 4 ounces prepared white horseradish, squeezed dry in a towel
- 2 teaspoons white distilled vinegar

Preparation:

1. In a heavy 3- to 4-quart casserole, combine the veal, chicken stock, water, salt and a few grains of pepper.
2. Bring to a boil over high heat, skimming off the scum and foam as they rise to the surface.
3. Reduce the heat to low, partially cover the casserole, and simmer for 30 minutes.
4. Stir in the carrots, celery and potatoes, and simmer partially covered for about 20 minutes longer, or until the meat is tender and the vegetables are soft but still intact.
5. Stir in the horseradish and vinegar, and taste for seasoning; if you have used prepared horseradish, add more vinegar to taste if you want.
6. Serve at once, directly from the casserole or from a heated bowl.

Fish Soup

Ingredients:

- 1½ pounds white fish
- 1 large onion, chopped
- 4 tablespoons oil
- 1 egg
- 1 tablespoon chopped parsley
- 1 tablespoon flour
- Pepper and salt to taste
- A pinch of red pepper
- 3 cups water

Preparation:

1. Cut the fish into small pieces, wash and sprinkle with salt.
2. Fry onion in the oil, add red pepper and flour and fry till lightly brown.
3. Add 3 cups water and some salt, and simmer until the onion is cooked.
4. Put the pieces of fish in the pan and let the mixture cook gently for about 20 minutes to half an hour.
5. Beat the egg with a little of the soup and add gradually to the rest.
6. Adjust seasoning and add parsley.
7. Can be served hot or cold.

White Bean Soup

Ingredients:

- 1½ cups dried white beans
- ½ pound smoked pork shoulder roll, cut in 1 inch cubes
- 2 tablespoons com oil
- 2 cans (10¾ ounces each) condensed cream of potato soup
- 1 can (10¾ ounces) condensed chicken broth
- 3 soup cans water
- 1 cup chopped onion
- 1 teaspoon paprika
- 2 medium cloves garlic, minced
- 2 tablespoons chopped parsley

Preparation:

1. Wash and drain beans.
2. Brown meat in oil in a large, heavy pan; pour off fat.
3. Add remaining ingredients except parsley.
4. Cover and cook over low heat 2½ hours, or until done, stirring occasionally.
5. Add parsley.

Eggplant and Pepper Spread

Ingredients:

- 1½ pounds eggplant
- 2 medium-sized green peppers, roasted, peeled
- 1 medium-sized firm ripe tomato, peeled, seeded and finely chopped
- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- 3 tablespoons finely chopped fresh parsley
- 2 teaspoons finely chopped garlic
- 1 tablespoon salt
- Freshly ground black pepper

Preparation:

1. Roast the eggplant in the following fashion: Prick it in 3 or 4 places, then impale it on a long-handled fork and turn it over a flame until the skin chars and cracks.
2. Or, pierce the eggplant, place it on a baking sheet and broil it 4 inches from the heat for about 20 minutes, turning it so that it chars on all sides.
3. Wrap the eggplant in a damp towel for 5 minutes, then peel off and discard the skin. Cut the eggplant in half, chop it fine, and mash the pulp to a smooth puree. Similarly, mash the skinned and deribbed green peppers.
4. Combine the eggplant and pepper puree in a deep bowl. Stir in the oil and vinegar a tablespoon at a time, then beat vigorously with a wooden spoon until the mixture is smooth.
5. Add the chopped tomato, parsley, garlic, salt and a liberal grinding of pepper, and continue to beat until all the ingredients are well mixed.

6. Taste for seasoning and refrigerate until chilled. Serve mounded on a platter as a first course or spread on dark bread as an accompaniment to drinks.

Baked Fish

Ingredients:

- 1 pound of any white fish
- 1 small pimiento
- ½ cup sliced onion
- 1 sliced lemon
- ½ pound tomatoes
- ½ cup oil or butter

Preparation:

1. Slice the fish and put it into a baking tin, with the oil or butter.
2. Cover with the onions, tomatoes, sliced pimiento and sliced lemon.
3. Cook in a moderate oven at 350 degrees Fahrenheit for about 30 minutes.

Burkina Faso



Fat Rice

Ingredients:

- 2 habanero peppers
- 3 garlic cloves
- ½ onion, finely chopped
- 4 tomatoes, chopped
- ½ cup oil
- 1 pound beef or 1 pound chicken, cubed
- 4 tablespoons tomato paste

- 4 1/4 cups water
- 1 maggi seasoning, cube (or chicken bouillon)
- 2 1/2 cups long grain white rice
- salt and pepper

Preparation:

1. Put the habaneros, garlic, tomatoes and onion into a food processor and pulse until you get a nice paste. Then heat the oil over medium heat and add the paste to the pan. Cook for 8 minutes, then remove from the fire and set aside.
2. Use a little bit of water (about 1/2 to 1 cup) to rinse out your food processor, then put the water in a separate pot along with the meat. Bring the meat and water to a boil, then reduce heat. Simmer for 15 minutes. Add the meat to the pan containing the paste. Add the tomato paste, water and Maggi (or stock) cube. Stir.
3. Wash the rice until the water runs clear. Then add it to the pot and bring to a boil. Reduce heat, cover and let simmer for 15 minutes. Check it, then cook for another 10 minutes or until the water has been absorbed. Garnish with thin slices of onion.

Banfora Welshcakes

Ingredients:

- 2 cups raising flour
- 1/2 cup margarine
- 1/2 cup sugar
- 1 3/4 ounces dried diced pineapple
- 1 egg
- 3 tablespoons milk
- 1 pinch salt

Preparation:

1. Sift the flour and salt together in a large bowl. Cut the margarine into cubes and work it into the flour with your fingers, until the mixture becomes like fine breadcrumbs. Add the sugar and pineapple, then the beaten egg. Mix until you get a stiff dough, adding milk as necessary (you may not need all 3 tablespoons).
2. Flour your work surface and roll the dough out. Cut into rounds. Lightly grease a frying pan with some margarine and fry the cakes for a few minutes on each side, or until golden. Cool on a wire rack. Dust with powdered sugar and serve.

Chicken with Lime and Ginger

Ingredients:

- 4 chicken thighs
- 4 limes
- 75 grams fresh ginger root
- 1 tablespoon anise seeds
- 1 tablespoon coriander seeds, crushed

- 2 onions, peeled and thinly sliced
- 2 dessert spoons oil
- 1 dessert spoon cornflour (cornstarch)
- 1 teaspoon fish sauce (Vietnamese)
- 6 tablespoons sugar salt, ginger and black pepper, to taste

Preparation:

1. Grate the ginger, rinse gently under the tap then drain and chop finely. Bring a small pan of water to a boil and add the juice of half a lime. Stir the ginger into this and cook until the volume of liquid has reduced by half. Drain the ginger (reserve the cooking liquid in a bowl). Place the ginger back in the pan and mix in the sugar and 40 milliliters water.
2. Bring to a simmer and cook until the sugar has dissolved then reduce the heat and cook gently for about 5 minutes. Turn into a bowl and set aside (this is your ginger confit). Juice the remaining limes then pare the zest with a potato peeler. Combine the lime juice with the coriander seeds and anise seeds. Pour over the chicken thighs and turn the meat to coat evenly. Cover and set aside to marinate as you prepare the lime zests. Shred the zests finely then place in a pan, cover with water and bring to a boil. Cook for about 10 minutes or until the zest pieces are tender then take off the heat then drain off the cooking water and pour fresh water on top. Bring back to a boil and cook for 10 minutes more.
3. Drain the lime zest and set aside. Heat the oil in a non-stick pan, add the marinated chicken thighs (reserve the marinade) and fry until nicely browned all over. Add the onions and fry for about 6 minutes, or until lightly browned.
4. Stir in the reserved marinade, cooked lime zest, ginger confit and a little of the ginger liquid. Bring to a simmer, cover and cook for 20 minutes. If the sauce has reduced too much, add a little more of the ginger liquid. Season the sauce to taste with fish sauce and if the sauce is not thick enough for your liking, add a little cornflour (cornstarch) mixed to a slurry with water. Serve hot, accompanied by rice.

Fonio Griddle Cakes with Banana

Ingredients:

- 2 bananas, peeled and mashed until smooth
- 2kilograms decorticated fonio
- 250 gramsrams powdered sugar groundnut oil
- 1 packet active, dried yeast

Preparation:

1. Take 750 gramsrams of the fonio, place in a food processor and work in enough water to yield a smooth slurry. Grind the remaining fonio into flour and work this into the porridge along with the sugar, mashed bananas and yeast. Add enough water to yield a thick batter.
2. Cover and set aside in a warm place to rise for about 90 minutes, or until double in volume. After this time, stir down the batter then heat a little groundnut

oil in a non-stick griddle pan. Drop about 2 tablespoons of the batter per cake onto a griddle pan.

3. Cook for a couple of minutes, or until nicely browned and beginning to bubble on top. Flip over and cook on the other side. Serve these griddle cakes warm.

Couscous with Tomato Sauce

Ingredients:

- 500 grams rams couscous
- 500 grams rams fresh tomatoes
- 1 whole chicken, cut into serving pieces
- 1 courgette (zucchini), quartered
- 250 milliliters water
- 1 tablespoon tomato purée
- 3 medium onions, chopped
- 2 garlic cloves, finely chopped
- 4 tablespoons parsley, chopped
- 1 Maggi chicken cube
- 4 tablespoons vegetable oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Bring a pan of water to a boil, add the tomatoes and courgettes and cook for about 12 minutes or until tender. Turn into a bowl then mash with a fork to a paste. Heat the vegetable oil in a saucepan, add the onions and chicken pieces and fry until the chicken is golden brown all over. Stir in the tomato purée and fry, stirring constantly, for 3 minutes then add the tomato and courgette paste. Stir in the garlic, parsley and Maggi cube then season to taste with salt and black pepper. Bring to a simmer, cover and cook the sauce for 30 minutes. At this point stir in 250 milliliters water (if the sauce looks a little too thick at this point add a little more water).

2. Cook for 20 minutes at low heat. In the meantime, prepare the couscous. Wash the couscous and place in a bowl. Pour in just enough boiling water to cover, cover the top of the dish with a plate and set aside to expand for 10 minutes. Fluff the couscous with a fork, turn into a couscoussier or steamer basket and steam for about 5 minutes or until hot through. Serve the sauce on a bed of the couscous.

Duck with Pineapple

Ingredients:

- 1 large duck (an oven-ready duck with the giblets)
- 30 grams rams butter
- 2 tablespoons oil
- 100 milliliters cana (white rum)
- 1 large tin of pineapple
- 2 1/2 limes

- salt and freshly-ground black pepper, to taste

Preparation:

1. Season the inside and outside of the duck liberally then add the liver and gizzard and half a lime into the body cavity and sew the opening shut. Melt half the butter with the oil in a large pan. When hot, add the duck and turn to brown on all sides, frying for about 20 minutes.
2. Remove from the pan, then transfer to a flame-proof casserole dish just large enough to hold it. Set aside to cool slightly. When cooled, pour over the rum and flame. When the flames have died down add 120 milliliters of the pineapple juice from the tin to the casserole along with the lime juice. Stir to combine then bring to a simmer.
3. Cover the casserole and cook gently for about 45 minutes, or until the duck is tender. Ten minutes before the end of the cooking time, melt the remaining butter in a large frying pan, add the pineapple rings and fry until browned on both sides then add to the casserole with the duck.
4. To serve, arrange the duck on a serving dish. Surround with the pineapple rings. Pour the pan juices into a sauce boat and serve separately.

Fish Stew with Vegetables

Ingredients:

- 300 milliliters vegetable oil
- 500 milliliters passata (tomato sauce)
- 1 onion, thinly sliced
- 1/2 teaspoon cayenne pepper
- 2 teaspoon salt
- 675 grams freshwater fish (eg bream, roach, perch) cleaned scaled and cut into steaks
- 225 grams okra, halved lengthways
- 3 carrots, cut into
- 5mm slices
- 1 small cabbage, shredded
- 300 gramsrams French beans
- 250 gramsrams rice

Preparation:

1. Combine the oil, passata and onion in a pan. Season then bring to a boil. Add the fish steaks along with the okra, carrots, cabbage and beans. Cover an reduce to a simmer then cook for 5minutes. Add the rice and cook for a further 25 minutes, until the rice is done. Serve immediately, placing the fish steaks on top of the rice.



Chicken Curry

Ingredients:

- 2 1/4 pounds skinless, boneless chicken thighs, cut into chunks
- 2 teaspoons curry powder
- 1/2 teaspoon garam masala
- 1 teaspoon salt
- 2 onions, chopped
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh ginger root
- 1/2 teaspoon cayenne pepper
- 2 teaspoons paprika
- 2 tablespoons water
- 5 teaspoons corn oil
- 2 tomatoes, chopped
- 1 teaspoon minced lemon grass
- 1 tablespoon fish sauce
- 1 cup water

Preparation:

1. Rub chicken thighs with curry powder, garam masala, salt. Cover and set aside. Place onion, garlic, ginger, cayenne pepper, and paprika in a blender with 2 tablespoons of water and blend into a smooth paste.
2. Heat the oil in a large, lidded skillet over medium heat. Cook and stir onion mixture until darkened, about 7 minutes. Stir in chicken thighs and cook for 3 to 4 minutes, then add tomatoes, lemon grass, and fish sauce. Cook for 2 minutes. Stir in 1 cup of water and bring the curry to a boil.
3. Cover and reduce heat to low and cook until the chicken begins to fall apart, stirring occasionally, 25 to 35 minutes. Remove lid and increase heat. Cook until the sauce is reduced, about 5 minutes. Skim off excess oil from the top and discard.

Beef, Potato and Okra Curry

Ingredients:

- 850 gramsrams lean steak
- 3 medium size potatoes
- 200 gramsrams orka
- 1 cup onion which is roughly chopped
- 5 cloves crushed garlic
- 3 teaspoons finely chopped ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 4 tablespoons cooking oil
- 1.5 tablespoon sesame oil
- 1 teaspoon ground cumin
- 2 cups beef stock
- 2 tablespoons finely chopped garlic
- 2 tablespoons finely chopped chives

Preparation:

1. Cut up the steak into cubes of about 3 cm. Remove the potato skins and also cut into cubes. Halve the okra lengthways if it is too big, otherwise keep it whole without cutting. Using a food processor, mix the ginger, garlic, paprika, turmeric and the chili and process them into a thick paste.
2. Heat 4 tablespoons cooking oil in a large heavy frying pan. Saute the onion mixture and cook for 20 minutes over a low heat. If the mixture starts to burn, add a little water as necessary. Cook until the color turns to golden brown. Add in the meat and continue cooking by stirring until the meat is brown which is about 5~6 minutes. Add the cumin.
3. Pour in the beef stock and simmer for about 2~2.5 hours with a lid on or until the meat becomes tender. Add the okra and potato cubes 45 minutes before the meat is cooked. In the last 10~15 minutes, remove the wok cover so that the sauce can reduce and becomes thicken. Add salt according to taste, garlic, chives before serving with white steamed rice.

Beef and Pumpkin Curry

Ingredients:

- 800 gramsrams beef steak cut into large squares
- 0.5 kilograms pumpkin, peel and cut into squares about 5 cm
- 3 onions, medium size
- 6 cloves of garlic
- 2 teaspoons chopped ginger
- 1 teaspoon ground turmeric
- 1 teaspoon chili powder

- 6 tablespoons sesame oil
- 6 tablespoons water
- Salt to taste

Preparation:

1. Use a food processor to process the onion, ginger, turmeric, garlic, and chili powder until a paste. Heat up a wok or frying pan and add the oil. Gently add the processed paste and saute at low heat for about 8~10 minutes, or until the mixture turns golden brown.
2. Add some water if the mixture starts to burn. Add the beef steak and stirring, slowly fry for a few minutes. Add the water and simmer with the lid on until the meat is nearly cooked. Add the pumpkin and a little salt according to your taste.
3. It is cooked with the meat is tender and the pumpkin is soft. Test it with a fork.

Coconut Rice

Ingredients:

- 2 1/2 cups long grain rice
- 5 cups coconut milk
- 2 teaspoons salt

Preparation:

1. Heat up a saucepan before adding all the ingredients and bringing it to boil. Turn the heat to low and stir. Cover with a lid and cook for about 20 minutes without opening the lid or stirring.
2. Use a fork to stir around the edges of the pan if the coconut milk is not fully absorbed during the cooking. This will thoroughly mix the coconut milk to the rice. Close the lid and continue to cook for a further 10 minutes on very low heat. When ready, best served hot with any curries.

Fish in Banana Leaves

Ingredients:

- 1 kilograms firm white fish fillets, cut into 3 cm cubes
- 3 large banana leaves, cut into 6 squares of 25 cm wide
- 1/2 cup coconut cream
- 2 cloves garlic, crushed
- 1 small onion, chopped finely
- 1 tablespoon fresh ginger, chopped finely
- 2 teaspoons sesame oil
- Salt to taste
- 1 teaspoon paprika
- 1 teaspoon turmeric, ground
- 1/2 teaspoon chili powder
- 2 teaspoons rice flour
- 2 tablespoons fresh cilantro leaves, chopped

Preparation:

1. Lay the cut banana leaves in a bowl and pour boiling water over them to soften in order that they will not break when used. Leave the banana leaves to be soaked in the hot water for about 30 seconds or until the leaves are pliable, then drain.
2. Place the cubed fish pieces in a bowl that is large enough to hold all of them. Add the coconut cream, onion, ginger, garlic, salt to taste, sesame oil, turmeric, chili powder, paprika, rice flour and cilantro. Combine the ingredients evenly to ensure the fish pieces are well coated with the mixture.
3. Divide the fish and the mixture evenly in the center of the 6 banana leaves. Fold the sides of the banana leaf to form a parcel and use a toothpick to hold them in places.
4. Heat up a steamer or large pan with water for the steaming process. Place the fish parcels on a steaming rack. Cover the lid to steam for about 15 minutes or until the fishes are cooked. Open the parcels to check on the fish before serving. Best to serve steaming hot with steamed white rice.

Rice Vermicelli with Fish Soup

Ingredients:

- 500 grams strong flavored fish fillets, wash and scaled
- 5 onions, chopped roughly
- 1 teaspoon chili powder
- 1 teaspoon turmeric, ground
- 2 tablespoons sesame oil
- 4 tablespoons peanut oil
- 2 fresh chilies, seeded and chopped
- 4 cups thin coconut milk
- 6 cloves garlic, peeled
- 2 teaspoons fresh ginger, chopped finely
- 1 banana heart
- 1 teaspoon dried shrimp paste
- 1 tablespoon fish sauce
- 3 tablespoons chick pea flour
- 2 cups thick coconut milk
- 2 tablespoons lemon juice
- 500 grams fine egg noodles
- Salt to taste

Preparation:

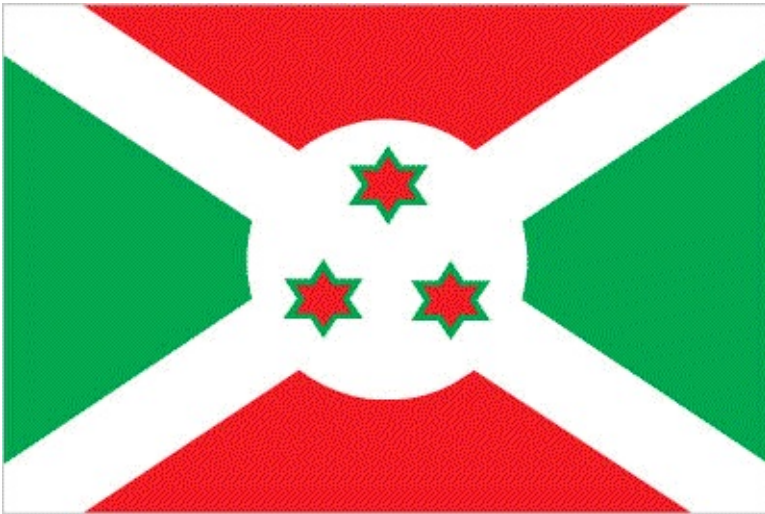
1. Fill a pot with just enough water to cover the fish fillets and simmer for 5 minutes. Reserve the fish stock. Using a food processor, blend the onions, ginger, garlic, turmeric and chili powder to become a puree. Heat a wok with the sesame and peanut oils, and saute the blended ingredients with the chopped fresh chilies. When it is golden in color, add the fish stock, thin coconut milk and banana heart.

Bring to the boil, and simmer with low heat until the banana heart is tender.

2. Dissolve the dried shrimp paste in fish sauce and add to the mixture. Mix the chick pea flour with a little cold water and add to the pan. Keep stirring as it boils. Simmer for 5 minutes, add the fish. Add the thick coconut milk and lemon juice, stir as it comes to a simmering point. Season with salt according to taste.

3. Fill a pot with water and a little salt. Bring to boil and cook the noodles until just tender. Drain well and serve in a large bowl together with the soup. The soup must be served piping hot.

Burundi



Ibiharage

Ingredients:

- 12 ounces white navy beans
- boiling water
- 1/2 cup cooking oil
- 3 large onions, sliced
- 1 garlic clove, crushed
- 1 teaspoon berbere mixed spice
- 2 teaspoons salt

Preparation:

1. Put the beans in a large saucepan and cover with a volume of water that is equal to about two or three times the amount of beans. Place over high heat and bring to a boil. Boil for two or three minutes, then remove from heat.
2. Cover the pot and let the beans soak for one hour. Then put back on the stove and simmer until tender. Alternately, you can use a pressure cooker to soften the beans. In a separate pan, heat the oil and fry the onions until they are transparent.

Add the garlic and stir until fragrant. Add the beans to the pot and cook for five minutes. Stir in the salt and the berberi spice mix. Serve immediately.

Date and Banana Mix

Ingredients:

- 1/2 cup butter
- 3/8 cup sugar
- 2 eggs
- 1 1/8 cups flour
- 1 pinch salt
- 2 teaspoons baking powder
- 4 bananas, sliced
- 4 1/2 ounces dates, chopped
- 1 1/2 teaspoons melted butter
- 1 teaspoon cinnamon
- 2 tablespoons sugar

Preparation:

1. Preheat your oven to 350 degrees. With an electric mixer, cream together the butter and sugar. Add the eggs, then the flour, salt and baking powder. Mix well.
2. Transfer half the mixture to a baking dish (it will be sticky, so you'll have to mold it into the dish with your fingers). Then put the bananas and dates on top. Cover the mixture with the remaining dough (this will be tricky given the consistency of the dough, but just do your best). Bake for 30 minutes or until the top turns a golden brown. Meanwhile, mix the sugar and cinnamon together. Remove from the oven and brush with melted butter, then sprinkle with the sugar and cinnamon mixture. Serve warm.

Boko Boko Harees

Ingredients:

- 3 1/3 cups bulgur wheat
- 3 chicken breasts
- 1 large onion, grated
- 1 teaspoon salt
- 3 sets chicken giblets
- 1 small onion, sliced and separated into rings
- 2 tablespoons turmeric powder
- 1/4 cup water
- 3 tablespoons sugar
- 5 cups water
- 6 teaspoons ghee, divided

Preparation:

1. Soak the bulgur wheat in water for 3 hours. Note: bulgur wheat absorbs a ton of

water, so err on the side of too much. Drain the wheat and place in a pot with the chicken breasts and enough water to cover. Add 1 teaspoon salt, bring to a boil and reduce to simmer. Let cook for about 30 minutes.

2. Meanwhile, cut up the chicken giblets into very small pieces. In a small pot, mix the turmeric powder with water. Bring to a boil, then reduce heat and simmer until you get a thick paste. Remove from heat and set aside. Transfer the giblets to a small pot and simmer with about a half cup of water and 3 tablespoons of the turmeric paste. Add a pinch of salt and the sugar. Simmer for 10 or 15 minutes, or until the giblets are cooked.

3. Fry the onions in the remaining ghee until they are crispy. Take the chicken breasts out of the pot and shred them, then return to the bulgur wheat. Add 3 tablespoons of the ghee and stir until well-incorporated. The wheat should be soft and the dish should be the consistency of a thick dough; if it's not, keep cooking until it reduces down, or add more water if necessary. Serve with the turmeric sauce and fried onions.

Beef and Greens in Peanut Sauce

Ingredients:

- palm oil to fry meat (or groundnut oil with paprika for colour)
- 450 grams beef stewing steak
- 250 milliliters peanut butter
- 450 grams mixed greens (eg cassava leaves, kale, collard greens, turnip greens, or similar) stems removed and cleaned African hot sauce salt to taste

Preparation:

1. Add the greens to a pot with lots of water and bring the mixture to a boil. Fry the beef in the palm oil until browned on all sides then reduce the heat and add the peanut butter and greens mix. Simmer gently for an hour then drain the greens (reserve 400ml) and add to the beef. Mix the 400ml reserved cooking water with the peanut butter and add to the beef. Add the spices and season then cook for 15 minutes to heat through. Serve with rice

Lentil and Bean Soup

Ingredients:

- 225 grams sweet potato, peeled and diced
- 225 grams carrots, peeled and diced
- 2 onions, sliced
- 225 grams green cabbage, shredded
- 300 grams brown lentils
- 225 grams green French Beans
- 600 milliliters vegetable stock
- salt and freshly ground black pepper, to taste
- 2 tablespoons extra-virgin olive oil

Preparation:

1. Heat the oil in a pan then fry the onion for a few minutes before adding the lentils. Stir to ensure that the lentils are completely coated in oil. Add the stock and simmer for 20 minutes until the lentils are very soft. Add the remaining vegetables and season. Allow to simmer for a further 15 minutes until the lentils form a mush. Serve with crusty bread.

Matura and Mahu

Ingredients:

- 3 tablespoons chopped onions
- 1/2 teaspoon chopped garlic
- 1 tablespoon oil
- 750 gramsrams forequarter of beef, cubed
- 1 green chili, finely chopped
- salt and black pepper to taste
- 200 gramsrams tripe (left whole). 250ml blood

Preparation:

1. Fry the onions and garlic in the oil until the onions turn a golden brown. Set aside and allow to cool. Meanwhile mix the beef with the blood, add the chili and season with salt and black pepper. Use this mixture to stuff the tripe and tie both ends firmly. Grill the tripe sausage to cook, allow to cooling down then slice and serve topped with the onion and garlic mixture.

Vegetables and Beans

Ingredients:

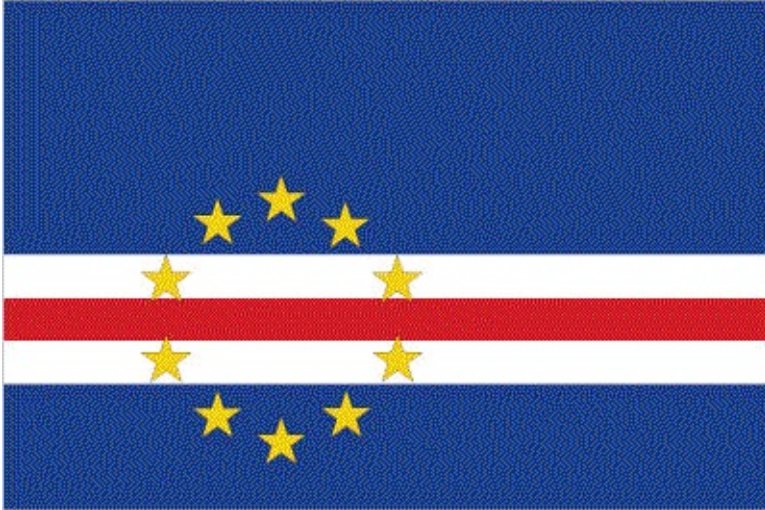
- 250 gramsrams Beans
- 4 potatoes, peeled and diced
- 2 tomatoes, quartered
- 100 gramsrams white cabbage or spinach, shredded
- 4 tablespoons oil
- 2 chopped onions
- 2 garlic cloves
- 1/2 teaspoon allspice oregano
- 1 bay leaf salt and pepper to taste

Preparation:

1. Soak the beans in water over night. The next day drain and place in a large pan. Cover with ample water, bring to a boil and cook until soft (about 70 minutes). Add the oil to a pan, heat and fry the onions and garlic until soft. Drain the beans (but retain the water). Add the tomatoes, cabbage and spices to the onions then gradually add about half the bean water and stir into the vegetable mixture. Bring to a low simmer then cook for 10 minutes, stirring frequently. Add the potatoes and cook for 5 minutes then add the drained beans and cook for a

further 20 minutes, stirring occasionally.

Cabo Verde



Rich Chicken and Rice Soup

Ingredients:

- 1/2 whole chicken, cut up
- 2 medium onions, chopped
- 3 chicken bouillon cubes
- 1 cup short-grain white rice
- vegetable oil (for frying)
- 3 cups water

Preparation:

1. Saute onions in oil. Next add chicken pieces, bouillon cubes and saute a few minutes more. Add 3 cups of water to the pan and bring to a boil. Simmer 30 to 35 minutes, until rice is cooked. Add water to adjust to desired consistency.

Fish Soup

Ingredients:

- 6 white potatoes, chopped
- 3 sweet potatoes, chopped
- 1 bunch fresh parsley, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 3 medium onions, chopped
- 2 medium tomatoes, chopped
- 4 scallions, chopped

- 3 pounds salt water fish
- water

Preparation:

1. In a medium kettle, boil both white and sweet potatoes, about 15 minutes. In a large kettle, gently saute chopped onions, red and green peppers and tomatoes in oil. Next add fish cut into small pieces to the kettle and saute. Add partly cooked white and sweet potatoes, along with enough cooking water to simmer the soup. Simmer until potatoes and fish are done. Add chopped parsley and chopped scallions to the kettle.

Cod and Potato Cape Verd

Ingredients:

- 2 pounds salt cod fish (1 kilogram, soaked, cooked, de-boned, flaked)
- 4 tablespoons olive oil
- 2 large onions (diced)
- 4 garlic cloves (minced)
- 1 teaspoon nutmeg
- white pepper (to taste)
- 6 large potatoes
- 6 hard-boiled eggs
- parsley

Preparation:

1. Preheat your oven at 400 degrees Fahrenheit or 200 degrees Celsius. Hard boil your eggs in the potato water. Cover the peeled potatoes in water and boil until they are just cooked though, then drain the water and cut them into thin slices and then cut them further into approximately 1 inch x 1 inch (2.5 cm x 2.5 cm) bits. It doesn't have to be really precise, just so that the potato slices are in small bits roughly all the same size.
2. Put the olive oil into a fry pan and gently saute the onion and garlic until golden but not browned. Peel the hard boiled eggs and roughly chop 5 of them, but carefully slice the last egg into rounds for decoration. Mix, but don't mash! the flaked, cooked, salt cod with the potato, onion and garlic mixture, then add the nutmeg and pepper and parsley. If the mixture is too dry, a very small amount of water can be added to make it only just stick together.
3. Spoon the mix into a baking dish and lay out the decorative egg rounds on the top. Cover with foil and bake for 20 minutes until it is completely warmed though.

Ground Corn with Vegetables and Meat

Ingredients:

- 1,8 kilograms xerem (coarsely-ground maize)
- 2 butternut squashes, peeled and cubed
- 20 kale leaves, chopped

- 450 gramsrams salted pork fat, diced
- 1.3 kilograms pork meat, diced
- 900 gramsrams dry beans (any kind)
- 4 medium onions, sliced
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 150 milliliters vinegar
- 1 bay leaf
- 1 teaspoon black pepper
- 120 milliliters groundnut oil

Preparation:

1. Allow the beans to soak in plenty of water over night. Form a marinade from the salt, garlic, vinegar, bayleaf and black pepper. Use this to marinate the pork over night. Wash the dry maize in warm water and soak for 2 hours before cooking (Add 1/4 onion for flavour). The following day, drain the beans and add to a pot along with the pork.

2. Cover with water and cook for about 90 minutes, or until the beans are almost soft. Drain the beans, but retain the water to cook the kale leaves until soft (About 20 minutes). Cook the ground corn in water until almost done (About 20 minutes). Place the squash in the bottom of a large pot, then add the pork meat, kale, beans, onions and ground maize, forming layers. Add 120ml oil and 700ml water then cover with aluminium foil and place the lid on top. Cook on very low heat for 90 minutes then serve.

Cape Verdean Prawn Stew

Ingredients:

- 2 kilograms prawns (preferably freshwater prawns)
- 1 onion, sliced into thin rings
- 2 garlic cloves
- 1 kilogram ripe tomatoes, chopped
- 500 gramsrams green bananas, peeled and cut into rings
- 1 kilogram cassava, peeled and cubed
- 1 kilogram potatoes, scrubbed clean and peeled
- 50 milliliters olive oil
- 4 grains of paradise, ground in a mortar salt, to taste

Preparation:

1. Wash the prawns. Bring a pan of salted water to a boil add the prawns and cook for about 4 minutes, or until just pink. Drain and allow the prawns to cool then peel them (reserve the heads and cooking water). Heat the olive oil in a pan, add the onion and fry for about 6 minutes, or until soft and lightly browned. Add the peeled prawns and the garlic and fry gently for a few minutes.

2. In the meantime, beat the prawn heads with a little of the reserved cooking water. Bring to a simmer in a pot then strain the liquid from the heads and add to

the prawn and onion mix. Stir in the tomatoes along with the bananas, cassava, potatoes and grains of paradise. Add a little water if needed, bring to a simmer and cook for about 40 minutes, or until the ingredients are tender. Adjust the seasoning to taste and serve turned into a large serving bowl.

Stewed Meat and Vegetables

Ingredients:

- 2 kilograms cubed beef or pork
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 120 milliliters vinegar
- 1 bayleaf
- 1 teaspoon black pepper
- 1 chili, pounded to a paste
- 4 white potatoes, cubed
- 1.4 kilograms cassava root
- 3 medium white yams
- 3 green bananas or plantains
- 3 onions, chopped
- 120 milliliters cooking oil

Preparation:

1. Mix together the salt, garlic, vinegar, bayleaf, black pepper and chili and use to marinate the meat over night. Add the oil and onions to a large pot and fry until soft then add the meat and marinade and simmer gently until the meat is done. Add the chopped vegetables and cover with water. Bring to a boil, reduce to a simmer and cook for about 40 minutes, until the vegetables are done. Season with salt, paprika and pepper and serve.

Sweet Papaya Dessert

Ingredients:

- 1 kilogram almost-ripe papaya
- 500 grams sugar
- 4 cloves
- 1 cinnamon stick
- 1 liter water
- 1 lemon

Preparation:

1. Peel the papaya, remove the seeds and cut the flesh either into strips or into 3cm cubes. Combine the water and sugar in a large pot. Heat until the sugar has dissolved then add the papaya pieces along with the cinnamon stick, cloves and lemon zest.

2. Bring to a boil and cook over medium heat without stirring until the sugar

becomes thick syrup (about 20 minutes boiling). At this point take the pan off the heat and set aside until cooled to room temperature. Turn the papaya and syrup mixture into a jar and store in the refrigerator. It is typically served as a dessert with cottage (farmer's) cheese or yoghurt.

Cape Verdean Chicken Stew

Ingredients:

- 1 whole chicken (about 2 kilograms)
- 300 grams rice
- 1 tablespoon olive oil
- 2 tomatoes, blanched and peeled
- 1 onion, finely chopped
- 1 bayleaf
- 1 tablespoon paprika
- 1 clove garlic
- crushed sage leaves, to garnish chili paste,
- salt, to taste

Preparation:

1. Clean and wash the chicken then cut into serving pieces. Add to a pot along with the salt, garlic, onion, oil and bayleaf. Mix together, cover and allow to marinate over night. The following day place the pot on the heat and cook until the meat has browned. Add about 600 milliliters water and bring to a boil then add the tomatoes paprika and chili paste along with the rice.
2. Stir to mix thoroughly then return to a boil then reduce to a simmer and cook, covered, for about 25 minutes. By this time the rice should have cooked and absorbed all the water. Spoon the stew onto serving platters and place in the centre of the table. Decorate with fresh sage leaves and add more chili paste, if desired.

Cambodia



Cabbage Egg Rolls

Ingredients:

- vermicelli mung bean noodles
- 5 cups warm water
- 3 pounds ground pork
- 1 pound shrimp
- 4 medium carrots
- 1/2 medium onion
- 1 tablespoon black pepper
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 eggs
- egg roll wrap (enough for approx 50 egg rolls)
- 3 cups vegetable oil

Preparation:

1. Take egg roll wrappers out of the freezer and let thaw for an hour before starting. Fill a medium size bowl with luke warm water, place the package of Vermicelli Mung Bean noodles in it to soften. In another medium size bowl add 2-3 pounds of ground pork, 1 pound of ground shrimp, 4 finely shredded medium size carrots, 1/2 onion chopped, 1 tablespoon of black pepper, 1 teaspoon of salt, 1 heaping Tablespoon of sugar.
2. Separate the 3 eggs, yolks into a small bowl, and the whites to the meat mixture. Drain water out of mung bean noodles (they should be pliable) and add to the meat mixture. Mix ingredients thoroughly. (This is best done by hand like meatloaf.).
3. Beat the eggs yolks you placed into a small bowl until mixed. Separate your egg roll wrapper, and place 2-3 tablespoons of filling onto wrapper, follow rolling instructions on package for proper shape. To seal egg roll at the last fold dip your finger or pastry brush into egg yolk and smear a little on the last fold. Then finish rolling egg roll.
4. Continue to make all egg rolls before frying. Heat a small pot with approx 3

cups of oil. Heat on high until just about smoking, then turn down to medium heat. Place a few egg rolls in the oil and cook about 8 minutes and then flip over and cook another 8 minutes. They should be a darker golden brown in color. Remove from oil and let oil drain on a paper towel.

Beef Sticks

Ingredients:

- 1 pound beef, preferably tri-tip
- 1/4 cup lemongrass, chopped
- 1 tablespoon lime zest, grated
- 1 head garlic, peeled
- 1 teaspoon turmeric
- 1 piece galangal, about 1 1/2 inches long, chopped
- 1/2 cup vegetable oil, divided use
- 5 tablespoons oyster sauce
- 3 tablespoons sugar
- 1 1/2 tablespoons paprika
- 1 kiwi
- 8 bamboo skewers, soaked in water

Preparation:

- Slice beef on diagonal into thin strips, 1/8- to 1/4 inch thick. Place lemongrass, lime zest, garlic, turmeric and galangal in food processor or blender and grind to paste. Stir in 3 tablespoons oil. Place 2 tablespoons of spice mixture in bowl large enough to marinate meat. Add oyster sauce, sugar and paprika. Mix and taste, correcting seasoning to your preference. Cut kiwi in half. Remove flesh from one half and mash to a paste. Stir into marinade. Add beef strips; stir. Cover and refrigerate 3 hours. Start coals and burn until coals begin to glow or turn gas grill to medium heat. Thread beef onto skewers. Grill until well browned, 5-6 minutes per side.

Chicken Wings

Ingredients:

- 2 tablespoons light brown sugar
- 1 tablespoon honey
- 5 teaspoons oyster sauce
- 1 teaspoon hot chili-garlic sauce (more is better)
- 1 1/2 pounds approximately 10 chicken wings
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1/4 teaspoon salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh gingerroot
- 2 garlic cloves, minced

- 1 stalk green onion, finely minced
- 1/4 teaspoon black pepper

Preparation:

1. In a small bowl, mix brown sugar with honey, oyster sauce, paprika and hot sauce together, set aside. Cut wings at joints. Discard tips and place wings in a baking dish. In a small bowl, mix soy sauce with fish sauce, salt, lemon juice, ginger, garlic, green onion and black pepper together. Pour sauce over chicken wings, mix well, and refrigerate over night or at least 4 hours.
2. Preheat oven at 350 degrees. Bake wings without cover for 30 minutes or till golden brown. Brushed prepared honey sauce evenly on cooked wings.
3. Return wings to oven, continue to bake for 5 more minutes before serving. Serve hot or warm.

Beef with Lime Dipping Sauce

Ingredients:

Marinade:

- 2 pinches kosher salt
- 1 tablespoon sugar
- 1 tablespoon finely chopped garlic
- 1 teaspoon fresh ground black pepper
- 3 tablespoons soybean oil
- 2 pounds beef tenderloin or 2 pounds sirloin, cut into 1 inch cubes
- Lime Dipping Sauce
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/4 cup freshly squeezed lime juice
- 1/4 cup water
- 1 teaspoon fresh ground black pepper
- 2 teaspoons finely chopped garlic

Saute:

- 3 tablespoons soybean oil or 3 tablespoons any vegetable oil
- 3 tablespoons sugar
- 4 tablespoons finely chopped garlic
- 1 1/2 teaspoons fresh ground black pepper
- 1/3 cup mushroom soy sauce
- 15 -20 young lettuce leaves, for garnish
- 1/4 cup thinly sliced scallion top, for garnish
- Jasmine rice, for serving

Preparation:

1. Marinade: Combine ingredients for marinade in a baking dish or shallow bowl. Marinate the beef and let sit for 15 minutes to 1 hour at room temperature, or overnight in the refrigerator.
2. Meanwhile, make Lime Dipping Sauce: Stir sugar and salt into the lime juice

until well dissolved. Add the rest of the ingredients and mix well. Set aside at room temperature until ready to serve.

3. Saute: Heat up a large saute pan or small wok until hot; very high heat is required so that the meat will cook quickly without bleeding out too much juice. Add soybean oil, sugar, garlic, and black pepper and stir to caramelize for 30 seconds, being careful not to burn the garlic and black pepper. Add marinated beef and stir very quickly over very high heat for 2 minutes. Add mushroom soy sauce and stir to cook for another 2 minutes or so. Cook the beef to desired doneness; it's best served medium-rare to medium.

4. Garnish a large plate with the young lettuce leaves. Plate the loc lac beef in the middle. Sprinkle with scallion greens. Serve with jasmine rice and Lime Dipping Sauce on the side.

Beef Lok Lak

Ingredients:

- 300 grams beef steaks, sliced (best you can afford)
- 1/4 cup light soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon tomato sauce (ketchup)
- 3 tablespoons sugar
- 1 teaspoon fresh ground black pepper
- 1 teaspoon fish sauce
- 2 garlic cloves, finely sliced
- 2 tablespoons vegetable oil

Serve:

- 2 small tomatoes, sliced
- 1 cucumber, peeled and finely sliced
- 1/2 small red onion, finely sliced
- lettuce, iceberg or romaine leaf

Dipping sauce:

- juice of a lime
- 2 teaspoons fresh ground black pepper
- 1 teaspoon salt or 1 teaspoon fish sauce
- 1 tablespoon water

Preparation:

1. In a large bowl, mix beef with soy sauce, oyster sauce, tomato sauce sugar, fish sauce and ground black pepper and garlic. Marinate at least 20 minutes or up to one hour. Make dipping sauce, combine ingredients in a small bowl-set aside. Decorate two dinner plates with sliced tomatoes, cucumber and onion. Set aside.

2. Place the lettuce leaves on a separate platter. Heat oil in a wok over a high heat and stir-fry beef until cooked. Divide between the two dinner plates.

Pineapple Custard

Ingredients:

- 4 eggs
- 1 cup coconut milk
- 1/2 cup sugar
- 1/2 cup palm sugar or 1/2 cup light brown sugar
- 1 teaspoon pure vanilla extract
- 8 ounces crushed pineapple

Preparation:

1. Pre heat oven to 350 degrees Fahrenheit. Place eggs, coconut milk, sugar, palm sugar, vanilla and pineapple together in a blender, and puree until smooth.
2. Pour mixture into small greased custard bowls and place on a baking sheet with a rim. Pour hot water in baking sheet so the custard bowls have water 1/3 of the way up their sides. Bake for an hour or until a knife comes out clean.
3. Cool completely and refrigerate until ready to serve. Unmold onto plates and serve cold - I think it would be pretty to serve with fresh fruit and mint as a garnish.

Ginger Catfish

Ingredients:

- 4 fish fillets
- 2 tablespoons vegetable oil
- 1/2 pound peeled matchstick cut fresh ginger
- 4 ounces catfish fillets
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 large yellow onion, sliced
- 1/4 red bell pepper, cut into thin matchsticks
- 1/2 bunch green onion, cut into 1/4 inch pieces

Preparation:

1. Heat oil in a large skillet over medium heat. Cook and stir ginger in the hot oil until slightly softened and brown, 5 to 7 minutes. Add catfish fillets; cook until firm, about 3 minutes per side. Remove fillets from the skillet to a plate and set aside.
2. Stir fish sauce, soy sauce, and oyster sauce together in the skillet. Add onion and red bell pepper; cook and stir until softened, about 4 minutes. Return catfish fillets to the skillet and spoon sauce and vegetables over the fillets. Continue cooking until the flesh of the fish flakes easily with a fork, about 3 minutes more. Garnish with green onions to serve.

Grilled Corn

Ingredients:

- 6 ears corn, husks and silk removed

- 2 tablespoons vegetable oil
- 2 tablespoons fish sauce
- 2 tablespoons water
- 1 1/2 tablespoons sugar
- 1 teaspoon salt
- 2 green onions, white parts only, thinly sliced
- vegetable oil, for brushing

Preparation:

1. Prepare charcoal grill or preheat an ungreased cast-iron skillet over medium heat. Very lightly brush the corn with oil and set on the grill rack or in the skillet. Cook, turning every 2-3 minutes, until the kernels are tender and nicely charred, 12-15 minutes total; keep warm. Meanwhile, in a bowl stir together the fish sauce, water, sugar and salt until it is dissolved.
2. Heat the 2 tablespoon oil in a saucepan over medium heat until very hot but not smoking. Carefully pour liquid mixture in (it may sputter a bit so watch out); add the green onions and simmer until the sauce begins to thicken, about 30 seconds; remove from heat and cool. Brush cooked corn with the sauce and serve.

Cinnamon Cashew Rice

Ingredients:

- 1 cup uncooked jasmine rice, rinsed and drained
- 1 3/4 cups water
- 1/2 cup roasted cashews
- 1 tablespoon butter
- 1/2 teaspoon salt
- 1 dash cinnamon

Preparation:

1. Place the water in a pot and bring to a boil. Add the rice, bring back to a boil then reduce heat, cover and simmer for 20 minutes or until all the liquid has been absorbed. Add the butter, salt and cinnamon. Stir to combine and set aside. Put the cashews into a small, dry skillet. Keep stirring until they are hot or browning slightly (depending on your preference). Add the cashews to the rice and stir to combine.



Cameroon



Fried Spinach

Ingredients:

- 1 (10 ounces) package baby spinach, rinsed
- 1 cup fresh shiitake mushrooms, stemmed and quartered
- 1 medium onion, coarsely chopped
- 1 tablespoon olive oil
- garlic powder to taste

Preparation:

1. Heat the olive oil in a wok, or large frying pan over medium-high heat. Add the mushrooms and onion, and saute until they are about halfway done. Dump in the spinach, and liberally sprinkle with garlic powder. Fry until the spinach has wilted, about 5 to 7 minutes.

Fresh Corn Muffins

Ingredients:

- 4 ears fresh corn
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt

Preparation:

1. Grate the corn off the cobs. Add the baking powder and salt.
2. Preheat your oven to 425 degrees. Grease muffin cups with butter and fill up about halfway with the corn mixture. Bake for 25 minutes or until a toothpick comes out clean.

Suya

Ingredients:

- 1 pound round steaks or 1 pound flank steak
- 1/2 teaspoon sugar
- 1 teaspoon garlic powder

- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 1 teaspoon ground cinnamon
- 1 pinch chili powder
- 2 teaspoons onion salt
- 1/2 cup peanuts, finely crushed
- vegetable oil, for brushing

Preparation:

1. Trim the steak of any fat and then cut into thin strips. Place in a bowl or shallow dish. Mix the sugar, garlic powder, spices and onion salt together. Add the crushed peanuts, then add this mixture to the steak. Mix well so that the spices are worked into the meat.
2. Thread the steak onto 6 satay sticks, pushing the meat close. Place in a shallow dish, cover loosely with foil and allow to marinate in a cool place for a few hours.
3. Preheat the grill (or broiler). Brush the meat with a little vegetable oil and then cook over moderate heat for about 15 minutes or until evenly brown.

Greens

Ingredients:

- oil, for sauté
- 3 garlic cloves
- 1 onion, finely chopped
- 1/2 teaspoon cayenne (or to taste)
- 2 pounds greens, stems removed, cleaned and torn
- 1 cup chicken broth
- salt

Preparation:

1. Heat oil in large skillet over medium-high heat. Saute onions and garlic until soft, add cayenne pepper and reduce heat. Add greens to pot. Cover and cook over medium heat for several minutes. Stir greens often but otherwise keep pot covered. Add broth, cover and cook over low heat until greens are tender (10-20 minutes longer) Season to taste and serve hot.

Roast pork fried potatoes and red cabbage

Ingredients:

- 600 grams pork cut into strips
- 4 large white sweet potatoes
- 2 teaspoon ground white pepper
- 1/2 teaspoon ground black pepper
- 1 onion, finely chopped
- 1/2 teaspoon salt

- 1 Maggi cube
- 600 grams red cabbage
- 300 milliliters red wine oil

Preparation:

1. Mix together the white pepper, black pepper and salt in a bowl. Add the meat strips and toss to combine then mix in the onion, cover and set aside to marinate for 20 minutes. After this time, heat a little oil in a pan. Add the pork and onion mix and stir-fry for about 6 minutes or until washed through.
2. Peel and cube the sweet potatoes. Add to a pan of boiling salted water and cook for about 15 minutes or until tender. In the meantime, core the cabbage and shred the leaves finely. Place in a pan with the wine and a little salt and black pepper to taste.
3. Bring to a boil and cook covered for about 7 minutes or until the cabbage is tender. Serve the pork accompanied by the red cabbage and the sweet potatoes.

Sweet Potato Cake

Ingredients:

- 900 grams sweet potatoes (unpeeled)
- 200 grams butter
- 4 eggs
- 225 grams sugar
- freshly-grated zest of 1 lime
- 2 tablespoons rum

Preparation:

1. Bring a pan of unsalted water to a boil, add the sweet potatoes, return to a boil and cook for about 25 minutes or until the sweet potatoes are tender. Drain then set aside to cool. As soon as you can handle them peel the sweet potatoes then mash with a fork. Mix-in the butter and beat to a smooth paste. Meanwhile, whisk the eggs lightly in a separate bowl then whip with the sugar until the mixture turns white.
2. Whisk in the lime zest then beat this mixture into the sweet potato and butter mix. Add the rum then turn the batter into a well-buttered cake tin. Transfer to an oven pre-heated to 190°C and bake for about 50 minutes, or until the top is lightly golden and a skewer inserted into the centre of the cake emerges cleanly. Allow to cool in the tin for 5 minutes then invert onto a plate and serve.

Fish Cooked in Banana Leaves

Ingredients:

- 4 very fresh, whole, medium-sized fish
- 4 banana leaves, trimmed
- 2 tomatoes
- 2 tablespoons ginger leaves (adom or odzom), finely shredded

- 2 tablespoons African blue basil leaves (or Thai holy basil), finely shredded
- 2 tablespoons wild basil leaves (masep), or parsley
- 1 hot chili
- 2 onions
- 1 Maggi shrimp cube salt and freshly-ground black pepper, to taste

Preparation:

1. Clean and scale the fish. Wash and pat dry with kitchen paper. Crush the herbs and chili in a mortar then pound in the tomato and onion. Crumble in the Maggi cube and stir to combine. Cut deep slashes in the sides of the fish then rub the tomato and spice mix over the inside and outside of the fish. Set a ginger leaves in the centre of a prepared banana leaf (or use a doubled over sheet of kitchen foil). Sit the fish in a banana leaf on top of the ginger leaves.
2. Wrap the fish securely in the banana leaf and tie securely. Arrange in the base of your pan then pour in 400 milliliters water. Bring to a simmer, cover the pan and steam the fish parcels for about 40 minutes, or until cooked through. Remove the fish parcels from the pan when cooked. Open the parcels and season to taste. Serve accompanied by boiled plantains, cassava, yam, sweet potatoes or plain rice. As well as fish, this dish can also be made with pork, chicken or bush meat.

Grilled Beef

Ingredients:

- 500 gramsrams beef rump
- 200 milliliters sunflower oil
- 1 bouillon cube
- 50 gramsrams peanuts
- 2 garlic cloves
- 25 grams fresh ginger
- 25 grams paprika
- 25 grams ground cinnamon
- 1/2 hot chili salt, to taste

Preparation:

1. Trim the meat free of any fat and sinews. Combine the bouillon cube, peanuts, ginger, garlic, paprika, chili, salt, cinnamon and oil in a blender. Process until smoothly. Pour the meat over the marinade and massage in with your fingers. Cover and set aside to marinate for 1 hour, turning every 20 minutes to ensure that marinate evenly. After this time drain the meat (reserve the marinade) and place on a hot barbecue and cook for about 30 minutes, or until the meat is nicely charred on the outside, but still rare in the centre. Dip the meat back in the marinade and coat on all sides. Allow to cool before slicing and serving.

Pepper Soup

Ingredients: 3

- medium-sized fish (catfish, snapper, tilapia, carp or Nile perch)
- 2 large, fresh, tomatoes
- 20 grams rains of njasang
- 4 pèbè (calabash nutmeg seeds)
- 1 onion, finely chopped
- 2 tablespoons fresh ginger, grated
- 10 grams rams mbongo (Alligator Pepper) seeds
- 10 grams rams powdered bobimbi bark
- 1 Maggi shrimp cube
- 500 milliliters water
- 1 hot chili
- 1/2 lime salt and freshly-ground black pepper, to taste

Preparation:

1. Clean and de-scale the fish, soak in a bowl of warm water then pat dry and rub with lime. Cut the fish into steaks and place in a bowl of salted water. Dry fry the njasang until lightly browned and aromatic. If the calabash nutmeg is whole, toast the fruit then remove the shells to extract the seeds. However, the seeds only can be bought in many African markets.
2. Combine the njasang and calabash nutmeg seeds in a mortar with the alligator pepper. Pound to a powder. Combine the tomato, onion, ginger and half the hot chili (finely minced) in a mortar and pound to a paste. Mix in the ground spices (along with the calcined bark, if using). Drain the fish and pat dry then combine in a bowl with the spice and tomato mix. Turn the fish and spice mix into a large, heavy-based saucepan.
3. Place over low heat, cover and simmer gently for a few minutes then stir in the 500 milliliters water. Stir to mix, bring back to a simmer and cook for 15 minutes. Crumble in the Maggi cube, add the remainder of hot chili (chopped) and adjust the seasonings to taste. Cook for 5 minutes more, adding a little more water, if needed. Serve hot with boiled and mashed cocoyams, boiled and mashed yams or rice.

Canada



French Canadian Pea Soup

Ingredients:

- 1 pound dried whole or split peas
- 1 pound bacon
- 3 pints water
- 1 small turnip
- Seasoning
- Parsley

Preparation:

1. Soak peas in cold water overnight.
2. Soak bacon in separate water overnight.
3. Strain peas, cover with clean, cold water, bring to boil and strain. (This will help to prevent the formation of scum during cooking.)
4. Place peas and bacon in large pan with 3 pints water, add prepared turnip and seasoning.
5. Bring to boil, simmer gently for 2-3 hours, until tender.
6. Remove bacon and either serve separately, or mince or dice finely and serve added to the soup.
7. Garnish with parsley and serve with crisp rolls.

Crispy Fried Fish

Ingredients:

- 1 egg
- 1 1/2 cups beer
- 1 cup all-purpose flour
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound cod fillets
- 2 cups crushed cornflake crumbs
- 1 teaspoon Cajun seasoning

- 1 quart oil for frying

Preparation:

1. In a medium bowl, beat together egg, beer, flour, garlic powder, salt, and pepper. Place cod in the bowl, and thoroughly coat with the mixture. In a separate medium bowl, mix the cornflake crumbs and Cajun seasoning. Dip the cod in the crumb mixture, and thoroughly coat all sides. In a large, heavy skillet or deep fryer, heat the oil to 365 degrees F (185 degrees C). Fry the fish until golden brown, and flesh is easily flaked with a fork.

Sesame Noodles

Ingredients:

- 1 (16 ounces) package linguine pasta
- 6 cloves garlic, minced
- 6 tablespoons sugar
- 6 tablespoons safflower oil
- 6 tablespoons rice vinegar
- 6 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons chili sauce
- 6 green onions, sliced
- 1 teaspoon sesame seeds, toasted

Preparation:

1. Bring a pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and transfer to a serving bowl. Meanwhile, place a saucepan over medium-high heat. Stir in garlic, sugar, oil, vinegar, soy sauce, sesame oil, and chili sauce. Bring to a boil, stirring constantly, until sugar dissolves. Pour sauce over linguine, and toss to coat. Garnish with green onions and sesame seeds.

Pork Marsala

Ingredients:

- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon garlic salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 pound boneless pork loin chops, pounded thin
- 3 tablespoons butter
- 1/4 cup olive oil
- 2 cups sliced fresh mushrooms
- 1 teaspoon minced garlic
- 1 cup Marsala wine

Preparation:

1. Mix flour, salt, garlic salt, garlic powder, and oregano together in a medium bowl. Add pork chops, and toss until well coated. Heat butter and olive oil in a large skillet over medium heat. Place pork in skillet in a single layer, and cook, turning occasionally, until brown on both sides. Add mushrooms and minced garlic; cook and stir briefly. Stir in wine, scraping the skillet to loosen any brown bits. Cover and simmer over medium heat until pork is tender and sauce is thickened, about 15 minutes. If sauce is too thick, adjust by stirring in a small amount of wine.

Boneless Buffalo Wings

Ingredients:

- oil for deep frying
- 1 cup unbleached all-purpose flour
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 egg
- 1 cup milk
- 3 skinless, boneless chicken breasts, cut into 1/2 inch strips
- 1/4 cup hot pepper sauce
- 1 tablespoon butter

Preparation:

1. Heat oil in a deep-fryer or large saucepan to 375 degrees Fahrenheit or 190 degrees Celsius. Combine flour, salt, black pepper, cayenne pepper, garlic powder, and paprika in a large bowl. Whisk together the egg and milk in a small bowl. Dip each piece of chicken in the egg mixture, and then roll in the flour blend. Repeat so that each piece of chicken is double coated. Refrigerate breaded chicken for 20 minutes. Fry chicken in the hot oil, in batches. Cook until the exterior is nicely browned, and the juices run clear, 5 to 6 minutes a batch. Combine hot sauce and butter in a small bowl. Microwave sauce on High until melted, 20 to 30 seconds. Pour sauce over the cooked chicken; mix to coat.

Butternut Squash Soup

Ingredients:

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed

- 1 (32 fluid ounces) container chicken stock
- salt and freshly ground black pepper to taste

Preparation:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Cheesy Chicken Meatballs

Ingredients:

- 1 pound ground chicken
- 2 eggs, lightly beaten
- 1/4 cup roasted garlic light cream cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon dry bread crumbs
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon Italian seasoning
- 1 tablespoon garlic powder
- 1 1/2 tablespoons vegetable oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Preparation:

1. Preheat an oven to 450 degrees Fahrenheit or 230 degrees Celsius. Line a rimmed baking sheet with aluminum foil, and spray with cooking spray. Combine the chicken, eggs, cream cheese, Parmesan cheese, bread crumbs, red pepper flakes, Italian seasoning, garlic powder, vegetable oil, salt, and pepper in a large bowl; mix well. Form mixture into 20 meatballs; place on prepared pan. Bake in center of preheated oven until juices run clear, 17 to 18 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees Fahrenheit or 74 Celsius.

Pork Tenderloin with Roasted Asparagus and Warm Citrus Sauce

Ingredients:

- 1/4 cup (60 milliliters) natural almonds, chopped
- 2 tablespoons (30 milliliters) chopped fresh parsley
- 2 teaspoon (10 milliliters) lemon juice
- 400 grams pork tenderloin, trimmed if necessary
- 1/4 teaspoon (1 milliliter) each salt and pepper
- 1 tablespoon (15 milliliter) olive oil

- 2 bunches (each 450 grams) asparagus, trimmed
- 1 tablespoon (15 milliliter) grated fresh ginger
- 2 cloves garlic, minced
- 3/4 cup (175 milliliters) sodium-reduced chicken broth
- 1/2 cup (125 milliliters) orange juice
- 1 teaspoon (5 milliliters) Dijon mustard
- 1/2 teaspoon (2 milliliters) grated orange zest
- 3/4 cup (175 milliliter) basmati rice

Preparation:

1. Stir together almonds, parsley and lemon juice; set aside. Sprinkle pork with half each of the salt and pepper. In nonstick skillet, heat half of the oil over medium-high heat; brown pork all over, about 6 minutes. Transfer pork and asparagus to foil-lined rimmed baking sheet. Sprinkle asparagus with remaining salt and pepper.
2. Bake in 400 degrees Fahrenheit (200 degrees Celsius) oven until just a hint of pink remains inside pork or instant-read thermometer inserted into thickest part reads 160 degrees Fahrenheit (71 degrees Celsius), about 15 minutes. Transfer pork to cutting board; tent with foil. Let rest for 5 minutes before slicing. Add remaining oil to skillet; heat over medium heat. Cook ginger and garlic, stirring, for 2 minutes. Stir in broth and orange juice; bring to boil. Stirring often, reduce sauce to 1/2 cup, 5 to 7 minutes.
3. Stir in mustard and orange zest. Cook rice according to package directions; serve with pork, asparagus and sauce. Sprinkle with almond mixture.

Chicken and Dumplings

Ingredients:

- 2 cups (500 milliliters) sodium-reduced chicken broth
- 1 pound (454 grams) boneless skinless chicken breasts
- 2 tablespoons (30 milliliters) butter
- 1 small onion, diced
- 2 ribs celery, chopped
- 1 large carrot, peeled and chopped
- 1 large parsnip, peeled and chopped
- 2 cloves garlic, minced
- 2 tablespoons (30 milliliters) all-purpose flour
- 1/2 teaspoon (2 milliliters) dried thyme
- 1 package (500 grams) Gnocchi pasta
- 1/2 cup (125 milliliters) frozen peas

Preparation:

1. In saucepan, bring broth and 1-1/2 cups water to boil. Add chicken; reduce heat, cover and simmer, turning once, until no longer pink inside, about 12 minutes. Transfer chicken to plate, reserving broth. Shred or chop chicken and set aside.
2. Meanwhile, in large saucepan, melt butter over medium heat; cook onion and

celery, stirring occasionally, until softened, about 3 minutes. Stir in carrot and parsnip; cook until carrot is slightly softened, about 3 minutes.

3. Stir in garlic, flour and thyme; cook, stirring constantly, for 2 minutes. Gradually stir in reserved broth; bring to boil. Reduce heat to medium; simmer until vegetables are tender, 8 to 10 minutes. Stir in gnocchi, peas and chicken; cook, stirring occasionally, until gnocchi are tender, 3 to 5 minutes.

Grilled Venison Steak

Ingredients:

- Venison steak
- Garlic
- Butter
- Salt and pepper

Preparation:

1. Rub each steak with a cut clove of garlic and softened butter.
2. Grill quickly, unless the steaks are very thick.
3. Turn once. Season with salt and pepper.
4. Flavor the drippings with a little sherry and pour over the steaks

Stuffed Steak

Ingredients:

- 1 slice of round steak
- Chopped parsley
- Salt and pepper
- Butter
- ¼ pound chopped boiled tongue
- Chopped onions
- Mushroom sauce

Preparation:

1. Slice of steak must be not less than ½ inch thick and neatly shaped, trimmings being used for stock or gravy.
2. Cut the slice of steak into halves, crosswise.
3. On the lower half, sprinkle salt, pepper, chopped parsley and a few small bits of butter.
4. Put the chopped tongue in the centre and cover the whole thing with the other half of the steak, fastening them securely together by deep stitches, using thin string and a trussing or big darning needle for the job.
5. Cover the top with a thick layer of finely chopped onions, bits of butter, salt and pepper.
6. Put the steak in a tin; add a cup of either water or stock to it and small cut-up pieces of the beef fat or suet.
7. Bake in a moderately hot oven at 400 degrees Fahrenheit for ¾ hour, basting 3

or 4 times.

8. When done, remove string and serve with a rich mushroom sauce.

Sugar and Cream Pie

Ingredients:

- Pastry
- Maple sugar
- Sifted flour
- Cream
- Walnuts

Preparation:

1. Make enough flaky pastry for a 9 inch pie. Line a 9 inch baking dish with flaky pastry.
2. Fill it $\frac{3}{4}$ full with maple sugar.
3. Sprinkle 2 ounce. of sifted flour over this.
4. Moisten the sugar and flour with fresh cream.
5. Do not add too much cream or the sugar will become soggy.
6. Add some blanched and chopped walnuts and a chunk of butter,
7. Cover with a lattice-work of flaky pastry.
8. Bake in a hot oven at 450 degrees Fahrenheit until the pastry is a light golden color.

Spicy Maple Glazed Pork Chops

Ingredients:

- 8 pork chops
- Olive oil
- Salt and pepper to taste

Maple Glaze:

- 1-1/2 cups maple syrup
- 1/4 cup prepared horseradish
- 2 tablespoons ancho powder

Red Onion Marmalade:

- 3 tablespoons unsalted butter
- 5 medium red onions sliced thin crosswise
- 1 1/2 cups red wine vinegar
- 1/2 cup creme de cassis
- 1/2 cup grenadine
- 1/2 cup red wine
- 1/2 cup coarsely chopped cilantro
- Salt and freshly ground white pepper

Preparation:

1. Preheat a grill to high. Brush the pork chops with olive oil and season with salt and pepper. Grill for 3 minutes on each side (for medium rare). Brush with Maple

Glaze.

2. Maple Glaze: In a saucepan combine maple syrup and horseradish, bring to a boil, reduce heat and simmer for 10 minutes. Stirring every 30 seconds. Strain through a chinoise or a fine strainer. Put back in saucepan and add ancho powder. Cook over low heat until mixture thickens.

3. Red Onion Marmalade: In a large saucepan over medium heat, melt the butter and sweat the onions for 3 minutes. Add the vinegar, cassis, grenadine, and wine and reduce until the liquid has almost entirely evaporated and the onions are glazed. Add the cilantro and season with salt and pepper to taste.

Sirloin and Vegetable Kabobs, Ranch-Style

Ingredients:

- 1 boneless beef top sirloin steak, cut 1 inch thick (approximately 1 pound)
- 1 packet (1 ounce) dry ranch salad dressing mix
- 2 tablespoons water
- 1 tablespoons vegetable oil
- 1 medium green or red bell pepper cut in 1 inch pieces
- 1 medium yellow squash or zucchini, halved lengthwise, sliced crosswise in $\frac{3}{4}$ inch pieces

Preparation:

1. In small bowl, combine dressing mix, water and oil; mix well. Cut steak into 1-1/4 inch x 1 inch pieces. Alternately thread Beef and vegetables onto four 12" metal or wooden skewers (soak wooden skewers in water for 30 minutes prior to using). Brush kabobs with dressing mixture. Place kabobs on grill over medium, ash-covered coals. Grill, uncovered, approximately 10 to 12 minutes for medium-rare to medium doneness, turning occasionally.

Grilled Brined Turkey Breasts

Ingredients:

- 4 large boneless, skinless turkey breast halves
- 1/4 cup coarse salt
- 1/4 cup dark brown sugar
- 20 whole black peppercorns
- 1 red chili pepper, thinly sliced
- 2 bay leaves
- 1 cup hot water plus 3 cups cold water
- 1 lemon, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, peeled and crushed

Preparation:

1. The day before you plan to cook the turkey, rinse turkey breasts under cold water, then drain and blot dry with paper towels. Arrange on a baking dish. To make the brine, place the salt, brown sugar, peppercorns, chile pepper and bay

leaves in a large nonreactive stock pot and add hot water. Whisk until salt and brown sugar are dissolved. Stir in the cold water and let cool to room temperature. Place the breasts in the pot and stir in lemon, onion and garlic. Cover the pot and let stand in the refrigerator overnight or at least 8 hours. Turn the breasts over once or twice.

2. To cook the turkey, pre-heat your gas grill to high. When ready to cook, oil the grate on your grill. Arrange the turkey breasts on the hot grate, all facing the same direction, at a 45 degree angle to the bars of the grate. Grill the breasts until cooked, 8 to 10 minutes per side, rotating the breasts 90 degrees after 2 minutes on each side to create an attractive crosshatch pattern of grill marks. To test by poking a breast in the thickest part with your finger. It should feel firm to the touch.

Cayman Islands



Cornbread

Ingredients:

- 2 cups all-purpose flour
- 1 cup yellow cornmeal
- 1/2 cup granulated sugar
- 2 tablespoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3/4 cup evaporated milk
- 3/4 cup milk
- 1/2 cup unsalted butter, melted and slightly cooled
- 2 large eggs
- 2 tablespoons dark rum
- 1 tablespoon vanilla extract

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Grease a 9 inch square baking pan well. Combine flour, cornmeal, sugar, baking powder, cinnamon, nutmeg, and salt. Whisk together both types of milk, eggs, butter, rum, and vanilla in another bowl.
2. Combine both mixtures using a wooden spoon, just enough to dampen all ingredients (it will still be a bit lumpy). Pour into prepared pan and bake until golden brown and cake tester comes out clean, about 45 minutes. Let cool on rack slightly before cutting into 12 small squares.

Chicken Tikka Masala

Ingredients:

- 1 cup yogurt
- 1 tablespoon lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons cayenne pepper
- 2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 4 teaspoons salt, or to taste
- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 4 long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 teaspoons salt, or to taste
- 1 (8 ounce) can tomato sauce
- 1 cup heavy cream
- 1/4 cup chopped fresh cilantro

Preparation:

1. In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.
2. Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.
3. Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.

Tortellini, Steak, and Caesar

Ingredients:

- 1 (9 ounces) package cheese tortellini
- 1 pound flank steak
- garlic powder to taste
- salt and pepper to taste
- 1 tablespoon olive oil
- 2 heads romaine lettuce, torn into bite-size pieces
- 2 (2.25 ounces) cans small pitted black olives, drained
- 1 cup Caesar-style croutons
- 2 small fresh tomatoes, chopped
- 1 (8 ounces) bottle Caesar salad dressing

Preparation:

1. Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 7 to 9 minutes, until al dente, and drain. Preheat the oven broiler. Season steak with garlic powder, salt, and pepper; rub with olive oil. Place steak in a baking dish, and broil 5 minutes on each side, or to desired doneness. Slice diagonally into thin strips. In a bowl, toss the cooked tortellini, lettuce, olives, croutons, tomatoes, and dressing. Top with steak strips to serve.

Green Salad with Cranberry Vinaigrette

Ingredients:

- 1 cup sliced almonds
- 3 tablespoons red wine vinegar
- 1/3 cup olive oil
- 1/4 cup fresh cranberries
- 1 tablespoon Dijon mustard
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons water
- 1/2 red onion, thinly sliced
- 4 ounces crumbled blue cheese
- 1 pound mixed salad greens

Preparation:

1. Preheat oven to 375 degrees Fahrenheit or 190 degrees Celsius. Arrange almonds in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown. In a blender or food processor, combine the vinegar, oil, cranberries, mustard, garlic, salt, pepper, and water. Process until smooth. In a large bowl, toss the almonds, onion, blue cheese, and greens with the vinegar mixture until evenly coated.

Savory Slow Cooker Pork Chops

Ingredients:

- 5 (1 inch thick) pork chops
- 1/2 cup teriyaki sauce
- 1/4 cup ketchup
- 1/4 cup brown sugar
- 1 tablespoon Chile-garlic sauce
- 1 teaspoon ground ginger
- 1 teaspoon dried minced garlic
- 1 teaspoon dried minced shallots
- 1/2 teaspoon garlic-pepper seasoning
- 1/2 teaspoon kosher salt

Preparation:

1. Arrange pork chops into the bottom of a slow cooker crock. Whisk teriyaki sauce, ketchup, brown sugar, Chile-garlic sauce, ginger, garlic, shallots, garlic pepper, and kosher salt together in a bowl; pour over the pork chops. Cook on High for 1 hour. Switch slow cooker to Low and continue cooking until the pork chops are completely tender, about 3 hours more.

Roasted Lemon Herb Chicken

Ingredients:

- 2 teaspoons seasoning
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon mustard powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 (3 pounds) whole chicken
- 2 lemons
- 2 tablespoons olive oil

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Combine the seasoning, salt, mustard powder, garlic powder and black pepper; set aside. Rinse the chicken thoroughly, and remove the giblets. Place chicken in a 9x13 inch baking dish. Sprinkle 1 1/2 teaspoons of the spice mixture inside the chicken. Rub the remaining mixture on the outside of the chicken. Squeeze the juice of the 2 lemons into a small bowl or cup, and mix with the olive oil. Drizzle this oil/juice mixture over the chicken. Bake in the preheated oven for 1 1/2 hours, or until juices run clear, basting several times with the remaining oil mixture.

Conch Stew

Ingredients:

- 5 pounds Conch Meat
- 2 Onions
- 1 Green Pepper
- 1 Red Pepper
- 4 Green Onions (Scallions)
- Hot Pepper to taste
- 2 teaspoon Salt
- ½ teaspoon Black Pepper
- ½ teaspoon Season All
- Fresh Coconut Milk from 2 Coconuts (6 - 8 cups of canned coconut milk based on desired thickness)
- 2 tablespoons Flour

Pie:

- 2 Cups All Purpose Flour
- 1 Tablespoon Vegetable Oil
- Dash of Salt
- Water

Preparation:

1. Clean conch meat and pound to tenderize. Boil conch for 2 to 3 hours or until tender. Make Sea pie while conch cooks (recipe below). Once cool, cut conch into bite size pieces and season. Add all ingredients, except flour, to pan and simmer for 10 to 20 minutes. Mix flour with 1 cup water and pour into pan to thicken. Add sea pie pieces and continue to cook for an additional 10 minutes.
2. Make a dough with flour, pinch of salt and water, so that you can roll out as thin as possible, then cut into 2 ½ inches x 2 ½ inches squares. Let set for an half an hour then stretch squares to thin them out and add to conch stew mixture.

Cayman Style Beef

Ingredients:

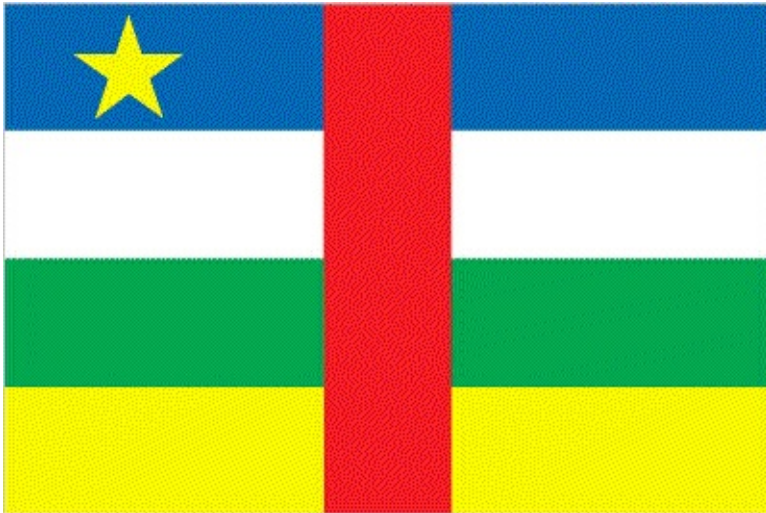
- 10 pounds fresh beef
- ½ pound Onions, diced
- 4 Cloves of Garlic, finely chopped
- 2 Scotch Bonnet Peppers (to taste)
- 1 tablespoon Black Pepper
- 1½ tablespoons Salt
- Seasoning Peppers (to taste)

Preparation:

1. Trim portions of fat from lean meat and set aside. Season beef with salt, pepper, finely chopped garlic, and diced onions. Add in diced and seeded seasoning peppers to taste. Place fat portions in a large heavy pot heating until rendered. Place the seasoned beef in pot and reduce heat to simmer. Place whole scotch bonnet peppers over meat. Cover with a tightly sealed lid, and simmer on

low for 4 to 6 hours depending on tenderness desired. Remove whole peppers carefully after cooking to prevent bursting, then stir and allow meat to shred. Serve with rice and beans and your choice of steamed vegetable.

Central African Republic



Chicken with Tomato Sauce

Ingredients:

- 1 kilograms cassava leaves, minced by passing through a hand mincer
- 500 milliliters red palm oil
- 200 milliliters groundnut oil
- 1 kilograms fish fillets
- 3 onions, chopped
- 4 garlic cloves, chopped
- 1 aubergine (eggplant), chopped
- 2 green bell peppers, chopped
- 1 leek, chopped
- 1 hot green chili, finely chopped
- 200 milliliters water
- 1 bouillon cube salt, to taste

Preparation:

1. In a bowl, mix together the onions, garlic, leek, aubergines and peppers then set aside. Place the cassava leaves in a large pot with 200ml water. Bring to a boil then add the mixed vegetables and the fish fillets. Bring to a simmer, cover and cook for 30 minutes. At this point, add the red palm oil, bouillon cube and salt. Bring back to a gentle simmer, cover and cook for 120 minutes, stirring occasionally. Finally add the groundnut oil and green chili. Serve hot with white rice, cassava sticks or boiled and mashed plantains.

Spinach Stew

Ingredients:

- 2 small onions, chopped
- 2 tablespoons oil
- 2 tomatoes, blanched, peeled and sliced
- 1 green bell pepper, chopped
- 1 kilogram g fresh spinach, chopped
- 1 teaspoon salt
- 2 hot chilies, sliced
- 4 tablespoons peanut butter

Preparation:

1. Heat the oil in a stewing pan, add the onions and fry for about 6 minutes, or until golden brown. Stir in the tomatoes and bell pepper and fry for 1 minutes.
2. Now add the spinach, salt and hot chilies. Cover and reduce to a low simmer then cook the mixture for 5 minutes. Thin the peanut butter with 10 tablespoon hot water then stir this into the contents of the pot.
3. Continue cooking gently for 10 minutes more, stirring frequently. If the stew looks like its thickening too quickly thin down with hot water. Serve hot, accompanied by rice or cornmeal.

Beef Stew with Plantains

Ingredients:

- 600 gramsrams beef, finely chopped
- 3 plantains, peeled and cut into
- 4 sections each
- 2 onions, finely chopped
- 1 green bell pepper, sliced into thin strips
- 3 tomatoes, quartered
- 2 tablespoon red palm oil
- 3 beef bouillon cubes
- 1 tablespoon curry powder
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a large pan, add the meat and fry until nicely browned all over. Add the onions and cook for about 8 minutes more, or until browned. Add the tomatoes and bell pepper and stir-fry for 3 minutes.
2. Pour in 1l water and crumble in the bouillon cubes. Stir in the curry powder and season to taste. Bring the mixture to a boil, reduce to a simmer, cover and cook for 40 minutes. After this time, add the plantain pieces and cook for 15 minutes more. Serve hot, accompanied by rice.

Banana Fritters

Ingredients:

- 4 ripe bananas
- 6 tablespoon plain flour
- 1 tablespoon sugar pinch of salt
- 1 egg, separated finely-grated zest of
- 1 lime
- 100 milliliters milk
- 1 teaspoon water
- 1 liter oil, for frying
- icing sugar, for dusting

Preparation:

1. Sift together the flour, sugar and salt into a large bowl. Form a well in the centre and add the egg yolk. Stir to combine then add the milk and butter. Beat with a wire whisk until the batter is smooth and lump-free. Add the egg white to a clean and dry bowl, then beat until stiff. Gently fold into the batter along with the lime zest.
2. Cover and set aside to rest in a cool place for at least 60 minutes. Peel the bananas and cut into slices. Heat the oil in a pan. When hot (a cube of bread should brown in under 60 seconds), dip the banana slices in the batter and immediately drop into the hot oil.
3. Fry until nicely browned and heated through. Remove with a slotted spoon and drain on kitchen paper as you cook the next batch. Serve hot, dusted with icing sugar

Beef and Mushrooms in Peanut Sauce

Ingredients:

- 60 Milliliters palm oil (or groundnut oil with paprika for colouring)
- 450 grams beef or game, sliced
- 3 tomatoes, sliced
- 200 milliliters peanut butter
- 200 grams sliced mushrooms
- 1 onion, chopped
- 3 garlic cloves, mashed ground ginger to taste
- salt and cayenne pepper to taste

Preparation:

1. Add the oil to a pot, heat and then cook the onion and garlic until soft but not coloured. Add the meat and brown on all sides before adding the mushrooms, tomatoes, ginger and 600 milliliters water. Cook on low heat for about an hour then remove some 200ml of the cooking broth and use this to dilute the peanut butter to a smooth paste. Add the peanut butter to the meat mixture and cook for a further 20 minutes until the sauce begins to thicken. Serve with rice or fufu.

Beef Meatballs with Pumpkin Seeds

Ingredients:

- 600 gramsrams minced (ground) beef
- 1 kilogram egusi seed powder
- 1 onion
- 6 garlic cloves, peeled
- 3 large, fresh, tomatoes, coarsely chopped groundnut oil salt

Preparation:

1. Halve the onion. Pound one half in a mortar with the garlic and slice the other half very thinly. In a bowl, mix together the minced beef, egusi powder and the garlic and onions paste. Work this mixture until it comes together then form into small dumplings. Heat a little groundnut oil in a large pan. Add the slice onion and tomatoes and fry for 3 minutes. Stir in 500ml water and bring to a boil then season to taste with salt. Gently add the meatballs, one by one, into the pan. When all the meatballs have been added, bring the mixture back to a boil then reduce to a simmer and cook for 60 minutes. Serve the meatballs topped with the sauce and accompanied by rice, pounded yam fufu or bread.

Plantain Soup

Ingredients:

- 4 semi-ripe plantains
- 2 bunches of ngago leaves
- 200 gramsrams fresh, blanched, peanuts
- 1 tablespoon red palm oil
- 1 liter water

Preparation:

1. Peel the plantains and cut each one into 6 sections. Place 30 gramsrams of the peanuts in a bowl, cover with cold water and set aside to soak. Crush the remaining peanuts in a mortar or grind in a food processor until you have a paste. Wash the ngago leaves and trim off the stems then chop them coarsely. Bring the 1l water to a boil then add the plantains, ngago leaves and peanut paste. Stir to combine, reduce to a simmer, cover and cook for 30 minutes, or until the plantains are tender. Drain the soaked peanuts and add to the soup. Cook for 5 minutes more then take off the heat and stir in the red palm oil. Serve warm.

Hibiscus Flower and Ginger Drink

Ingredients:

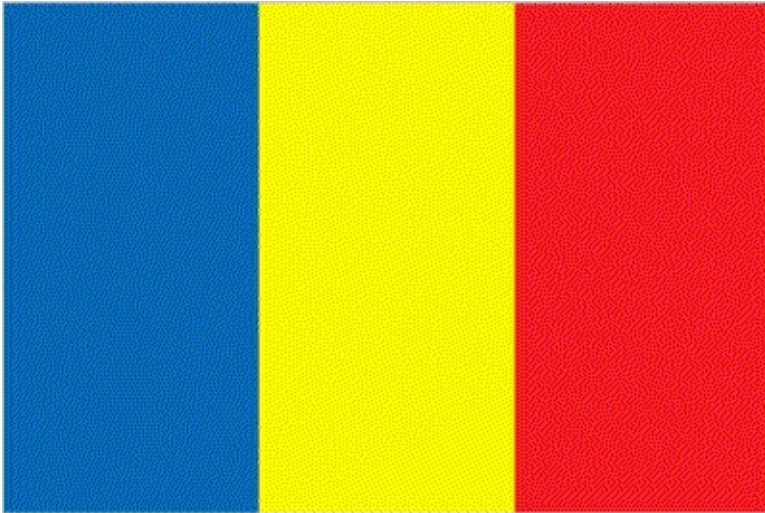
- 1 small bowl of dried, red, hibiscus flowers (roselle)
- 1 thumb-sized piece of fresh ginger powdered sugar, to taste water

Preparation:

1. Dip the hibiscus flowers in a large bowl of cold water. Mix for a few seconds to wash off any dirt then scoop out the flowers and rinse under cold, running, water. Peel the ginger and slice into thin strips. Combine the washed flowers and ginger

strips in a heavy-based saucepan. Cover the ingredients with water, bring to a boil and cook for 15 minutes. Take off the heat and set aside to cool. When the mixture has cooled to room temperature, strain through a fine-meshed lined with muslin to extract the liquid (if desired you can dry the hibiscus flowers in an oven to use again). Add sugar to the drink to taste. Stir until the sugar has dissolved then bottle and chill before serving.

Chad



Stuffed Red Bell Peppers

Ingredients:

- 4 medium-sized red bell peppers
- 400 grams beef or mutton, chopped
- 6 tablespoon long-grain rice
- 2 garlic cloves, minced
- 250 milliliters passata (tomato sauce)
- 1 small bunch of parsley, finely chopped
- 1 tablespoon mixed herbs olive oil
- salt and freshly-ground black pepper, to taste
- hot chili powder, to taste

Preparation:

1. Slice the stem ends of the peppers off (reserve these) then use a spoon to scrape out the seeds and membranes. Bring a pan of water to a boil, add the rice and cook for 10 minutes then drain. Heat a little olive oil in a pan, add the chopped meat with the garlic and fry for about 8 minutes, or until browned all over. Stir in the cooked rice and the passata then season with salt, black pepper and chili pepper before stirring in the parsley and mixed herbs. Bring to a simmer and cook for a few minutes to thicken and to allow the flavours to meld. Take off the heat and set aside to cool. Use this mixture to pack tightly into the peppers. Put

the lids back on the peppers and secure in place by sticking two skewers all the way through the peppers. Place the peppers either under a hot grill (broiler) or on a hot barbecue and cook for about 20 minutes, turning frequently, or until the peppers are tender and the stuffing is cooked all the way through. Serve hot with rice and a green salad.

Roast Chicken)

Ingredients:

- 1 whole, oven-ready chicken
- 1 tablespoon margarine (or butter)
- 1 bunch of parsley
- 2 tablespoon oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Wash and pat the chicken dry. Season liberally inside and out with the salt and black pepper. Place the margarine or butter in the body cavity along with a sprig of parsley. Rub the oil over the outside. Place the chicken in a roasting tin and set it either in an oven and roast for 20 minutes per 500 gramsrams. Alternatively place (still in a roasting tin) on a hot barbecue and cook, turning frequently, for 30 minutes per 500 gramsrams. During the cooking baste the chicken either with oil or with the pan juices. Take the pan juices from roasting the bird and blend the pan juices with water to form a gravy. Serve the chicken on a warmed plate, accompanied by the sauce.

Fish Kebabs

Ingredients:

- 500 gramsrams boneless fish, cut into cubes
- 1 large onion
- 4 tomatoes

Marinade:

- 1 tablespoon Dijon mustard
- 1 teaspoon curry powder
- 1 garlic clove, minced
- salt and freshly-ground black pepper, to taste
- 1/2 teaspoon freshly-grated ginger juice of 1/2 lemon
- 4 tablespoon oil

Preparation:

1. In a bowl, whisk together the mustard, curry powder, garlic, seasonings, ginger lemon juice and oil. Add the fish pieces, toss to combine then cover and set aside to marinate in the refrigerator for 40 minutes. Slice the onion and tomato into wedges. Remove the fish from the marinade and thread onto skewers (if using wooden ones soak in water beforehand) alternating with the onion and tomato.

Cook on a pre-heated barbecue, turning frequently and basting with the left-over marinade, for about 12 minutes or until done through. Serve hot.

Porridge

Ingredients:

- 1 liter water
- 120 grams rice or wheat
- 3 tablespoons peanut butter
- 3 tablespoons millet or maize flour curdled milk (or the juice of 1 lemon)
- sugar, to taste

Preparation:

1. Bring the 1l water to a boil in a large pan. Add the rice or wheat. Mix the peanut butter with a little of the boiling liquid to form a soothing paste then add to the pot. Mix the millet or maize flour with 200ml of the liquid to the pot until smooth then whisk this into the pot too. Add the curdled milk (or the juice of 1 lemon). This helps acidulate the porridge and ensures that the mixture remains white. Sweeten to taste with sugar and continue cooking for about 20 minutes, or until the grains have broken down and the mixture is thick. If the porridge is too thick, then thin down with a little milk (think oat porridge consistency). Take off the heat, cover and allow to cooling for 10 minutes before serving.

Saffron Sweet Potato Pudding

Ingredients:

- 1 kilogram sweet potatoes, peeled and chopped into 1cm dice
- 750 milliliters milk
- 250 milliliters double cream
- 100 grams granulated sugar
- 1/2 teaspoon ground saffron
- 1/2 teaspoon ground cardamom or cinnamon
- sugar, to garnish

Preparation:

1. Pour 1l water into a large saucepan and set over high heat. When the water comes to a boil, add the sweet potatoes and boil briskly for about 25 minutes, or until they are tender enough to be easily penetrated with a fork. Drain the sweet potatoes in a colander then return to the pot. Add the milk, cream, sugar, saffron and cardamom. Bring the mixture to a boil over medium heat, stirring frequently with a wooden spoon. Reduce to a simmer and cook, stirring frequently, for 1 hour, or until the sweet potatoes have broken down to a smooth purée. By this time, the mixture should be thick enough to hold its own shape. Turn the mixture into a fine meshed sieve and force through the sieve with the back of a spoon. Divide between serving bowls, garnish with ground cardamom or cinnamon sugar and serve.

Baked Tilapia

Ingredients:

- 2 tilapia 1 onion, very finely chopped
- 2 garlic cloves, minced
- 1 tablespoon groundnut oil generous handful of flat-leaf parsley, chopped
- 5 ripe tomatoes
- salt and freshly-ground black pepper, to taste

Preparation:

1. Clean, scale and wash the fish. Make three or four deep gashes in both sides of the fish. In a bowl, combine the onions, garlic, parsley and the oil. Season to taste with salt and black pepper and rub this mixture over the outside and inside of the fish, ensuring that you rub the mix into the cuts. Dice the tomatoes, season with salt and black pepper and set aside. Arrange the fish in a baking dish and scatter over the tomatoes. Transfer to an oven pre-heated to 180 degrees Celsius and bake for about 30 minutes or until the fish is cooked through and the flesh flakes easily with a fork. Serve hot, accompanied by rice.

Salad

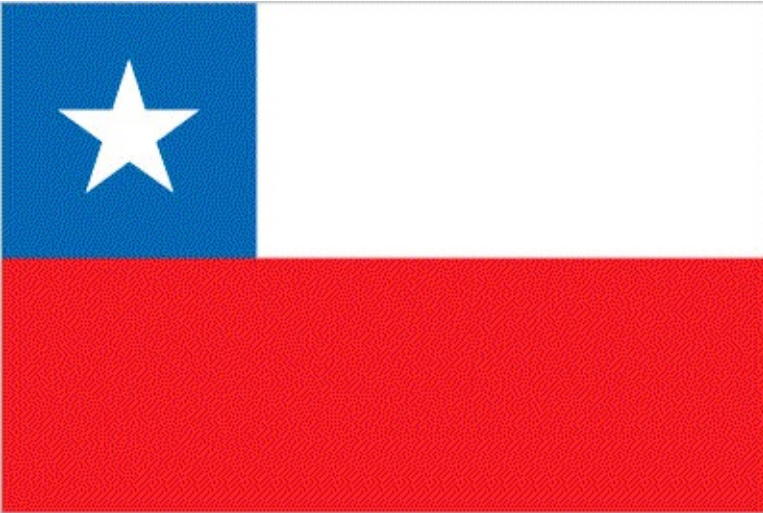
Ingredients:

- 150 gramsrams long-grain brown rice
- 1 small cucumber
- 2 bananas
- 50 gramsrams raisins
- 1 tablespoon almonds, chopped
- 4 tablespoon olive oil
- 4 teaspoons lemon juice finely-grated zest of 1 lemon
- 1 teaspoon salt
- 1/2 teaspoon ground coriander seeds
- 1/2 teaspoon ground cumin seeds
- 1/2 teaspoon cayenne pepper
- 1 teaspoon honey

Preparation:

1. Wash the rice thoroughly, then cook using the perfect steamed rice recipe. Once cooked set aside to cool. Slice the cucumber finely then peel and slice the bananas. Combine the rice, cucumber, bananas, raisins and almonds in a salad bowl. Mix gently to combine. For the dressing, whisk together the olive oil, lemon juice, lemon zest, salt, spices and honey in a bowl. Pour this dressing over the salad ingredients. Toss to mix then chill in the refrigerator for at least 30 minutes before serving.

Chile



Stuffed Steak

Ingredients:

- 2 flank steaks (2 pounds each), butterflied
- 3 tablespoons original Worcestershire sauce
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon chili powder
- ½ pound fresh spinach
- 2 cups carrot sticks
- 1 cup onion rings
- 2 tablespoons corn oil
- 2 beef bouillon cubes
- 1½ cups boiling water
- 2 tablespoons flour

Preparation:

1. Open steaks; place long side of one steak over long side of second steak, overlapping by 2 inches (shingle fashion).
2. Pound joined ends of steaks together to seal. Brush steaks with 1 tablespoon Worcestershire sauce.
3. Combine garlic, salt and chili powder; sprinkle over steaks. On steaks, place spinach in one layer, arrange carrots length wise with the grain, then top with onion rings.
4. Carefully roll steaks with the grain, jelly-roll fashion; tie securely with loops of string. Pour oil in a large, shallow roasting pan; add meat roll and brown in a preheated 475 degrees Fahrenheit oven 15 minutes.
5. Remove meat from oven; spoon off excess fat. Reduce oven to 350 degrees Fahrenheit.
6. Dissolve bouillon cubes in water; stir in remaining Worcestershire sauce. Pour liquid into roasting pan. Cover pan securely with heavy-duty foil; return to oven

and roast until beef is tender, about 2 hours.

7. Remove meat to a large cutting board; let stand 20 minutes.

8. Meanwhile, pour pan juices into a large measuring cup; spoon off excess fat. Add additional water or dry red wine, if necessary, to make 2 cups.

9. Blend flour with pan juice in a medium-size sauce pan; cook and stir until mixture boils and thickens. Slice beef roll and serve with gravy.

Casseroled Conger Eel

Ingredients:

- 2½ pound conger eel
- A little ground cumin seed
- Salt and pepper
- Olive oil
- 4 tomatoes
- 2 tablespoons butter
- 4 potatoes
- 2 tablespoons lard
- 2 ears of corn
- 2 chopped onions
- Croutons
- 2 minced garlic cloves
- Sliced hard-boiled egg
- A little marjoram

Preparation:

1. Cut the eel into individual portions, season with salt and pepper and brown slightly in olive oil.
2. Heat the butter and lard in a saucepan and add the chopped onion, garlic cloves, marjoram and ground cumin.
3. When the onions are soft, add the peeled and thinly sliced tomatoes, the peeled and sliced potatoes, and the kernels and cream of the grated corn, cover and cook until the potatoes are done, then season to taste.
4. Put half this vegetable mixture in a casserole, lay the fish on this and add the remaining sauce.
5. Cover and cook in a slow oven (325 degrees Fahrenheit) until the fish is done.
6. Garnish with croutons and sliced egg and serve hot.

Fish, Tomato and Potato Soup

Ingredients:

- 2 tablespoons olive oil
- 2 large onions (about 1½ pounds), peeled and cut into 1/8 inch slices
- ½ teaspoon finely chopped garlic
- 6 medium tomatoes, peeled, seeded and coarsely chopped (see salsa cruda), or substitute 2 cups chopped,

drained, canned Italian plum tomatoes

- ¼ teaspoon dried oregano
- ½ medium bay leaf
- 1 teaspoon salt
- Freshly ground black pepper
- 4 large boiling potatoes (about 2 pounds), peeled and cut lengthwise into ½ inch slices, then cut into strips ½ inch wide
- 4 cups cold water
- A 4-pound striped bass, cleaned and cut crosswise through the backbone into 1 inch. thick steaks, or substitute any other firm white fish
- 1 teaspoon finely chopped fresh coriander (cilantro)
- 2 tablespoons finely chopped fresh parsley

Preparation:

1. In a large soup pot, heat the oil over moderate heat, tipping the pot to coat the bottom evenly. Add the onions and garlic and cook, stirring, for 4 or 5 minutes, or until the onions are soft and transparent but not brown.
2. Add the tomatoes, oregano, bay leaf, salt and a few grindings of black pepper, and cook, stirring, for 5 minutes. Add the potatoes and water, cover, and cook over moderate heat for 20 minutes.
3. Then drop in the fish and coriander, stir once or twice, recover the pot, and cook for 10 minutes longer, or until the fish is firm and opaque and the potato is tender when pierced with the tip of a sharp knife.
4. To serve, ladle the soup into a heated tureen or large serving bowl. Sprinkle parsley on top of it.

Chicken and Vegetable Stew

Ingredients:

- 1 fowl
- 2 quarts water
- 1 summer squash, diced
- Pieces of pumpkin, diced
- ¼ pound of string beans
- 2 ears of corn cut into lengths
- 2 chopped onions
- 1 green pepper, chopped
- ½ cup peas
- 1 large carrot, diced
- 1 tablespoon coloring
- Salt and pepper
- 1 teaspoon cumin seed
- 1 mashed garlic clove
- Chopped leaves of 1 celery stalk
- 2 tablespoons minced parsley

- 1 tablespoon rice
- 1 egg, beaten slightly
- ¼ pound potatoes
- 1 egg yolk, beaten slightly
- 1 tablespoon vinegar

Preparation:

1. Simmer the fowl in the water until tender.
2. Add the vegetables (except the potatoes), the coloring, seasonings, spices, herbs and rice and cook until tender.
3. Then add the beaten egg, cook for 5 minutes and skim.
4. Bone the fowl.
5. Boil the potatoes and make into a paste with the egg yolk and the vinegar; put this in a tureen and pour over it the broth and the pieces of boned fowl.

Almond Cakes

Ingredients:

- 2 cups sugar
- 5 egg whites
- 1 cup water
- $\frac{3}{4}$ cup chopped almonds

Preparation:

1. Cook the sugar and water together until a thread may be spun when a little of the syrup is dropped from a spoon.
2. Beat the egg whites stiff and add the syrup a little at a time, beating constantly.
3. Beat with an egg beater until the mixture thickens slightly; add the finely chopped nuts.
4. Pour into small paper cups and bake in a moderate oven (350°F) for 12-15 minutes.
5. Allow to cool and serve with fruit.

Corn Pie with Beef, Chicken, Raisins And Olives

Ingredients:

- $\frac{1}{4}$ cup seedless raisins
- 5 tablespoons olive oil
- 2 pounds ground beef, preferably round or sirloin
- 4 cups coarsely chopped onions
- $\frac{1}{4}$ teaspoon finely chopped garlic
- 1 dried hontaka chili, seeded and coarsely crushed with a mortar and pestle, or substitute 2 crumbled pequin chilies
- 2 teaspoons ground cumin seeds
- 1 teaspoon paprika
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ cup pitted black olives
- A 3- to 3 $\frac{1}{2}$ -pound chicken, cut into 6 to 8 serving pieces
- 2 cups fresh corn kernels cut from 4 large ears of corn, or substitute 2 cups thoroughly defrosted frounceen corn kernels
- 1 tablespoon milk

- 1 tablespoon sugar

Preparation:

1. Soak the raisins in $\frac{1}{2}$ cup of hot water for at least 10 minutes.
2. In a heavy 10- to 12 inch skillet, heat 2 tablespoons of oil over high heat until a light haze forms above it. Add the ground beef and brown it well, stirring with a fork to break up any lumps that may form and turning the heat down to moderate if the meat shows any signs of burning.
3. Stir in the onions, garlic, raisins, chili, cumin, paprika, salt and black pepper, and reduce the heat to low. Cook, uncovered, for 15 minutes, stirring occasionally. Transfer the entire contents of the skillet to a 4-quart casserole. Spread the olives evenly over the meat.
4. In a heavy 10- to 12 inch skillet, heat 2 tablespoons of the remaining oil over high heat, tipping the skillet to coat the bottom evenly.
5. Add the chicken and brown the pieces on all sides, turning them with tongs or a slotted spoon and regulating the heat so they brown quickly without burning.
6. Reduce the heat to its lowest point, cover the skillet and cook for 25 minutes. Remove the chicken from the skillet to the casserole, and arrange the pieces on top of the meat mixture.
7. Preheat the oven to 350°F. Place the corn and milk in the jar of a blender and puree them at high speed for 30 seconds. (To make the topping by hand, puree the corn in a food mill set over a bowl. Stir in the milk.)
8. Heat the remaining 1 tablespoon of oil in a small, heavy skillet and cook the corn over moderate heat for 5 minutes, stirring constantly and regulating the heat so it does not burn. The finished puree should have the consistency of thick cereal.
9. Pour the corn puree over the chicken in the casserole and, with a spoon or rubber spatula, spread it evenly to the sides of the dish. Sprinkle the top with the sugar.
10. Bake in the middle of the oven for 30 minutes, then increase the heat to 450°F and bake for 10 minutes longer, or until the top is golden brown. Serve hot, directly from the casserole.

A Chilean Salad

Ingredients:

- 2 cups cold veal, lamb or chicken, diced
- 2 heads of lettuce, shredded
- 2 hard-boiled eggs, sliced
- 2 tablespoons chopped parsley
- 1 teaspoon onion juice
- Well-seasoned French dressing
- A few mint leaves, minced

Preparation:

1. Mix all the ingredients and add the French dressing.

2. Toss until well mixed and serve on crisp lettuce leaves.

Braised Fresh Ham with Chili Sauce

Ingredients:

- 2 tablespoons olive oil
- A 4-pound boneless fresh ham
- ½ cup coarsely chopped onions
- ½ teaspoon finely chopped garlic
- 2 cups chicken stock, fresh or canned
- 4 cups cold water
- ¼ cup distilled white vinegar
- 1/3 cup thinly sliced peeled carrots
- 1 large bay leaf
- 1 teaspoon seeded, finely chopped fresh hot red chili
- ½ teaspoon dried oregano
- 1 teaspoon salt

Chili Sauce:

- 4 three inch-long fresh hot red chilies
- 2 tablespoons distilled white vinegar
- ¼ cup vegetable oil
- ¼ teaspoon finely chopped garlic
- 1 teaspoon salt

Preparation:

1. In a deep flameproof 5-quart casserole, heat the olive oil over high heat. Add the ham and brown it on all sides, regulating the heat so that the meat browns quickly without burning.
2. Transfer the ham to a plate, and add the onions and ½ teaspoon of chopped garlic to the fat remaining in the casserole. Cook over moderate heat, stirring for 5 minutes, or until the onions are soft and transparent but not brown.
3. Return the ham to the casserole, add the stock, water, ¼ cup vinegar, carrots, bay leaf, 1 teaspoon of chili, oregano and 1 teaspoon salt. Bring to a boil over high heat, reduce the heat to low, and cover the casserole.
4. Simmer the ham, turning it after 30 minutes or so, for 1½ to 2 hours, or until it shows no resistance when pierced with the tip of a sharp knife. Uncover the ham and let it cool to room temperature in its stock.
5. Under cold running water, cut the stems off the chilies, cut them in half and brush out the seeds. With a small, sharp knife, cut away any large ribs.
6. Chop the chilies coarsely and combine them in a small bowl with 2 tablespoons of the vinegar. Let them soak for at least 1 hour. Place the chilies and marinating liquid in the jar of a blender and blend at high speed for about 15 seconds.
7. Add the vegetable oil, ¼ teaspoon of garlic and 1 teaspoon of salt, and blend for another 10 seconds, or until the mixture is reduced to a smooth, creamy puree.
8. To make the sauce by hand, puree the chilies with the marinating liquid and the

garlic through a food mill set over a bowl. Discard the pulp remaining in the mill. Stir in the oil and salt, and mix until the sauce is smooth.

9. To serve, carve the ham into thin slices and arrange them attractively on a large heated platter, overlapping the slices slightly. Pass the chili sauce in a separate bowl.

China



Peking Duck

Ingredients:

- 5 pounds duck
- 6 cups water
- ¼ cup honey
- 4 slices peeled fresh ginger root, about 1 inch in diameter and 1/8 inch thick
- 2 scallions, including the green tops, cut into 2 inch lengths

Sauce:

- ¼ cup hoisin sauce
- 1 tablespoon water
- 1 teaspoon sesame-seed oil
- 2 teaspoons sugar
- 12 scallions

Preparation:

1. Wash the duck under cold water, then pat dry inside and out with paper towels. Tie one end of a 20 inch length of white cord around the neck skin. If the skin has been cut away, loop the cord under the wings. Suspend the bird from the string in a cool, airy place for 3 hours to dry the skin, or train a fan on it for 2 hours.

2. In a 12 inch wok or large flameproof casserole, combine 6 cups water, ¼ cup honey, ginger root and cut scallions, and bring to a boil over high heat. Holding the duck by its string, lower it into the boiling liquid.

3. With string in one hand and a spoon in the other, turn the duck from side to side until all of its skin is moistened with the liquid. Remove the duck (discarding the liquid) and hang it again in the cool place, setting a bowl beneath it to catch any drippings; the duck will dry in 1 hour with the fan trained upon it or 2 to 3 hours without it.

4. Make the sauce by combining hoisin sauce, water, sesame-seed oil and sugar in a small pan, and stirring until sugar dissolves. Bring to a boil, then reduce heat to its lowest point and simmer uncovered for 3 minutes. Pour into a small bowl, cool and reserve until ready to use.

5. To make scallion brushes, cut scallions down to 3 inch lengths and trim off roots. Standing each scallion on end, make four intersecting cuts 1 inch deep into its stalk. Repeat at other end. Place scallions in ice water and refrigerate until cut parts curl into brush like fans.

6. Cook:

A. Preheat oven to 375 degrees Fahrenheit. Untie the duck and cut off any loose neck skin. Place duck, breast side up, on a rack and set in a roasting pan just large enough to hold the bird. Roast the duck in the middle of the oven for one hour.

B. Then lower the heat to 300 degrees Fahrenheit, turn the duck on its breast and roast for 30 minutes longer. Now raise the heat to 375 degrees Fahrenheit, return the duck to its original position and roast for a final half hour. Transfer the duck to a carving board.

C. With a small, sharp knife and your fingers, remove the crisp skin from the breast, sides and back of duck. Cut skin into 2-by-3 inch rectangles and arrange them in a single layer on a heated platter.

D. Cut the wings and drumsticks from the duck, and cut all the meat away from breast and carcass. Slice meat into pieces 2½ inches long and ½ inch wide, and arrange them with the wings and drumsticks on another heated platter.

E. To serve, place the platters of duck, the heated pancakes, the bowl of sauce and the scallion brushes in the center of the table. Traditionally, each guest spreads a pancake flat on his plate, dips a scallion in the sauce and brushes the pancake with it.

F. The scallion is placed in the middle of the pancake with a piece of duck skin and a piece of meat on top. The pancake is folded over the scallion and duck, and tucked under.

G. One end of the package is then folded over about 1 inch to enclose the filling, and the whole rolled into a cylinder that can be picked up with the fingers and eaten.

General Tsao's Chicken

Ingredients:

- 4 cups vegetable oil for frying
- 1 egg

- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1/2 inch cubes
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1 pinch white pepper
- 1 cup cornstarch
- 2 tablespoons vegetable oil
- 3 tablespoons chopped green onion
- 1 clove garlic, minced
- 6 dried whole red chilies
- 1 strip orange zest
- 1/2 cup white sugar
- 1/4 teaspoon ground ginger
- 3 tablespoons chicken broth
- 1 tablespoon rice vinegar
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 2 tablespoons peanut oil
- 2 teaspoons cornstarch
- 1/4 cup water

Preparation:

1. Heat 4 cups vegetable oil in a deep-fryer or large saucepan to 375 degrees Fahrenheit or 190 degrees Celsius. Beat the egg in a mixing bowl. Add the chicken cubes; sprinkle with salt, 1 teaspoon sugar, and white pepper; mix well. Mix in 1 cup of cornstarch a little bit at a time until the chicken cubes are well coated.
2. In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until they turn golden brown and begin to float, about 3 minutes. Remove the chicken and allow to cool as you fry the next batch. Once all of the chicken has been fried, refry the chicken, starting with the batch that was cooked first. Cook until the chicken turns deep golden brown, about 2 minutes more. Drain on a paper towel-lined plate.
3. Heat 2 tablespoons vegetable oil in a wok or large skillet over high heat. Stir in the green onion, garlic, whole chiles, and orange zest. Cook and stir a minute or two until the garlic has turned golden and the chiles brighten. Add 1/2 cup sugar, the ginger, chicken broth, vinegar, soy sauce, sesame oil, and peanut oil; bring to a boil and cook for 3 minutes.
4. Dissolve 2 teaspoons of cornstarch into the water, and stir into the boiling sauce. Return to a boil and cook until the sauce thickens and is no longer cloudy from the cornstarch, about 1 minute. Stir the chicken into the boiling sauce. Reduce heat to low and cook for a few minutes until the chicken absorbs some of the sauce.

Curry Chicken

Ingredients:

- 1 tablespoon yellow curry paste
- 1/2 cup chicken broth, divided
- 1 teaspoon white sugar
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 4 1/2 teaspoons light soy sauce
- 1 (5.6 ounce) can coconut milk
- 1 tablespoon canola oil
- 3 skinless, boneless chicken breast halves, sliced
- 2 teaspoons minced garlic
- 1 teaspoon minced fresh ginger
- 1 onion, sliced
- 2 potatoes - peeled, halved, and sliced

Preparation:

1. In a bowl, mash the yellow curry paste with about 2 tablespoons of chicken broth to help dissolve the paste; whisk in remaining chicken broth, sugar, curry powder, salt, light soy sauce, and coconut milk. Set aside.
2. Heat a wok or large skillet over high heat for about 30 seconds; pour in the oil. Let the oil heat until shimmering, about 30 more seconds. Stir the chicken, garlic, and ginger into the hot oil; cook and stir until the chicken has begun to brown and the garlic and ginger are fragrant, about 2 minutes.
3. Stir in the onion and potatoes, toss all ingredients in the hot oil, and pour in the sauce mixture. Bring the sauce to a boil, reduce heat, and cover the wok. Simmer until the chicken is cooked through and the potatoes are tender, 20 to 25 minutes.

Sweet and Sour Chicken

Ingredients:

- 1 (8 ounce) can pineapple chunks, drained (juice reserved)
- 1/4 cup cornstarch
- 1 3/4 cups water, divided
- 3/4 cup white sugar
- 1/2 cup distilled white vinegar
- 2 drops orange food color
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 1/4 cups self-rising flour
- 2 tablespoons vegetable oil
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1 egg
- 1 1/2 cups water
- 1 quart vegetable oil for frying

- 2 green bell pepper, cut into 1 inch pieces

Preparation:

1. In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.
2. Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.
3. Heat oil in skillet or wok to 360 degrees Fahrenheit or 180 degrees Celsius. Fry chicken pieces in hot oil 10 minutes, or until golden. Remove chicken, and drain on paper towels.
4. When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.

Pea Shoots and Chicken in Garlic Sauce

Ingredients:

- 2 skinless, boneless chicken breast halves - cut into thin strips
- 1 tablespoon cornstarch
- 1 1/2 teaspoons sesame oil
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 bunch pea shoots, trimmed
- 3/4 cup chicken broth
- salt and black pepper to taste

Preparation:

1. Toss the strips of chicken breast with the cornstarch in a mixing bowl. Sprinkle with the sesame oil and toss until evenly mixed. Heat the vegetable oil in a wok or large skillet over high heat. Stir in the chicken and cook until lightly browned, about 5 minutes.
2. Add the garlic and cook until fragrant. Stir in the pea shoots just until wilted; pour in the chicken broth and bring to a simmer. Cook and stir a few minutes until the chicken broth has thickened. Season to taste with salt and pepper.

Barbecued Pork

Ingredients:

- 2 tablespoons dry sherry
- 2 slices fresh ginger root
- 1 tablespoon oyster sauce
- 1/2 teaspoon Chinese five-spice powder
- 4 1/2 teaspoons soy sauce
- 1 tablespoon white sugar

- 2 tablespoons hoisin sauce
- 2 tablespoons ketchup
- 1/2 teaspoon ground cinnamon
- 1 1/2 pounds pork shoulder roast
- 1 tablespoon honey

Preparation:

1. In bowl, stir together sherry, ginger root, oyster sauce, five-spice powder, soy sauce, white sugar, sugar, hoisin sauce, ketchup and cinnamon. Cut pork into 5x2 inch strips. Place strips flat in a shallow baking dish. Pour marinade over pork strips. Let pork marinate at least 6 hours in refrigerator.
2. Drain, reserving marinade. Mix honey and 3 tablespoon reserved marinade in a small bowl; set aside. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius.
3. Fill a shallow roasting pan with water and place in bottom of oven. Carefully place pork strips on a roasting rack above roasting pan so all sides are exposed to heat. If you don't have a roasting rack, insert the curved end of an S-shaped hook, paper clip, or drapery hook in pork strips and hang them from the top shelf.
4. Roast for 30 minutes. Baste pork strips with honey mixture. Roast 15 minutes and baste again. Roast 10 minutes longer or until pork strips are crisp and golden brown. Remove from oven and let cool.

Sweet and Sour Pork

Ingredients:

- 1 pound pork butt, cut into 1 inch cubes
- 1 teaspoon salt
- 1/4 teaspoon white sugar
- 1 teaspoon soy sauce
- 1 egg white
- 2 green onions, chopped
- 1 quart vegetable oil for frying
- 1/2 cup cornstarch
- 1 tablespoon vegetable oil
- 3 stalks celery, cut into 1/2 inch pieces
- 1 medium green bell pepper, cut into 1 inch pieces
- 1 medium onion, cut into wedges
- white sugar to taste
- salt to taste
- 1 cup water
- 1/4 teaspoon salt
- 3/4 cup white sugar
- 1/3 cup apple cider vinegar
- 1/4 cup ketchup
- 1/2 teaspoon soy sauce

- 1 (8 ounce) can pineapple chunks, undrained
- 2 tablespoons cornstarch
- 1/4 cup water

Preparation:

1. Place cubed pork in a medium bowl, and season with 1 teaspoon salt, 1/4 teaspoon sugar, and 1 teaspoon soy sauce. Mix in the egg white and green onions. Cover, and place in the refrigerator at least 1 hour.
2. Heat 1 quart oil to 365 degrees Fahrenheit or 185 degrees Celsius in a large, heavy saucepan or deep fryer. Coat the pork with 1/2 cup cornstarch, and fry in the heated oil about 10 minutes, until evenly browned. Drain on paper towels.
3. Heat 1 tablespoon oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until tender. Season with salt and sugar. Remove from heat, and set aside.
4. In a large saucepan, mix 1 cup water, 1/4 teaspoon salt, 3/4 cup sugar, apple cider vinegar, ketchup, and 1/2 teaspoon soy sauce. Bring to a boil, and stir in the cooked pork, celery mixture, and the pineapple chunks with juice. Return to boil, and mix in 2 tablespoons cornstarch and 1/4 cup water to thicken. Cook until well blended.

Steamed Buns with Barbecued Pork Filling

Ingredients:

- 1 (.25 ounce) envelope active dry yeast
- 1 cup lukewarm water
- 4 1/2 cups all-purpose flour
- 1/4 cup white sugar
- 2 tablespoons shortening or vegetable oil
- 1/2 cup boiling water
- 2 tablespoons sesame oil
- 2 tablespoons vegetable oil
- 1 green onion, thinly sliced
- 1 clove garlic, minced
- 1/2 pound Asian barbecued pork, cubed
- 2 tablespoons light soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon white sugar
- 1 tablespoon cornstarch
- 2 tablespoons water

Preparation:

1. Place the warm water in a large bowl, and sprinkle the yeast over the top. Stir in 1 cup of the flour, and mix thoroughly. Cover with a cloth, and let stand until bubbles appear, about 20 minutes.
2. Dissolve sugar and shortening in boiling water, and allow to cool to lukewarm. Stir into the yeast mixture along with the remaining flour. When the dough

becomes too stiff to stir, turn out onto a lightly floured surface, and knead until smooth, about 10 minutes. Coat a large bowl with sesame oil, and place the dough inside. Turn over to coat, and cover the bowl with a damp cloth. Let rise in a warm place until doubled in size.

3. Heat 2 tablespoons of oil in a wok over medium-high heat. Add green onions and garlic, and stir-fry for about 30 seconds. Add pork, and fry for a minute, then stir in the soy sauce, oyster sauce, and sugar. Dissolve cornstarch in 2 tablespoons of water, then stir the mixture into the pork. Cook, stirring constantly until the pork is coated with a thickened glaze. Remove to a bowl, and allow to cool.

4. Remove the dough from the bowl, and roll it out into one long log. Slice the log into 1 inch pieces. Flatten each piece into a 3 inch circle using the palm of your hand or a rolling pin. Place 2 tablespoons of the pork filling onto the center of each circle, and gather up the edges around the filling and pinch together to close the bun. Place each bun seam side down onto a square of aluminum foil. Cover with a towel, and let rise for about 1 hour.

5. Bring a couple inches of water to boil in a wok. Place a few buns at a time in a steamer, such as a bamboo steamer for a wok, or a fitted steam tray. Cover, and steam buns over briskly boiling water for 10 minutes. Repeat with remaining buns.

Pot Stickers

Ingredients:

- 1 pound raw shrimp, peeled and deveined
- 4 pounds ground beef
- 1 tablespoon minced fresh ginger root
- 1 shallot, minced
- 1 bunch green onions, chopped
- 3 leaves napa cabbage, chopped
- 2 tablespoons soy sauce
- 1 teaspoon Asian (toasted) sesame oil
- salt and white pepper to taste
- 1 pinch white sugar
- 1 (10 ounces) package round gyounea/potsticker wrappers
- vegetable oil
- 1/4 cup water

Preparation:

1. Place the shrimp in the work bowl of a food processor, and process until the shrimp are finely ground. Set aside in a large bowl. Working in batches, process the ground beef to a fine grind, and set aside with the shrimp. Combine the shrimp and ground beef with ginger, shallot, green onions, napa cabbage, soy sauce, sesame oil, salt and pepper, and white sugar, and mix the ingredients until thoroughly combined.

2. To fill the pot stickers, place a wrapper on a work surface in front of you, and

place a scant teaspoon of filling in the center. With a wet finger, dampen the edges of the wrapper. Fold the dough into a half-moon shape, enclosing the filling, and press and seal to remove extra air and tightly seal the edges together. It's nice to fold several small pleats in the top half of the wrapper for a traditional look before you seal in the filling. Refrigerate the filled wrappers on a parchment-lined baking sheet while you finish filling and sealing the pot stickers.

3. Heat the oil in a large nonstick skillet with a lid over medium heat. Place pot stickers into the hot oil, flat sides down, without crowding, and let fry until the bottoms are golden brown, 1 to 2 minutes. Turn the dumplings over, and pour the water over them. Cover the pan with a lid and let the dumplings steam until the water has nearly evaporated and the dumplings have begun to fry in oil again, 5 to 7 minutes. Uncover the skillet, and let the pot stickers cook until all the water is evaporated and the wrapper has shrunk down tightly onto the filling, another 2 to 3 minutes.

Shrimp Stir Fried

Ingredients:

- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1 pound tiger shrimp, peeled and deveined
- 1 cup chopped onion
- 1 1/2 cups sliced king mushrooms
- 1/2 cup chopped green bell pepper
- 3 cloves garlic, finely chopped
- 1 teaspoon minced fresh ginger
- 1/2 cup water
- 1 teaspoon oyster sauce, or to taste
- 1 pound fresh Chinese wheat noodles
- 2 cups bean sprouts

Preparation:

1. Heat sesame oil and olive oil in a large wok or frying pan over medium heat; cook and stir shrimp and onion in the hot oil until coated. Mix mushrooms, green bell pepper, and garlic into shrimp mixture, stirring constantly. Add ginger and stir.
2. Pour water and oyster sauce into shrimp mixture; simmer until shrimp are bright pink on the outside and the meat is no longer transparent in the center, 5 minutes. Stir well. Mix noodles and bean sprouts into shrimp mixture; toss to combine. Cook until noodles are heated through, 2 minutes. Toss again.

Spicy Eggplant

Ingredients:

- 1 (1 1/2 pound) eggplant
- 4 tablespoons soy sauce
- 1/4 cup chicken stock

- 1 teaspoon chili sauce
- 1 teaspoon white sugar
- 1/2 teaspoon ground black pepper
- 2 tablespoons oyster sauce (optional)
- 1 tablespoon cornstarch
- 4 tablespoons water
- 2 cloves garlic, minced
- 4 large green onions, finely chopped
- 1 tablespoon chopped fresh ginger root
- 1/4 pound fresh shrimp - peeled, deveined, and diced
- 1/3 pound lean ground beef
- 1 tablespoon sesame oil
- 4 cups hot cooked rice

Preparation:

1. Remove the eggplant stem and cut into 1 inch cubes. In a medium bowl, combine the soy sauce, chicken stock, chili sauce, sugar, ground black pepper and oyster sauce. Stir together well and set aside. In a separate small bowl, combine the cornstarch and water, and set aside.
2. Coat a large, deep pan with cooking spray over high heat and allow a few minutes for it to get very hot. Saute the garlic, half of the green onions, ginger and dried shrimp, if using (see Cook's Note) for 3 to 5 minutes, stirring constantly, until they begin to brown. Stir in the ground beef or pork and cook for 3 more minutes, again stirring constantly, until browned.
3. Pour the eggplant into the pan and stir all together. Pour the reserved soy sauce mixture over all, cover the pan, reduce heat to medium low and let simmer for 15 minutes, stirring occasionally. If you're using fresh shrimp, add it during the last few minutes of cooking. Stir in the reserved cornstarch mixture and let heat until thickened. Finally, stir in the rest of the green onions and the sesame oil. Serve over hot rice.

Shrimp with Broccoli in Garlic Sauce

Ingredients:

- 2 cups fresh broccoli florets
- 1 tablespoon water
- 2 tablespoons peanut oil
- 4 large cloves garlic, minced
- 1 cup low-sodium chicken broth
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 2 teaspoons grated fresh ginger root
- 1 pound uncooked medium shrimp, peeled and deveined
- 1/4 cup canned water chestnuts, drained
- 2 tablespoons cornstarch

Preparation:

1. Combine broccoli and water in a glass bowl; steam in microwave oven until slightly tender, 2 to 3 minutes. Heat peanut oil in a large skillet or wok over medium-high heat. Cook garlic in hot oil until fragrant, about 1 minute. Reduce heat to low; add chicken broth, soy sauce, oyster sauce, and ginger root to the garlic.
2. Bring the mixture to a boil and add the shrimp; cook and stir until the shrimp turn pink, 3 to 4 minutes. Toss steamed broccoli and water chestnuts with the shrimp mixture to coat with the sauce. Stir cornstarch into the mixture 1 tablespoon at a time until the sauce thickens, about 5 minutes.

Stir Fried Beef Tenderloin with Vegetables

Ingredients:

- 4 dried Chinese mushrooms, 1 to 1½ inches in diameter
- ¼ cup fresh snow peas
- 1 pound beef tenderloin
- 1 teaspoon sugar
- 2 tablespoons soy sauce
- 1 tablespoon Chinese rice wine, or pale dry sherry
- 2 teaspoons cornstarch
- 6 peeled fresh water chestnuts or rinsed, drained canned ones, sliced ¼ inch thick
- 3 tablespoons peanut oil, or flavorless vegetable oil
- 4 slices peeled fresh ginger root, about 1 inch in diameter and 1/8 inch thick
- ½ teaspoon salt

Preparation:

1. In a small bowl, cover the mushrooms with ½ cup of warm water and let them soak for 30 minutes. Remove them with a slotted spoon and discard the water. With a cleaver or sharp knife, cut away and discard the tough stems of the mushrooms, and cut each cap into quarters.
2. Snap off the tips of the fresh snow peas. String the pea pods and blanch them in the following fashion: Drop them into a quart of boiling water.
3. They will turn bright green in 1 minute. Immediately drain and run cold water over them to stop their cooking and set their color. Frounceen snow peas need only be thoroughly defrosted.
4. With a cleaver or heavy, sharp knife, trim away and discard any fat from the tenderloin of beef, and cut the meat into 1 inch cubes.
5. In a bowl, combine the sugar, soy sauce, wine and cornstarch, and mix them together thoroughly. Add the beef cubes and toss them about in the bowl with a large spoon until they are coated with the mixture.
6. Have the above ingredients, the oil, ginger and salt within easy reach.
7. Cook:
 - A. Set a 12 inch wok or 10 inch skillet over high heat for 30 seconds. Pour in 1

tablespoon of oil, swirl it about in the pan and heat for another 30 seconds, turning the heat down to moderate if the oil begins to smoke.

B. Add the mushrooms, snow peas and water chestnuts, and stir-fry over moderate heat for about 2 minutes, or until all the ingredients are coated with the oil. Stir in the salt, then remove the vegetables with a slotted spoon and set them aside on a plate.

C. Pour the remaining 2 tablespoons of oil into the pan, add the ginger and turn the heat to high. Drop in the beef cubes and stir-fry for 2 to 3 minutes, or until they are lightly browned on all sides.

D. Pick out and discard the ginger, and return the reserved vegetables to the pan. Stirring constantly, cook them for about 10 seconds, or only long enough to heat the vegetables through. Transfer the entire contents of the pan to a platter and serve at once.

Roast Pork Strips

Ingredients:

- 2 pounds boneless pork, preferably butt
- 2 tablespoons chicken stock, fresh or canned
- 2 tablespoons soy sauce
- 1 tablespoon brown-bean sauce, mashed
- 1 tablespoon Chinese rice wine or pale dry sherry
- 1½ tablespoons sugar
- ¾ teaspoon salt
- 1 teaspoon finely chopped garlic
- 2 to 3 drops red food coloring

Preparation:

1. With a cleaver or a large, sharp knife, cut the pork butt into 1½-to 2 inch-wide strips. Lay the strips flat and cut them in half lengthwise.
2. Depending on the original size of the butt, you should have from 6 to 8 long, thick strips. Lay the strips flat in one or two layers in a large, shallow dish or pan long enough to hold them easily.
3. In a small bowl, combine the chicken stock, soy sauce, and brown-bean sauce, wine, sugar, salt, garlic and food coloring. Stir until the ingredients are well mixed.
4. Pour the sauce over the pork strips, baste them thoroughly and let them marinate for at least 3 hours at room temperature or for at least 6 hours in the refrigerator. Turn the strips over in the marinade every hour or so.
5. Cook:
 - A. Preheat the oven to 350°F. To catch the drippings of the pork strips as they roast and to prevent the oven from smoking as well, fill a large, shallow roasting pan with water and place it on the lowest rack of the oven.
 - B. Insert one curved tip of an S-shaped hook at the end of each strip of pork (any hook will do: a curtain hook, S-hook, even a 5- or 6 inch length of heavy-duty wire or unpainted wire coat hanger bent into that shape).

C. Hang the hooks from the uppermost rack of the oven, directly above the pan of water. Roast the pork undisturbed for 45 minutes.

D. Then increase the oven heat to 450°F and roast for 15 minutes longer, or until the pork strips are crisp and a rich, golden brown. Remove the pork from the oven, take out the hooks and cut the strips crosswise into paper thin slices. Serve the sliced pork hot, arranged in overlapping layers, on a heated platter.

E. If you like, the pork may be cooled to room temperature, or wrapped in aluminum foil and chilled in the refrigerator, and then presented as a cold meat course or as part of a Chinese cold plate.

F. Leftover roast pork can be wrapped tightly and stored in the refrigerator or freezer for use in such recipes as steamed buns with pork filling or ten-variety hot pot.

Ingredients:

Wonton:

- 1 recipe wonton wrappers, or ½ pound ready-made wonton wrappers, or 1 pound ready-made egg-roll wrappers cut into 3½ inch squares
- ¾ pound lean boneless pork, finely ground
- 4 teaspoons soy sauce
- ¾ teaspoon finely chopped, peeled fresh ginger root
- ¾ teaspoon salt
- ¾ pound fresh spinach, cooked, drained, squeezed dry and finely chopped, or 1 ten-ounce package chopped frounceen spinach

Soup:

- 6 cups chicken stock, fresh or canned
- 1 cup loosely packed fresh watercress leaves, or 1 cup fresh spinach leaves, torn into very small pieces

Preparation:

1. In a large bowl, combine the pork, soy sauce, ginger and salt, and, using a spoon or your hands, mix them thoroughly. Then mix in the spinach.
2. Place 1 teaspoon or so of the filling just below the center of each wrapper. Fold one side over the filling and tuck its edge under the filling.
3. Then, with a finger dipped in water, moisten the exposed sides of the wrapper and roll up the filled cylinder, leaving ½ inch of wrapper unrolled at the top.
4. Now take the two ends of the cylinder in the fingers of both hands and pull them down beneath the roll until the ends meet and overlap slightly. Pinch the ends firmly together.
5. As each wonton is finished, place it on a plate and cover with a dry towel.
6. In a 4- to 5-quart saucepan, bring 2 quarts of water to a boil and drop in the wontons.
7. Return to a boil, reduce the heat to moderate and cook uncovered for 5 minutes, or until tender but still a little resistant to the bite.
8. Drain the wontons through a colander. Pour the stock into the pan and bring to a boil, add the watercress or spinach and the wontons, and return again to a boil.

Serve at once.

Egg Drop Soup

Ingredients:

- 2 tablespoons chicken stock, fresh or canned, or cold water
- 1 egg lightly beaten
- 1 scallion, including the green top, finely chopped
- 3 cups chicken stock, fresh or canned
- 1 teaspoon salt
- 1 tablespoon cornstarch dissolved in

Preparation:

1. Over high heat, bring the chicken stock to a boil in a 2-quart saucepan and add the salt.
2. Give the cornstarch mixture a quick stir to recombine it, and add it to the pan, stirring for a few seconds until the stock thickens slightly and becomes clear.
3. Slowly pour in the egg and stir once gently. Immediately turn off the heat. Taste and add more salt if needed.
4. Pour the soup into a tureen or individual bowls, garnish with the chopped scallions and serve at once.

Sour and Hot Soup

Ingredients:

- 4 dried Chinese mushrooms, 1 to 1½ inches in diameter
- 2 squares, 3 inches each, fresh Chinese bean curd, about ½ inch thick
- ½ cup canned bamboo shoots
- ¼ pound boneless pork
- 1 quart chicken stock, fresh or canned
- 1 teaspoon salt
- 1 tablespoon soy sauce
- ¼ teaspoon ground white pepper
- 2 tablespoons white vinegar
- 2 tablespoons cornstarch mixed with 3 tablespoons cold water
- 1 egg, lightly beaten
- 2 teaspoons sesame-seed oil
- 1 scallion, including the green top, finely chopped

Preparation:

1. In a small bowl, cover the mushrooms with ½ cup of warm water and let them soak for 30 minutes. Discard the water.
2. With a cleaver or knife, cut away and discard the tough stems of the mushrooms, and shred the caps by placing one at a time on a chopping board. Cut them horizontally into paper-thin slices, and then into thin strips.
3. Drain the pieces of bamboo shoot and bean curd, and rinse them in cold water.

Shred them as fine as the mushrooms.

4. With a cleaver or sharp knife, trim the pork of all fat. Then shred it, too, by slicing the meat as thin as possible and cutting the slices into narrow strips about 1½ to 2 inches long.

5. Have the above ingredients, stock, salt, soy sauce, pepper, vinegar, cornstarch mixture, egg, sesame-seed oil and scallions within easy reach.

6. Cook:

A. Combine in a heavy 3-quart saucepan the stock, salt, soy sauce, mushrooms, bamboo shoots and pork. Bring to a boil over high heat, then immediately reduce the heat to low, cover the pan and simmer for 3 minutes.

B. Drop in the bean curd, and the pepper and vinegar. Bring to a boil again. Give the cornstarch mixture a stir to recombine it and pour it into the soup.

C. Stir for a few seconds until the soup thickens, then slowly pour in the beaten egg, stirring gently all the while. Remove the soup from the heat and ladle it into a tureen or serving bowl.

D. Stir in the sesame-seed oil and sprinkle the top with scallions. Serve at once.

Steamed Buns with Date Filling

Ingredients:

- 1 recipe steamed bread dough

Filling:

- ¼ cup lard

- 1 cup canned red-bean paste

- ½ pound pitted dates, finely chopped

- Red food coloring

Preparation:

1. These buns are made in the same way as the roast pork steamed buns, except for the filling, which is prepared in the following fashion:

2. Set a 12 inch wok or 10 inch skillet over moderate heat and add the ¼ cup of lard. When the lard is fully melted, add the canned bean paste and chopped dates, and cook, stirring constantly, for 8 to 10 minutes.

3. Transfer the entire contents of the pan to a bowl and cool thoroughly. With the palms of your hands, roll the filling into balls about 1 inch in diameter.

4. Fill the dough rounds and shape them into buns, as in roast pork buns. Roll the finished buns between the palms of your hands to make them smooth balls.

5. Steam for 10 minutes and serve hot. To distinguish the date buns from the pork-filled ones, try following the Chinese custom of dipping the tip of the handle end of a chopstick in red food coloring and stamping a dot on the top of the bun.

Steamed Bread Dough

Ingredients:

- 1 package or cake of dry or compressed active yeast

- 1 tablespoon sugar
- ¼ cup lukewarm water
- 1 cup milk, heated to lukewarm
- 4 cups sifted all-purpose flour

Preparation:

1. Sprinkle the yeast and sugar into ¼ cup of lukewarm water. Be sure that the water is lukewarm (110°F to 115°F). If the water is too hot, it will kill the yeast; if it is too cool, the yeast will not be activated.
2. Let the yeast and sugar stand 2 or 3 minutes, then stir together to dissolve them completely. Set the cup in a warm, draft-free place, perhaps a turned-off oven, for 3 to 5 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.
3. If doubling does not take place, discard the mixture and start again with fresh yeast and water.
4. Sift 4 cups of flour into a large mixing bowl. Gradually pour in the yeast mixture and the lukewarm milk, stirring first with a large wooden spoon, and then, when the mixture becomes too difficult to work, with your hands until all the ingredients are well combined and a firm dough is formed.
5. Place the dough on a lightly floured surface and knead it by pressing it down, pushing it forward, then turning it back on itself. Repeat this kneading process for about 5 minutes, sprinkling it with a little flour every now and then to prevent the dough from sticking to the board.
6. Place the dough in a large bowl, cover the bowl with a lightly dampened towel and let it rest in the warm, draft-free place for 1½ to 2 hours, or until the dough doubles in bulk.
7. Punch the dough down with one blow of your fist to reduce it to its original volume. Cover with the towel and let it rise for another 20 to 30 minutes, or until it has again doubled in volume.
8. Turn the dough out on the floured board and knead it as described above for about 5 minutes until it is smooth and elastic. It is now ready to be made into flower rolls and steamed buns.



Christmas Island



Bread

Ingredients:

- 3 eggs
- 1/2 cup vegetable oil
- 1 teaspoon dark rum, or rum flavoring
- 1/2 cup milk
- 2 1/2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 cups canned crushed pineapple, drained
- 1/2 cup dried cherries
- 1 1/3 cups toasted coconut

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Lightly grease two 9x5 inch loaf pans. Beat together eggs, oil, rum, and milk in a bowl. Sift together flour, sugar, baking powder, baking soda, nutmeg, and salt in a separate bowl.
2. Mix the flour into the eggs until just moistened. Gently fold in the pineapple, cherries, and coconut. Pour into prepared pans.
3. Bake in preheated oven until a toothpick inserted into the center comes out clean, about 40 to 45 minutes. Let cool in pan for 10 minutes before removing to cool on a wire rack.

Ayam Panggang

Ingredients:

- 2 tablespoon coriander seeds
- 2 tablespoon cumin seeds
- 1 tablespoon fennel seeds
- 1 tablespoon tamarind past
- 1 teaspoon ground turmeric
- 4 stalks lemongrass, grated
- 4 kaffir lime leaves
- 6 cloves garlic
- 1 onion
- A large handful of red dried chilies, soaked
- pinch salt
- 1 1/2 cups water
- 4 pounds chicken pieces (on the bone)
- Oil
- 1 3/4 cup coconut milk
- Juice of 1 lemon

Preparation:

1. In a mortar and pestle or spice grinder, crush the coriander with the cumin, fennel and turmeric. In a blender, pure the tamarind paste with the grated lemongrass, kaffir lime leaves, onion, garlic, soaked chilies and salt, adding a little water as needed, until you have a smooth paste. Add the dry spice mix and pulse until well incorporated.

2 Now heat some oil in a large pan and add the paste. Cook, stirring, until the mixture becomes aromatic. Add the chicken and about 3/4ths of the coconut milk. Cook for about 30 minutes or until the chicken is tender (the internal temperature should be at least 165 for breast meat and 175 for thighs and drumsticks).

3. When the chicken is done, add the rest of the coconut milk and the lemon juice and stir. Serve hot over steamed rice.

Cake

Ingredients:

- 1/4 pound All propose flour

Fruit:

- One orange; Juice and rind
- 1/2 cup currants
- 1/4 pound Cake flour
- 1 teaspoon Ginger
- 1 teaspoon Nutmeg
- 1/2 pound Brown sugar
- 1 teaspoon Cinnamon
- 1 small Carrot; (grated)
- 1/2 cup Figs

- 1 cup Cherry brandy
- 2 teaspoon Baking Powder

Cake:

- 1/2 c Almonds; (sliced)
- 1 teaspoon Allspice
- 1/2 cup Dried cherries; (chopped)
- 1 cup Rum
- 1/2 pound Molasses
- 4 large Eggs
- One lemon; Juice and rind of
- 1/2 pound Butter
- 1 tablespoon Crystallized ginger

Preparation:

1. Fruit: Mix all ingredients together and refrigerate overnight, longer if possible.
2. Cake: In a blender at medium speed cream butter and sugar. Add molasses, then add eggs, then lemon and orange juice and rinds. Sift together in separate bowl flours, baking powder, and spices then add to blender, mix well, scraping bowl. Add the currant and fig mixture. Add almonds and carrots. Mix well. Add to small individual cake pans.
3. Bake at 350 degrees for 15 to 20 minutes. Cool before removing from pan.

Pickled Eggs

Ingredients:

- 1 (15 ounce) can red beets
- 1/4 cup brown sugar
- 1/2 cup white vinegar
- 1/2 cup cold water
- 1/2 teaspoon salt
- 4 whole cloves
- 1 small cinnamon stick
- 6 hard-cooked eggs

Preparation:

1. Pour the beet juice into a medium-size pot. Stir in the brown sugar, vinegar, water, salt, cloves, and the cinnamon stick. Place the pot over a medium heat for 8 minutes, stirring occasionally.
2. Place the beets into the liquid mixture and let it cook for an additional 2 minutes to allow the beets to heat.
3. Place the hard cooked eggs (with the shells removed) in a container with a tight-fitting lid. Pour the liquid and beets into the container with the eggs. Store the container in the refrigerator for approximately 5 days before eating.

Spicy Chili Chicken

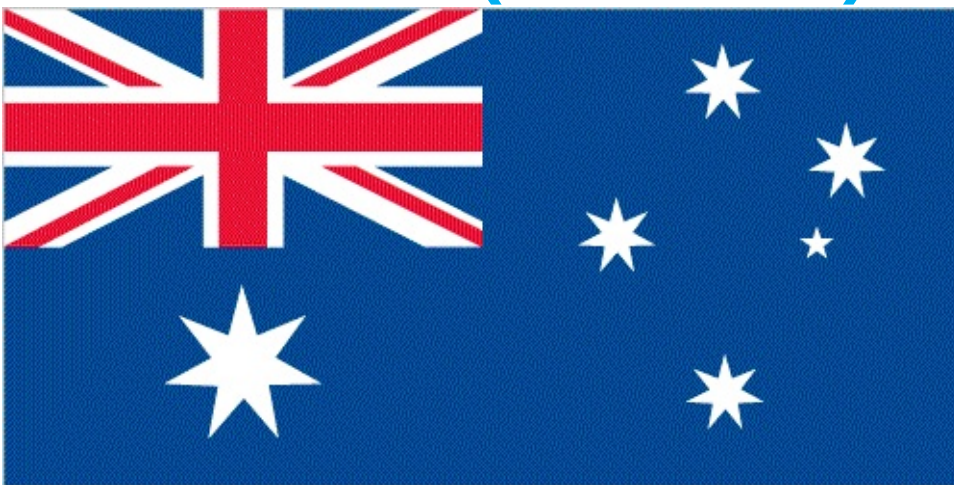
Ingredients:

- 2 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 1 tablespoon tamarind paste
- 1 teaspoon ground turmeric
- 2 teaspoons belacan (shrimp paste)
- 6 garlic cloves
- 1 brown onion
- generous handful of large red dried chilies soaked for a few seconds in hot water
- pinch of salt
- 6 candlenuts
- 375 milliliters (1½) cups water
- vegetable oil
- 2 whole chickens, jointed or 2 kg chicken pieces with bones
- 400 milliliters coconut milk
- 1 lemon, juiced
- Jasmine rice, to serve

Preparation:

1. Blend the coriander seeds, fennel seeds, tamarind paste, turmeric, belacan, garlic, onion, soaked dried chilies, salt and candlenuts to a thick paste, adding the water to make it smooth.
 2. Cook the paste in a large wide pan with a little oil until aromatic and then add the chicken pieces and coconut milk, reserving about 100 ml to add at the end.
 3. Cook the chicken for about 30 minutes or until tender and cooked through. Add the remaining coconut milk and lemon juice and serve with steamed rice.
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COCOS (KEELING) ISLANDS



Chicken Begana

Ingredients:

- 1 pound chicken, cut into bite sized pieces
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric
- 1 tablespoon oil
- 2 stalks lemongrass, grated
- 2 cups flaked coconut
- 3 cloves garlic, minced or ground
- 5 shallots, minced or ground
- 1 large onion, minced or ground
- 1/2 cup curry powder
- 1 teaspoon coriander powder
- 1/2 cup Sambal (Malaysian Chili Paste)
- 1 cup water
- Juice of one lime
- salt to taste

Preparation:

1. Mix the chicken with the salt and turmeric. Put it in the fridge for 30 minutes or so, then cook it over medium heat until it's almost done.
2. Put the coconut flakes and the lemongrass in a food processor and puree, adding a little bit of water as needed, until you get a nice paste. (Hint: if you can only find sweetened coconut flakes, just put them in a fine mesh strainer and run some water over them until the water runs clear. This should flush away most of the sugar.)
3. In a large pot, heat the oil and cook the garlic, shallots and onions with the chili paste, coriander and curry powder. Stir until fragrant, then add the chicken.
4. Add the water about a tablespoon at a time (you may not need the whole cup) until the ingredients start to just become saucy and the chicken cooks all the way through.
5. Add the lime juice and the coconut or lemongrass paste. Let simmer for five or 10 minutes, until the sauce dries out. Add salt to taste and serve.

Fried Rice

Ingredients:

- 3 cups cooked white rice
- 1 tablespoon oil
- 3 cloves garlic, mashed
- 4 shallots, mashed
- 1 teaspoon Sambal
- 1 tablespoon light soy sauce
- 1 teaspoon Maggie chicken granules
- 2 red chilies, sliced
- 1/2 cup coconut flakes
- 1 cup mustard greens, chopped

- sesame oil
- 1 piece of skinless chicken, shredded*

Preparation:

1. Heat the oil and saute the garlic with the onion and Sambal. When fragrant, add the rice and mix well. Add the soy sauce and Maggie powder. Stir until well incorporated, then add the mustard greens, coconut flakes and chili slices. Drizzle a little bit of sesame oil over the rice and serve topped with the shredded chicken.

Colombia



Chicken Stew

Ingredients:

- 7 cloves garlic
- 3 medium carrots, chopped
- 1 red bell pepper, cored, seeded, and chopped
- 1 green bell pepper, cored, seeded, and chopped
- 1 small Spanish onion, chopped
- 1 habenero chile, chopped
- 2 cup chopped fresh cilantro leaves
- 1 gallon water
- 3 low-sodium chicken bouillon cubes
- 1 tablespoon ground cumin
- Salt and pepper
- 1 (3 to 4-pound) chicken, cut into 8 pieces
- 1 small yucca, peeled and cut into 2 inch pieces
- 1 green plantain, peeled and cut into 2 inch pieces

- 5 all-purpose potatoes, halved
- 2 ripe plantains, peeled and cut into 3 inch pieces
- 4 ears corn, cut in 3 pieces

Preparation:

1. In a blender, puree the garlic, carrots, peppers, onion, chile, and 1 cup cilantro. In a large pot, combine the puree with the water, bouillon cubes, and cumin, and season with salt and pepper. Bring to a boil, lower the heat, and simmer for 30 minutes. Add the chicken and simmer for another 20 minutes.
2. Add the yucca and green plantain and simmer for 10 minutes more. Add the potatoes, ripe plantain, and corn and simmer for another 15 minutes. In a blender, combine the remaining 1 cup cilantro and a little of the stew broth and puree. Stir the puree into the soup, season with salt and pepper, and serve.

Beans and Rice

Ingredients:

- 1 pound large dried red beans (kidney beans work fine)
- salt
- 2 tablespoons vegetable oil
- 1/2 pound pork belly, cut into 1 inch cubes
- 2 medium tomatoes, chopped (about 2 cups)
- 1 large onion, chopped (about 1 1/2 cups)
- 1 tablespoon sugar
- 4 cups cooked white rice

Serve:

- Sliced Avocado
- Fried sweet or starchy plantains
- Chicharrones
- Fried Eggs
- Grilled skirt steak

Preparation:

1. Place beans in a large bowl and add 2 tablespoons salt. Cover with cold water by 6 inches and allow to sit at room temperature overnight. If using a pressure cooker, this step can be skipped.
2. The next day, drain beans and set aside. Heat oil in a large heavy-bottomed saucepan or pressure cooker over high heat until shimmering. Add pork belly and cook, stirring occasionally, until well-browned and crisped on all sides, about 10 minutes total. Add tomatoes and onions and cook, stirring frequently until softened, about 3 minutes.
3. Add beans, sugar, and 1 tablespoon salt. Cover with water by 2 to 3 inches and bring to a boil. Reduce to a simmer and cook, stirring occasionally and adding water as necessary, until beans are completely softened and liquid is thickened but still soupy, about 3 hours. (If using a pressure cooker, cook on high pressure until beans are tender, about 45 minutes).

4. Season beans to taste with more salt and sugar and serve with cooked rice, avocado, plantains, fried eggs, steak, and ají as desired.

Aji

Ingredients:

- 10 jalapeno peppers, seeded
- 1/4 cup water
- 1/4 cup white vinegar
- 1/4 cup fresh lemon juice
- 1 1/2 cups chopped green onions
- 1 cup chopped cilantro
- 2 teaspoons salt

Preparation:

1. In a blender, combine jalapenos, water, vinegar, lemon juice, green onions, cilantro and salt. Blend until smooth; refrigerate until ready to serve.

Chicken

Ingredients:

- 1 (3 pounds) whole chicken, cut into pieces
- 1 lemon, juiced
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon paprika
- 1 (2.25 ounce) can sliced black olives, drained
- 1 large onion, chopped
- 1 medium green bell pepper, sliced
- 1 medium red bell pepper, sliced
- 1 1/2 cups orange juice

Preparation:

1. Place chicken pieces in a bowl. Sprinkle with lemon juice, cover, and marinate at least 30 minutes in the refrigerator.
2. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Heat the olive oil in a skillet over medium-high heat. Mix the salt, pepper, and paprika in a small bowl, and sprinkle over the chicken. Place chicken in the skillet and quickly brown on all sides. Transfer chicken to a baking dish. Distribute olives, onion, green bell pepper, and red bell pepper evenly in the baking dish. Pour orange juice over all.
3. Cover with aluminum foil, and bake 45 minutes in the preheated oven, until chicken juices run clear.

Rabbit Stew with Coconut Cream

Ingredients:

- 1/4 cup oil for frying
- 1 (2 pound) rabbit, cleaned and cut into pieces
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 1 bird's eye Chili, seeded and minced
- 1 large tomatoes - peeled, seeded and chopped
- 1 3/4 cups chicken stock
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2/3 cup cream of coconut

Preparation:

1. Heat the oil in a skillet over medium-high heat. Fry the rabbit pieces until browned on the outside. Transfer to a soup pot or large saucepan. Add the onion, garlic, green pepper, red pepper and chile pepper to the skillet; cook and stir until onion is transparent. Transfer to the saucepan.
2. Add the tomatoes, chicken stock, salt and pepper to the saucepan, and bring to a boil. Simmer over medium-low heat for about 2 hours. Remove the rabbit pieces with a slotted spoon, and keep warm. Turn the heat up to high under the saucepan, and boil the liquid until it has reduced by half.
3. Return the rabbit pieces to the pan, and stir in the coconut milk. Cook, stirring gently, until heated through. Serve with rice, noodles or bread.

Ahuyama Soup

Ingredients:

- 2 tablespoons butter
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon curry powder
- 1/4 teaspoon red pepper flakes
- 4 1/2 quarts chicken broth
- 2 1/2 pounds butternut squash, peeled and cubed
- 1/4 teaspoon ground nutmeg
- 1 teaspoon Worcestershire sauce
- 1 tablespoon creamy peanut butter
- 1/2 cup light cream
- 1/4 cup chopped fresh parsley

Preparation:

1. Melt the butter in a large pot over medium heat. Stir in the onion, garlic, curry powder, and red pepper flakes. Cook until the onion has turned translucent, 5 to 8 minutes.
2. Stir the chicken stock and squash into the onion mixture. Simmer the soup over

medium heat until the squash is tender when pierced with a fork, about 20 minutes. Turn off the heat, and stir in the nutmeg, Worcestershire sauce, and peanut butter. Transfer the mixture in batches to a blender or food processor; blend until smooth, slowly pouring in the cream. Reheat soup if necessary, but do not boil. Serve garnished with parsley.

Rolled Flank Steak with Onions and Cumin Seeds

Ingredients:

- 2 pounds flank steak, trimmed of all fat
- 1½ teaspoons salt
- Freshly ground black pepper
- 3 tablespoons olive oil
- 1 cup coarsely chopped onions
- ½ cup finely diced celery
- ½ teaspoon finely chopped garlic
- 5 cups water
- 1 teaspoon ground cumin seeds

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. Season both sides of the steak with 1 teaspoon of the salt and a few grindings of pepper. Then roll the steak with the grain in jelly-roll fashion, and tie it at both ends and in the middle with kitchen cord.
2. In a heavy 3- to 4-quart flameproof casserole, heat 2 tablespoons of the oil over high heat until a light haze forms above it. Add the rolled steak and brown it on all sides.
3. Regulate the heat so that the steak browns quickly without burning. Transfer the steak to a plate and, to the fat remaining in the casserole, add ½ cup of the onions, the celery and garlic.
4. Cook over moderate heat, stirring frequently, for 5 minutes, or until the vegetables are soft but not brown. Return the steak and any juice on the plate to the casserole, add the water and bring to a boil over high heat.
5. Cover the casserole, place it in the oven and braise the steak for 2 hours, or until it shows no resistance when pierced with the tip of a knife. Remove from the oven and increase the heat to 400 degrees Fahrenheit.
6. In a 6- to 8 inch skillet, heat the remaining tablespoon of oil over moderate heat and add the remaining ½ cup of onions. Stir in the cumin and ½ teaspoon of salt and cook for 3 minutes.
7. Spread the onions on top of the steak. Return the casserole to the oven and bake, uncovered, for 15 minutes, or until the onions are lightly browned.
8. Slice the steak into ¼ inch rounds and arrange them attractively on a heated platter. Pour the pan juices over them and serve immediately. The steak is often accompanied by papas chorreadas.

Coconut Lemon Pudding

Ingredients:

- ½ cup boiling water
- 1/3 cup raisins
- 1 freshly grated coconut
- The milk of the coconut plus enough cold water to make 1 cup
- 1½ cups sugar
- 5 whole cloves
- 2 egg yolks
- 2 tablespoons fresh lemon juice

Preparation:

1. Pour ½ cup of boiling water over the raisins and let them soak for at least 10 minutes. Meanwhile in a 2- to 3-quart enameled or stainless-steel saucepan, combine the coconut-milk mixture, sugar and cloves, and bring it to a boil over high heat, stirring only until the sugar dissolves.
2. Reduce the heat to moderate and cook, uncovered and undisturbed, until the syrup reaches a temperature of 230 degrees Fahrenheit on a candy thermometer or a few drops added to ice water form a thread. Stir the grated coconut into the syrup, lower the heat and simmer for 15 minutes, stirring occasionally.
3. Beat the egg yolks with a fork, whisk or rotary beater for a minute or two, until they thicken. Beat into them 2 or 3 tablespoons of the simmering coconut mixture, then slowly pour the eggs into the pan, stirring all the while.
4. Still stirring, simmer the mixture for 5 minutes, but under no circumstances allow it to come to a boil. Remove the pan from the heat, pick out the cloves, and add the thoroughly drained raisins and lemon juice.
5. Transfer the pudding to a bowl and let it come to room temperature. Then refrigerate until completely chilled. Serve either from the bowl or in individual dessert dishes.

Potatoes with Spiced Cheese, Tomato and Onion Sauce

Ingredients:

- 2 tablespoons butter
- 4 scallions, including 2 inches of green top, cut into 1 inch lengths
- ½ cup finely chopped onions
- 5 tomatoes, peeled, seeded and coarsely chopped (see salsa cruda), or 1 2/3 cups chopped, drained, and canned Italian plum tomatoes
- ½ cup heavy cream
- 1 teaspoon finely chopped fresh coriander (cilantro)
- ¼ teaspoon dried oregano
- Pinch of ground cumin seeds

- ½ teaspoon salt
- Freshly ground black pepper
- 1 cup freshly grated fresh mouncezarella or Munster cheese
- 8 large potatoes, peeled and boiled

Preparation:

1. In a heavy 8- to 10 inch skillet, heat the butter over moderate heat. When the foam subsides, add the scallions and onions, and cook them, stirring frequently, for 5 minutes, or until the onions are soft and transparent but not brown.
2. Add the tomatoes and cook, stirring, for 5 minutes. Add the cream, coriander, oregano, cumin, salt and a few grindings of pepper, and, stirring constantly, drop in the cheese.
- 3. Cook, stirring, until the cheese melts. Traditionally, “chorreada” sauce is served over boiled potatoes (or cooked string beans) and often accompanies sobrebarriga.

Chicken and Vegetable Soup with Hot Sauce

Ingredients:

- 3 pounds chicken, cut into 6 or 8 serving pieces
- ½ cup coarsely chopped onions
- 3 sprigs fresh coriander (cilantro)
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 10 cups cold water
- 2 green plantains, peeled and cut into ½ inch cubes
- 1 pound fresh yuca, peeled and cut lengthwise into strips 1/3 inch wide, 1/3 inch thick and 1½ inches long
- 1 pound winter squash, peeled and cut into ½ inch cubes
- ¼ teaspoon turmeric

Sauce:

- 1/3 cup distilled white vinegar
- 1/3 cup water
- 1/3 cup olive oil
- ½ teaspoon salt
- 1/8 teaspoon sugar
- 1 teaspoon finely chopped, seeded fresh hot red chili
- 1 tablespoon coarsely chopped fresh coriander (cilantro)
- 1 large ripe avocado, peeled, seeded and thinly sliced (see guacamole)

Preparation:

1. In a heavy 4- to 5-quart flameproof casserole, combine the chicken, ½ cup chopped onions, coriander sprigs, salt and black pepper, and 10 cups of water.
2. Bring to a boil over high heat, meanwhile skimming off the foam and scum that will rise to the surface. Reduce the heat to low, and cover the casserole.
3. Simmer the chicken for 30 minutes, or until it is tender but not falling apart.

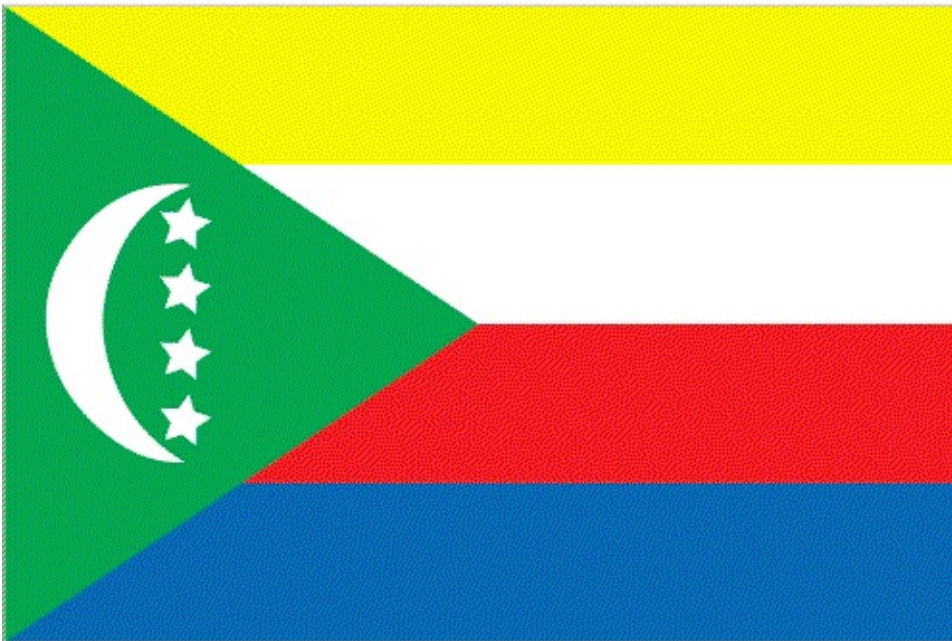
Transfer the chicken to a platter and cover it with foil to keep it warm. Drop the plantains and yuca into the stock remaining in the casserole, cover and cook over moderate heat for 20 minutes.

4. Add the squash and turmeric, cover, and cook for 20 minutes longer. Remove the coriander sprigs. Return the chicken to the casserole and simmer for 4 to 5 minutes, or just enough to heat it through. Taste for seasoning.

5. To make the sauce, pour the vinegar, water, olive oil, salt and sugar into a small sauce bowl. Beat vigorously with a whisk or fork until the ingredients are thoroughly combined. Stir in the chili and fresh chopped coriander and taste for seasoning.

6. Serve the soup in large bowls, each topped with a few slices of avocado. Pass the sauce separately to be added to the soup at each diner's discretion.

Comoros



Chicken Curry

Ingredients:

- 1 large chicken cut into serving pieces
- 2 onions, finely sliced
- 4 garlic cloves, minced
- 3 cm length ginger, grated
- 8 tomatoes, blanched, peeled and chopped
- 4 chilies, finely chopped
- 6 whole cloves 6 cardamom pods, crushed
- 300 milliliters natural yoghurt
- 1 tablespoon ground cumin

- generous pinch of saffron
- 50 gramsrams toasted slivered almonds salt and black pepper to taste

Preparation:

1. Fry the chicken pieces in oil until golden brown then set aside. Place the onions, garlic and chilies in the pan and fry until the onion has softened. Add the cardamom and cloves and fry for a few minutes more. Return the chicken to the pan and add the tomatoes.
2. Mix the yoghurt with the cumin and saffron and pour this mixture over the chicken mixture. Season with salt and pepper, cover tightly and simmer gently for 1 hour (add a little water if he mixture dries too quickly). Serve on a bed of rice, garnished with the toasted slivered almonds.

Mataba with Fish

Ingredients:

- 2 kilograms cassava leaves, very finely shredded
- 500 gramsrams fish (tuna is traditional but you can use any firm-fleshed fish)
- 1 liter coconut milk
- 1 hot chili
- 2 large onions
- 6 garlic cloves
- salt, to taste
- oil for frying

Preparation:

1. Slice the fish and fry in oil until cooked through then set aside on a plate to cool. Chop the onions and garlic. Add to a mortar with the chili and a generous pinch of salt. Pound to a paste then add the cassava leaves and continue pounding until the mixture is thoroughly combined.
2. Add the coconut milk to a large pan, bring to a boil then stir in the cassava leaf mixture. Bring to a simmer and cook for 60 minutes, stirring frequently. Flake the fish and add to the cassava leaf mixture. Cook gently over low heat for about 15 minutes and serve immediately with rice.

Rice with Coconut Milk

Ingredients:

- 1 kilogram long-grain rice
- 500 milliliters coconut milk
- pinch of salt

Preparation:

1. Combine the coconut milk and salt in a large pan, bring to a boil, reduce to a simmer and cook for 5 minutes. Wash the rice, stir into the hot coconut milk mixture then bring to a simmer. Cover and cook gently for about 20 minutes, or

until the rice is tender and the liquid has been absorbed. Serve hot as an accompaniment.

Beef Pilau

Ingredients:

- 1 kilogram beef, finely cubed
- 600 grams rice
- 2 tablespoons oil
- 2 onions, coarsely chopped
- 500 grams tomatoes, blanched, peeled and chopped
- 3 tablespoons tomato purée
- 1 tablespoon ground cumin
- salt and freshly-ground black pepper

Preparation:

1. Place the beef in a casserole dish, cover with lightly-salted water, bring to a boil, reduce to a simmer then cover and cook for 20 minutes. In the meantime, heat the oil in a pan. Add the onions and fry for about 8 minutes, or until lightly coloured then stir in the chopped tomatoes and tomato purée. Stir to combine and season with the ground cumin, salt and black pepper.
2. Drain the cooked beef (reserve the liquid). Add the beef to the tomato mixture, along with two ladlefuls of the reserved stock. Thoroughly rinse the rice, add to the pan, bring to a simmer then cover and cook for about 20 minutes, or until the rice is tender (add a little water if the mixture is thickening too much). When the rice is cooked, turn off the heat and set aside to stand for 10 minutes before turning into a dish and serving.

Lamb Curry

Ingredients:

- 60 grams raisins
- 1 kilogram lamb shoulder, cut into cubes
- 2 tablespoons oil, for frying
- 1 onion, finely chopped
- 250 milliliters plain yoghurt
- 250 milliliters evaporated milk
- 2 teaspoons ground cinnamon
- 2 tablespoons curry powder
- salt and freshly-ground black pepper, to taste

Preparation:

1. Place the raisins in a bowl of warm water and set aside to soak. Heat the oil in a pan, add the lamb and fry until browned. When nicely coloured, remove the lamb and add the onion to the pan. Fry for about 6 minutes, or until translucent then return the meat to the pan and stir in the yoghurt and evaporated milk, along

with the cinnamon and curry powder.

2. Season to taste with salt and black pepper and stir to combine. Bring to a boil, reduce to a simmer then cover and cook over low heat for about 30 minutes, or until the lamb is tender (stir frequently during cooking). Some 5 minutes before the end of cooking stir in the raisins. Adjust the seasonings and serve, accompanied by rice.

Coconut Punch

Ingredients:

- 200 milliliters coconut milk
- 400 milliliters condensed milk
- 25 milliliters white rum
- 1 vanilla pod juice of 1 lime
- pinch of ground cinnamon
- pinch of freshly-grated nutmeg

Preparation:

1. Combine the coconut milk, condensed milk, rum and lime juice in a shaker with a scoop of ice. Shake until thoroughly chilled then turn into a goblet. Garnish with a little ground cinnamon and nutmeg. Split the vanilla pod lengthways, add to the drink and serve.

Pilaou

Ingredients:

- 1 inch piece of ginger
- 1/2 teaspoon pepper
- pinch of saffron
- 1/2 teaspoon cinnamon
- 1 1/2 teaspoons nutmeg
- salt to taste
- 1/4 teaspoon ground cloves
- 1 pound beef, cut into bite-sized pieces
- 2 large onions, chopped
- 4-5 cloves garlic, sliced
- 1/2 small can tomato paste
- 1 1/2 teaspoons garam masala
- 1/2 cube maggi
- 1/2 teaspoons cardamom
- 1 tablespoon margarine
- 2 cups basmati rice

Preparation:

1. In a spice grinder or with a mortar and pestle, mash the first six ingredients together with 3 cloves of garlic and 1/8 teaspoon cloves. Meanwhile, cook the

meat lightly in a pot with a small amount of sated water. In another pot, sauté the onions and the rest of the garlic.

2. Add 1/3rd of the crushed spices to the meat (there should be a little bit of water remaining in the pot, but not much). Add half of the tomato paste and 3/4 teaspoon garam masala, mixing well. Turn off the heat and cover. Set aside.

3. Wash and drain the rice. In another pot, boil about 2 cups of water and add the Maggi, the rest of the cloves, another 1/3 of the crushed spices and the rest of the tomato paste.

4. In another pot, melt 1 tablespoon of butter. When the butter coats the bottom of the pan, add the rest of the crushed spices, 3/4 teaspoon garam masala and the rice. When the rice is hot, add the water with the spices in it. Bring to a boil, then reduce to a simmer and cover. Cook for 10 minutes or so, or until about half of the water has been absorbed, then add the meat.

5. Cover and continue to cook. When the rice is almost done, add the garlic and onions and the cardamom. Stir well and cover. When the rice is tender and the water is absorbed, remove from heat and serve.

Rougaille

Ingredients:

- 4 medium tomatoes
- salt, pepper and chili powder to taste
- 4 sprigs chives
- lemon juice
- 1 shallot

Preparation:

1. Peel the tomatoes (blanch in boiling water for one minute to make this easier). Put them in a food processor and puree. Slice the shallots thinly and chop the chives. Add to the tomato puree. Season with the salt and pepper.

Mkatra Foutra

Ingredients:

- 4 cups flour
- 1 15 ounces can coconut milk
- 2 1/4 teaspoons active dry yeast
- 2 eggs
- 1 teaspoon salt
- Butter
- Sesame seeds

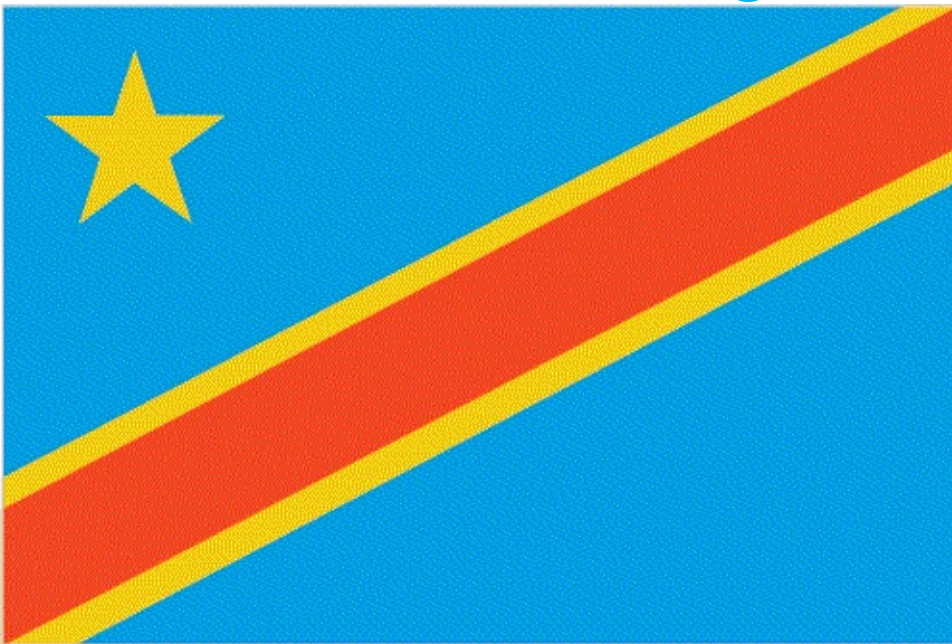
Preparation:

1. Dissolve the yeast in warm water with a pinch of flour. Now add the flour and

eggs and mix thoroughly. Add the coconut milk, mixing until you get smooth dough. Let rise for an hour or so.

2. Separate the dough into balls and flatten them with the palm of your hand (you may need to put a little flour on your hands since this is a sticky dough). Melt a little bit of butter into a skillet and add the flattened dough. Sprinkle sesame seeds on top. When golden, turn over and cook until that side is golden, too. Remove from heat and lightly butter.

The Democratic Republic of the Congo



Spinach and Rice Stew

Ingredients:

- 1 large bunch of spinach
- 10 small okras
- 5 tablespoons rice
- salt, to taste

Preparation:

1. Wash the spinach and okra thoroughly then shred the spinach and slice the okra into thin rings. Bring 1l of lightly-salted water to a boil, add the spinach and okra and boil for 15 minutes. Stir in the rice, bring to a simmer then cook for 20 minutes more. Serve hot, either as a starter or as a vegetable accompaniment.

Chicken with Peanuts

Ingredients:

- 4 x 1.1 kilogram chickens quartered

- 4 tablespoon melted butter salt for sprinkling
- 120 milliliters peanut butter
- 120 milliliters mayonnaise
- 100 gramsrams chopped peanuts
- 3 green bell peppers, blanched in boiling water, skinned, de-seeded and cut into 3cm strips vegetable oil

Preparation:

1. Brush the chicken quarters with the melted butter and sprinkle with salt Place on a baking sheet breast-side down and bake in an oven pre-heated to 170 degrees Celsius for 30 minutes then turn breast-side up. Blend the peanut butter with the mayonnaise and brush this mix over the chickens so that they are completely smothered in it.

2. Return to the oven and bake for a further 20 minutes, or until the chicken is done. Meanwhile fry the green bell peppers in just enough vegetable oil to stop them burning. Continue cooking until they are quite dark brown. Sprinkle the chopped peanuts over the chicken. Serve on a bed of saffron or turmeric rice (ie yellow rice) and accompany with the bell peppers.

Chicken with Cabbage

Ingredients:

- 1 oven-ready boiling chicken, jointed
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 bay leaf
- 1 small white cabbage
- 50 gramsrams tomato purée
- 6 tomatoes, blanched, peeled and chopped
- 4 cloves
- 1 maggi
- salt, freshly-ground black pepper and freshly-grated nutmeg, to taste
- oil for frying

Preparation:

1. Season the chicken pieces with salt, black pepper and nutmeg. Heat oil in a pan, add the chicken pieces and fry until golden brown all over. Add the onion and garlic and fry until browned. Mix the tomatoes with the tomato purée and add to the pan.

2. Cut the cabbage into six wedges and add to the pan along with the bay leaf, cloves and maggi cube. Bring to a simmer, cover with a tight fitting lid and cook gently for 60 minutes. Serve hot with rice, bread or sweet potatoes.

Fish with Mushrooms

Ingredients:

- 1 kilograms whole mboto any large firm-fleshed fresh water fish
- 1 kilogram mushrooms
- 4 fresh tomatoes
- 10 piri-piri chilies
- 2 onions
- 4 garlic cloves
- 1 lemon, halved
- 100 milliliters groundnut oil
- salt, to taste

Preparation:

1. Clean, scale and wash the fish then cut into steaks. Rub all over with lemon and salt then set aside for 10 minutes. Chop the garlic, onions, tomatoes and chilies, place in a mortar and pound to a paste. Wash the mushrooms and soak in cold water for 30 minutes then drain, wipe dry and halve.
2. Heat half the oil in a frying pan, add the fish pieces and fry until crisp on the outside and cooked through. Take off the heat and set aside. Add the remaining oil to a large cooking pot. Heat and stir in the pounded mixture. Fry for a few minutes then add 300 milliliters water. Bring to a simmer and cook for a few minutes then add the mushrooms and the fried fish steaks.
3. Season to taste with salt and add a little more water if needed. Bring to a boil, reduce to a simmer and cook for 10 minutes over low heat. Serve hot, accompanied by boiled rice, plantains, cassava or yams.

Chicken Soup

Ingredients:

- 1 chicken, cut into serving pieces.
- 1 large onion, chopped
- 1 small tin, tomato paste
- 120 milliliters peanut butter
- 2 scotch bonnet chilies, pounded to a paste palm oil

Preparation:

1. Add about 1 liter of water to a large pot and bring to a boil. Add the chicken and continue boiling until the meat has cooked. Meanwhile, gently fry the onion in about 4 tablespoon palm oil, cooking until the onion is tender. When the chicken is done, remove from the broth (keep this on a low simmer), allow to cool a little and remove the meat from the bones.
- Take 200 milliliters of the chicken broth and combine with the peanut butter and tomato, stirring to a smooth paste. Return the chicken meat to the broth then add the peanut butter paste. Stir and continue to simmer until the soup has thickened. Serve with rice, Baton de Manioc or FuFu and accompanied by a hot sauce.

Curried Beef Meatloaf

Ingredients:

- 900 gramsrams lean minced beef (or goat meat)
- 1½ tablespoons curry powder
- 4 eggs, beaten
- 240 milliliters milk
- 360 milliliters single cream
- 240 gramsrams dried apricots, finely chopped
- 6 bay leaves butter

Preparation:

1. Combine the beef, salt and curry powder together in a bowl. Combine the eggs, milk and milk–cream mixture together in another bowl. Combine half the egg mixture with the beef and stir-in the apricots. Turn the mixture into a greased 33cm x 22cm baking dish.
2. Pour the remaining egg mixture over the top and float the bay leaves over the milk and dot with butter. Place in the centre of an oven pre-heated to 180 degrees Celsius and bake for 45 minutes or until the top resembles baked custard. Serve immediately spooned over rice.

Chicken Stew

Ingredients:

- 4 pounds chicken parts, cut in serving pieces
- 1/2 teaspoon salt
- black pepper
- 1/4 teaspoon cayenne pepper
- 1 onion, minced
- 1 dash nutmeg
- 1 (8 ounce) can tomato sauce
- 1 tablespoon butter
- 1 cup peanut butter, creamy and unsalted

Preparation:

1. Place chicken in a 6 quart soup pot with water to cover; add salt and pepper. Bring to a boil, lower to simmer and cook for 1 to 1 1/2 hours. Remove chicken and reserve 1 1/2 cups of the chicken broth.
2. In another pan, saute cayenne pepper, onion, nutmeg, tomato sauce and butter for 3 minutes. To the pan, add the cooked chicken and the 1 1/2 cups of reserved broth and simmer covered for 15 minutes. Add peanut butter to thicken, place in a 350 degree Fahrenheit. Oven for 30 minutes, uncovered. Serve warm with cooked rice.

Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes
- 1/4 cup honey
- 1/4 cup brandy
- 1 teaspoon grated lemon peel
- fat (for deep frying)

Beer Batter:

- 2 cups flour
- 2 cups light beer

Preparation:

1. Blend flour and beer until a smooth batter has been obtained. and set aside. Blanch sweet potatoes for 5 minutes in boiling water. Peel and slice sweet potatoes.
2. Combine honey, brandy and lemon peel. Marinate sweet potatoes for 1 hour in this mixture. Without drying slices, dip them in the batter.
3. Fry them in batches in the deep fat heated to 400 degrees Fahrenheit until golden brown. Serve very hot.

Sweet Oranges

Ingredients:

- 4 oranges, cut in 1 inch slices then in 1/2 inch squares (thick skinned)
- 1 cup chopped dates
- 1/2 cup chopped peanuts
- 1/3 cup apricot brandy or 1/3 cup Curacao or 1/3 cup orange juice

Preparation:

1. Blend all together. Divide 1 cup MOIST SHREDDED COCONUT into 8 dessert sauce dishes (2 tablespoons. or 1 ounce each). Make a hole in the center of the coconut so that it forms a rim. Fill centers with oranges, dividing above mixture evenly. Add more brandy or orange juice if the mixture is not moist enough.

Rice with Onions

Ingredients:

- 500 gramsrams long-grain rice
- 2 onions, chopped
- 3 tablespoons butter or margarine
- 1 bay leaf
- 1/2 teaspoon freshly-grated nutmeg
- 1 teaspoon freshly-ground black pepper
- 2 cloves garlic
- salt, to taste

Preparation:

1. Wash the rice thoroughly then drain in a colander. Melt the butter in a casserole dish and use to fry the onions for about 8 minutes, or until nicely browned. Stir in the rice, mixing with a wooden spoons to coat the grains in the butter. Continue frying, stirring constantly, until the grains become transparent.
2. Pour in enough water to cover the ingredients (the water must be 1cm above the level of the rice). Add the bay leaf and cloves then stir in the pepper and nutmeg and season with salt to taste. Bring to a boil, reduce to a simmer, over the casserole with a tight-fitting lid and simmer for 25 minutes. Serve hot as a main dish, or accompany with a green sauce (hibiscus, spinach, cassava leaf etc)

Soup

Ingredients:

- 1liter coconut milk
- 1 liter chicken stock
- 100 gramsrams crème frache
- 1/2 teaspoon ground turmeric
- 1 teaspoon hot chili paste
- 6 tablespoons diced coconut, toasted
- salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the coconut milk and chicken stock in a pan. Stir to combine, bring to a simmer then add the cream and the spices.
2. Allow the soup to heat through then ladle into soup bowls and serve garnished with the diced and toasted coconut flesh.

Guinea Pig Meat in Tomato Sauce

Ingredients:

- 1 kilogram fresh guinea pig meat, cut into pieces
- 6 tomatoes, blanched and peeled
- 1 hot red chili, chopped
- 2 red bell peppers, de-seeded and diced
- 2 onions, chopped
- salt and freshly-ground black pepper, to taste

Preparation:

1. Chop the tomatoes, and add to a pan with the onion, chili and bell peppers. Season to taste with salt and black pepper then pour in just enough water to cover the ingredients.
2. Bring to a boil, reduce to a simmer and cook for 90 minutes, or until the meat is tender and the sauce is thick. Serve hot, accompanied by boiled rice, cassava or plantains.

Beef Gumbo

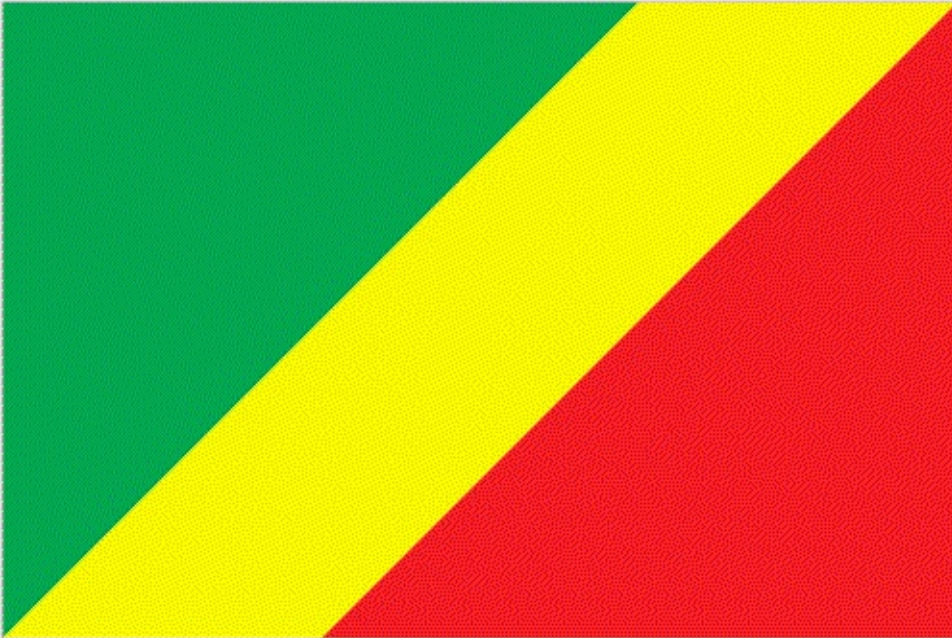
Ingredients:

- 1 kilogram beef, cut into bite-sized pieces
- 2 onions, chopped
- 6 young okra, very finely chopped
- 1 small tin of tomato purée
- 1 hot chili oil for frying
- salt and freshly-ground black pepper, to taste

Preparation:

1. Place the meat in a pan, season with a little salt and cook gently for about 20 minutes so that the meat steams in its own juices. Heat a little oil in a pan, add the onions and fry for about 6 minutes or until the onions are lightly browned.
2. Drain the beef, add to the pan and fry until browned then stir in the tomato purée and fry for 2 minutes, stirring constantly, then add 100ml water. Bring to a simmer and add the okra. Cover the pan and cook for 30 minutes. Serve hot with rice, cassava or yams.

The Republic of Congo



Chicken Stew

Ingredients:

- 4 pounds chicken parts, cut in serving pieces
- 1/2 teaspoon salt
- black pepper

- 1/4 teaspoon cayenne pepper
- 1 onion, minced
- 1 dash nutmeg
- 1 (8 ounce) can tomato sauce
- 1 tablespoon butter
- 1 cup peanut butter, creamy and unsalted

Preparation:

1. Place chicken in a 6 quart soup pot with water to cover; add salt and pepper. Bring to a boil, lower to simmer and cook for 1 to 1 1/2 hours. Remove chicken and reserve 1 1/2 cups of the chicken broth.

2. In another pan, saute cayenne pepper, onion, nutmeg, tomato sauce and butter for 3 minutes. To the pan, add the cooked chicken and the 1 1/2 cups of reserved broth and simmer covered for 15 minutes. Add peanut butter to thicken, place in a 350 degree Fahrenheit. Oven for 30 minutes, uncovered. Serve warm with cooked rice.

Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes
- 1/4 cup honey
- 1/4 cup brandy
- 1 teaspoon grated lemon peel
- fat (for deep frying)

Beer Batter:

- 2 cups flour
- 2 cups light beer

Preparation:

1. Blend flour and beer until a smooth batter has been obtained. and set aside. Blanch sweet potatoes for 5 minutes in boiling water. Peel and slice sweet potatoes.

2. Combine honey, brandy and lemon peel. Marinate sweet potatoes for 1 hour in this mixture. Without drying slices, dip them in the batter.

3. Fry them in batches in the deep fat heated to 400 degrees Fahrenheit until golden brown. Serve very hot.

Sweet Oranges

Ingredients:

- 4 oranges, cut in 1 inch slices then in 1/2 inch squares (thick skinned)
- 1 cup chopped dates
- 1/2 cup chopped peanuts

- 1/3 cup apricot brandy or 1/3 cup Curacao or 1/3 cup orange juice

Preparation:

1. Blend all together. Divide 1 cup MOIST SHREDDED COCONUT into 8 dessert sauce dishes (2 tablespoons. or 1 ounce each). Make a hole in the center of the coconut so that it forms a rim. Fill centers with oranges, dividing above mixture evenly. Add more brandy or orange juice if the mixture is not moist enough.

Rice with Onions

Ingredients:

- 500 gramsrams long-grain rice
- 2 onions, chopped
- 3 tablespoons butter or margarine
- 1 bay leaf
- 1/2 teaspoon freshly-grated nutmeg
- 1 teaspoon freshly-ground black pepper
- 2 cloves garlic
- salt, to taste

Preparation:

1. Wash the rice thoroughly then drain in a colander. Melt the butter in a casserole dish and use to fry the onions for about 8 minutes, or until nicely browned. Stir in the rice, mixing with a wooden spoons to coat the grains in the butter. Continue frying, stirring constantly, until the grains become transparent.

2. Pour in enough water to cover the ingredients (the water must be 1cm above the level of the rice). Add the bay leaf and cloves then stir in the pepper and nutmeg and season with salt to taste. Bring to a boil, reduce to a simmer, over the casserole with a tight-fitting lid and simmer for 25 minutes. Serve hot as a main dish, or accompany with a green sauce (hibiscus, spinach, cassava leaf etc)

Soup

Ingredients:

- 1liter coconut milk
- 1 liter chicken stock
- 100 gramsrams crème frache
- 1/2 teaspoon ground turmeric
- 1 teaspoon hot chili paste
- 6 tablespoons diced coconut, toasted
- salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the coconut milk and chicken stock in a pan. Stir to combine, bring to a simmer then add the cream and the spices.

2. Allow the soup to heat through then ladle into soup bowls and serve garnished with the diced and toasted coconut flesh.

Guinea Pig Meat in Tomato Sauce

Ingredients:

- 1 kilogram fresh guinea pig meat, cut into pieces
- 6 tomatoes, blanched and peeled
- 1 hot red chili, chopped
- 2 red bell peppers, de-seeded and diced
- 2 onions, chopped
- salt and freshly-ground black pepper, to taste

Preparation:

1. Chop the tomatoes, and add to a pan with the onion, chili and bell peppers. Season to taste with salt and black pepper then pour in just enough water to cover the ingredients.
2. Bring to a boil, reduce to a simmer and cook for 90 minutes, or until the meat is tender and the sauce is thick. Serve hot, accompanied by boiled rice, cassava or plantains.

Beef Gumbo

Ingredients:

- 1 kilogram beef, cut into bite-sized pieces
- 2 onions, chopped
- 6 young okra, very finely chopped
- 1 small tin of tomato purée
- 1 hot chili oil for frying
- salt and freshly-ground black pepper, to taste

Preparation:

1. Place the meat in a pan, season with a little salt and cook gently for about 20 minutes so that the meat steams in its own juices. Heat a little oil in a pan, add the onions and fry for about 6 minutes or until the onions are lightly browned.
2. Drain the beef, add to the pan and fry until browned then stir in the tomato purée and fry for 2 minutes, stirring constantly, then add 100ml water. Bring to a simmer and add the okra. Cover the pan and cook for 30 minutes. Serve hot with rice, cassava or yams.

Spinach and Rice Stew

Ingredients:

- 1 large bunch of spinach
- 10 small okras
- 5 tablespoons rice
- salt, to taste

Preparation:

1. Wash the spinach and okra thoroughly then shred the spinach and slice the

okra into thin rings. Bring 1l of lightly-salted water to a boil, add the spinach and okra and boil for 15 minutes. Stir in the rice, bring to a simmer then cook for 20 minutes more. Serve hot, either as a starter or as a vegetable accompaniment.

Chicken with Peanuts

Ingredients:

- 4 x 1.1 kilogram chickens quartered
- 4 tablespoon melted butter salt for sprinkling
- 120 milliliters peanut butter
- 120 milliliters mayonnaise
- 100 gramsrams chopped peanuts
- 3 green bell peppers, blanched in boiling water, skinned, de-seeded and cut into 3cm strips vegetable oil

Preparation:

1. Brush the chicken quarters with the melted butter and sprinkle with salt Place on a baking sheet breast-side down and bake in an oven pre-heated to 170 degrees Celsius for 30 minutes then turn breast-side up. Blend the peanut butter with the mayonnaise and brush this mix over the chickens so that they are completely smothered in it.
2. Return to the oven and bake for a further 20 minutes, or until the chicken is done. Meanwhile fry the green bell peppers in just enough vegetable oil to stop them burning. Continue cooking until they are quite dark brown. Sprinkle the chopped peanuts over the chicken. Serve on a bed of saffron or turmeric rice (ie yellow rice) and accompany with the bell peppers.

Chicken with Cabbage

Ingredients:

- 1 oven-ready boiling chicken, jointed
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 bay leaf
- 1 small white cabbage
- 50 gramsrams tomato purée
- 6 tomatoes, blanched, peeled and chopped
- 4 cloves
- 1 maggi
- salt, freshly-ground black pepper and freshly-grated nutmeg, to taste
- oil for frying

Preparation:

1. Season the chicken pieces with salt, black pepper and nutmeg. Heat oil in a pan, add the chicken pieces and fry until golden brown all over. Add the onion and garlic and fry until browned. Mix the tomatoes with the tomato purée and add to

the pan.

2. Cut the cabbage into six wedges and add to the pan along with the bay leaf, cloves and maggi cube. Bring to a simmer, cover with a tight fitting lid and cook gently for 60 minutes. Serve hot with rice, bread or sweet potatoes.

Fish with Mushrooms

Ingredients:

- 1 kilograms whole mboto any large firm-fleshed fresh water fish
- 1 kilogram mushrooms
- 4 fresh tomatoes
- 10 piri-piri chilies
- 2 onions
- 4 garlic cloves
- 1 lemon, halved
- 100 milliliters groundnut oil
- salt, to taste

Preparation:

1. Clean, scale and wash the fish then cut into steaks. Rub all over with lemon and salt then set aside for 10 minutes. Chop the garlic, onions, tomatoes and chilies, place in a mortar and pound to a paste. Wash the mushrooms and soak in cold water for 30 minutes then drain, wipe dry and halve.
2. Heat half the oil in a frying pan, add the fish pieces and fry until crisp on the outside and cooked through. Take off the heat and set aside. Add the remaining oil to a large cooking pot. Heat and stir in the pounded mixture. Fry for a few minutes then add 300 milliliters water. Bring to a simmer and cook for a few minutes then add the mushrooms and the fried fish steaks.
3. Season to taste with salt and add a little more water if needed. Bring to a boil, reduce to a simmer and cook for 10 minutes over low heat. Serve hot, accompanied by boiled rice, plantains, cassava or yams.

Chicken Soup

Ingredients:

- 1 chicken, cut into serving pieces.
- 1 large onion, chopped
- 1 small tin, tomato paste
- 120 milliliters peanut butter
- 2 scotch bonnet chilies, pounded to a paste palm oil

Preparation:

1. Add about 1 liter of water to a large pot and bring to a boil. Add the chicken and continue boiling until the meat has cooked. Meanwhile, gently fry the onion in about 4 tablespoon palm oil, cooking until the onion is tender. When the chicken is done, remove from the broth (keep this on a low simmer), allow to cool a little and

remove the meat from the bones.

- Take 200 milliliters of the chicken broth and combine with the peanut butter and tomato, stirring to a smooth paste. Return the chicken meat to the broth then add the peanut butter paste. Stir and continue to simmer until the soup has thickened. Serve with rice, Baton de Manioc or FuFu and accompanied by a hot sauce.

Curried Beef Meatloaf

Ingredients:

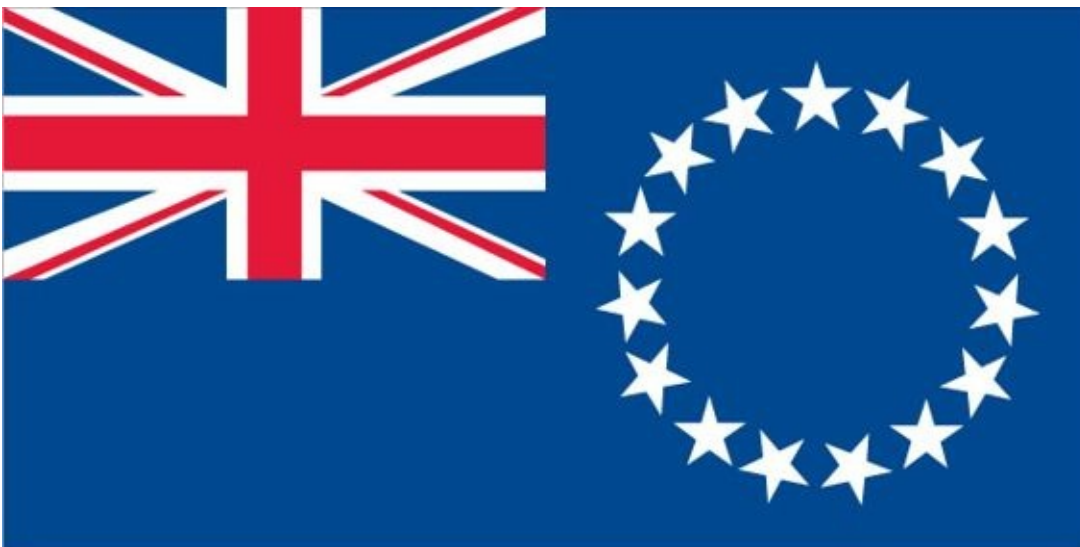
- 900 gramsrams lean minced beef (or goat meat)
- 1½ tablespoons curry powder
- 4 eggs, beaten
- 240 milliliters milk
- 360 milliliters single cream
- 240 gramsrams dried apricots, finely chopped
- 6 bay leaves butter

Preparation:

1. Combine the beef, salt and curry powder together in a bowl. Combine the eggs, milk and milk–cream mixture together in another bowl. Combine half the egg mixture with the beef and stir-in the apricots. Turn the mixture into a greased 33cm x 22cm baking dish.

2. Pour the remaining egg mixture over the top and float the bay leaves over the milk and dot with butter. Place in the centre of an oven pre-heated to 180 degrees Celsius and bake for 45 minutes or until the top resembles baked custard. Serve immediately spooned over rice.

Cook Islands



Poke

Ingredients:

- 2 1/2 pounds ripe bananas (about 8 average sized)
- 2 cups water
- 2 tablespoons granulated sugar
- 1 cup whole milk
- 7 ounces arrowroot
- 2 cups coconut milk (purchased or homemade)

Preparation:

1. Peel the bananas and mash roughly. Add them to a pot along with the water. Bring to a gentle boil and cook until the bananas assume a purplish color (add more water if needed). Take off the heat and allow to cool naturally. Be careful near the end because the bananas can caramelize and/or burn. Also, the thick mixture bubbles & spurts so don't get burned!
2. Combine the arrowroot & milk in a small bowl. Whisk until thoroughly combined. Pour the banana mixture in to a large bowl and mash with the sugar. Add the arrowroot/milk mixture and mix well.
3. Butter an 8x8 baking dish and pour the mixture into this. Place in a 375 degrees Fahrenheit preheated oven and bake for about 35 minutes, or until set and golden brown. Take from the oven and cool. Take your baked poke and cut into 2 inches squares. Place squares into individual bowls and pour the coconut milk over the top. Allow to soak into the poke and serve.

Moana-Roa Mahi Mahi

Ingredients:

- 7 ounces mahi mahi
- 2 cups coconut cream
- 1 cup cooked taro leaves
- 2 cloves garlic
- 1 onion, diced
- Zest of 1 lemon
- 1 tablespoon fresh ginger slivers
- Salt and pepper to taste
- Two green bananas
- Two taro roots, diced
- Vegetable oil

Preparation:

1. Saute half of the onion with one garlic clove in a small amount of oil. When the onion is translucent, add the taro leaves (or spinach, which is what I used) and 1 cup of the coconut cream. Season with salt and pepper and simmer until the leaves are tender. (Taro leaves take some time to cook, while spinach will be ready pretty quickly). Add a squeeze of lemon and set aside, keeping warm.
- Saute the other half of the onion and the other garlic clove in a medium-sized

pot. Meanwhile, rub the fish fillets with salt and pepper and add to the onion and garlic. Pour another cup of coconut cream into the pan and bring to a boil. Reduce heat and simmer, covered, until the fish is done (12 to 15 minutes).

3. Heat a little more oil in a small pan and fry one tablespoon of slivered ginger with the lemon zest. Keep stirring to avoid burning the zest. When the ginger is crispy, remove from heat.

4. Meanwhile, bring two large pots of water to a boil. Add the diced taro root to one pot and the green bananas to the other (leave the peels on the bananas). Boil the taro root until it is fork-tender, and the bananas until the skins start to split (they should also be tender). Let cool, then peel the bananas and slice.

5. Spoon the taro leaves (or spinach) onto each serving plate. Place a piece of fish onto the leaves and then garnish with the fried ginger and lemon zest and some freshly-ground pepper. Surround the fish with the taro root and banana and serve.

Potato Salad

Ingredients:

- 12 potatoes, peeled
- 1 small onion, chopped
- 1 14 ounces can pickled beets, drained
- 1 cup of frounceen peas
- 1 pound frounceen mixed vegetables
- 4 tablespoons chow chow
- pickle
- 3 hard boil eggs
- mayonnaise

Preparation:

1. Cut the potatoes up into bite sized pieces, then boil until they are just tender enough to pierce with a fork (they should be firm but not undercooked).

2. Drain the beets and dice. Meanwhile, cook and drain the mixed vegetables. Add the beets, vegetables and potatoes to a large bowl with the onion and chow chow.

3. Fold 2 tablespoons mayonnaise into the salad, then smooth out the top of the mixture and spread a thin layer of mayonnaise over it. Sprinkle peas over the mayo and then grate the boiled eggs on top of that. Chill until ready to serve.

Banana Pudding

Ingredients:

- 1 cup starch
- 2 cups mashed or pureed banana
- Sugar
- 3/4 cup coconut cream

Preparation:

1. Blend the bananas with the starch until you get a smooth consistency. Add 1/4 cup of the coconut cream and mix until well-incorporated.
2. Pour the mixture into a greased baking dish (I actually used little mini tart pans since there wasn't really a whole lot of the mixture).
3. Bake for 30 minutes, or until beginning to brown on top. Meanwhile, boil the rest of the coconut cream until it thickens a little. Pour the thickened cream over the banana puddings and serve.

Seafood

Ingredients:

- Banana

The leaves are used to wrap other foods in order to cook them, such as in the popular dish from Vanuatu, lap lap. The banana fruit is also eaten, both ripe and green.

- Breadfruit

This starchy fruit has a bread-like texture and a sweet taste but is used like a vegetable and can be boiled, roasted, fried, baked or barbecued.

- Cassava

The starchy root of the cassava plant is usually boiled and served as an

- Coconut

The grated coconut flesh, as well as fresh coconut milk, are used in both sweet and savoury Pacific Island dishes.

- Papaya

Papaya is widely grown in the Pacific Islands and is used both ripe and green, in many salads.

- Seafood

There are many types of seafood readily available in the Pacific Islands, such as lobster, crab and various types of fish.

- Taro

The taro is a tuberous vegetable commonly used in Pacific Island cuisine as an accompaniment to other dishes.

Preparation:

1. When cooking clams, remove from heat as soon as the shells start to open, as this indicates they are cooked. When making sauces, don't cook butter for too long, as it can split. When deep-frying, don't overcrowd the pan or the temperature of the oil will drop and the food will become greasy.

Doughnuts

Ingredients:

- 4 packages (28 grams) dried yeast

- 10 cups (1.25 kilogram) flour
- 4 tablespoons (50 gramsrams) butter, room temperature
- 2½ cups (500 gramsrams) sugar
- pinch of salt
- 3 (180 gramsrams) eggs
- 1 cup (240 milliliters) milk
- 4 cups (1 Liter) warm water

Preparation:

1. Put everything in a very large bowl, pot or if you really don't have anything else, a bucket. Mix until well combined (no dry flour patches).
2. Cover with plastic wrap and leave to rise until doubled in volume. Can't tell you how long this will take because you could be in Alaska or you could be in Africa and rising totally depends on the temperature of your kitchen, the humidity of the air, your elevation levels...figure at least an hour.
3. Once doubled, start heating up your oil for deep-frying. We want to have it between 320-350° F (160-180°C) by the time we go to fry. Make sure the oil is at least 10 cm deep. Oh, and go get a chopstick. You heard me right, a chopstick. This is essential for the recipe.
4. Back to the dough. Stir the mixture down and then scrape out the very sticky dough onto a well-floured bench. Well-floured in this case means at least a centimetre layer of flour on your work surface, but add only as much flour as you need to keep the dough from sticking to your hands. If you add way to much flour at this point, your doughnuts will turn out hard. If you don't add enough flour, your doughnuts won't hold their shape. Ah, I never said this would be easy.
5. Roll out balls of dough just smaller than the palm of your hand - OK, lapsing into Samoan style recipe instructions here, but I forgot to weigh each doughnut. I think they were roughly 3 inches (7.5 cm) wide. If it helps, remember that we aim to get 50 doughnuts out of this recipe.
6. Once the oil has reached temperature, begin frying the doughnuts by picking up a ball of dough, piercing it with your thumb in the centre to make a doughnut hole, and then sliding the doughnut into the hot oil carefully. Immediately put the chopstick in the doughnut hole and swirl the doughnut round and round to enlarge and form the hole.
7. Fry both sides of the doughnut until golden brown. Remove with your handy chopstick and then continue frying. You may think you've made 50 doughnuts but in reality, after every member of your family has done a 'taste test' you'll end up with about 25.

Pan-fried Fish Coated with Coconut and Spice

Ingredients:

- 750 gramsrams (1 ½ pounds) fish fillets
- ¼ cup milk
- 2 eggs, lightly beaten

- ½ cup flour
- 1 cup grated coconut fresh, lightly toasted or desiccated coconut
- 1 teaspoon salt
- ¼ teaspoon chili powder
- 2 teaspoon garam masala or mild curry
- ¼ teaspoon freshly ground black pepper
- Oil for shallow frying.

Preparation:

1. Cut fish in lengthwise pieces, around 10cm.x 4cm. (6 inches x 2 inches) or similar. Combine milk and egg, beating lightly till combined. In a separate bowl mix together the flour with the coconut, salt, chili powder, garam masala and pepper. Dip fish fillets in egg mixture, and then flour/coconut mixture, shaking off any excess. Heat oil to about 2cm. (¾ inches) deep in a frying pan, and cook fish on both sides till golden about 5 minutes a side. Fish can also be cooked in a deep-fryer. Drain on kitchen paper.

Taro Leaves Cooked in Coconut Cream

Ingredients:

- 1 kilogram fresh rukau (taro leaves) or spinach
- Large onion finely chopped
- 2 (10 ounce) cans coconut cream
- Salt to taste
- 1 (12 ounce) can corned beef, broken into pieces (optional)

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit or 175 degrees Celsius. Clean rukau with a damp cloth or paper towel then chop them up
2. Make a layer of rukau leaves in the bottom of a 9x13 inch baking dish Sprinkle with some of the onions; keep repeating layers of rukau and onions until you run out of rukau. Don't worry about how full the dish is because the rukau will shrink as it cooks
3. Pour both cans of coconut cream over the dish and add salt to taste, pressing the leaves down with a spoon. Cover tightly with a lid or aluminum foil
4. Bake in the preheated oven for 45 to 55 minutes, or until rukau has completely wilted and the coconut cream is bubbly. Cool for 10 minutes before serving

SAPU SOI

Ingredients:

- 1 kilogram diced chicken (or any meat)
- 1 large onion diced
- 2 Teaspoons Garlic
- 2 cups mixed vegetables
- 4 tablespoons Dark Soy sauce

- Vermicelli
- Oil

Preparation:

1. Put vermicelli in a bowl and cover with hot water leaving to soak for 5 about minutes. Drain water and cut vermicelli into two inch long pieces. Heat oil in a pot and add onions and garlic. Cook gently
2. Add chicken and cook until brown, then add mixed vegetables and soy sauce
3. Add chopped vermicelli and stir until all mixed
4. Cover the pot and cook on a low heat for 10 minutes

Marinated Fish

Ingredients:

- 5pieces of filleted fish
- 1 can of coconut cream
- 3 lemons
- 1 large tomato
- 1 stem spring onion
- salt to taste

Preparation:

1. Cut and dice up all the fish into a bowl and add lemon juice. Stand aside for 4 hours to marinate
2. Dice the tomato into very small pieces, and thinly cut up the spring onion
3. Do not drain the lemon from the fish, just add the chopped up tomato and spring onion to the fish.
4. Stir in the coconut cream gradually, but not to overly saturate the fish
5. Add salt to flavour to your personal liking
6. Serve with cooked root vegetables such as taro, kumara, boiled green bananas

Costa Rica



Tilapia

Ingredients:

- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil, divided
- 4 tablespoons finely chopped fresh cilantro or 4 tablespoons parsley, divided
- 4 teaspoons minced garlic, divided
- 1 1/2 teaspoons kosher salt, divided
- 1/4 teaspoon sugar
- 6 (5 ounce) tilapia fillets
- 3/4 cup long-grain rice
- 1 cup chopped onion
- 2 oranges, peeled, seeded, coarsely chopped
- 1 (28 ounces) can diced tomatoes, un-drained
- 1 (15 ounces) can black beans or 1 (15 ounce) can pinto beans, drained, rinsed
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon cayenne pepper

Preparation:

1. For the tilapia marinade, combine lime juice, 1 tablespoon olive oil, 2 tablespoons cilantro, 1 teaspoon garlic, 1/2 teaspoon salt, and sugar in a shallow dish.
2. Add tilapia and marinate 15 minutes, turning once. To prepare the bean and rice mixture, cook the rice according to package and keep warm while the tilapia is marinating.
3. Preheat oven to 400 degrees. In a large, skillet or saucepan, heat 2 tablespoons olive oil on medium heat. Add remaining garlic and onions; sauté until translucent, about 5 minutes, stirring. Add 2 tablespoons cilantro, oranges, tomatoes, beans, oregano, 1 teaspoon salt, pepper, and cayenne.
4. Cook, uncovered, until hot, 7 to 8 minutes, stirring occasionally. Transfer hot

rice to a 9 by 13 inch baking dish. Spoon the bean mixture on top of rice and gently blend. Slightly overlap tilapia fillets on top and scrape marinade over fillets. Bake 16 to 20 minutes.

Rice and Beans

Ingredients:

- 2 tablespoons canola oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 3 cups cooked white rice
- 2 cups cooked black beans, drained and rinsed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 2-3 tablespoons vegetarian worcestershire sauce (regular can be used as well)
- salt and freshly ground black pepper, to taste
- fresh cilantro (optional)
- sliced green onion (optional)

Preparation:

1. Heat oil in a large skillet over medium heat.
2. Add onion and sauté until it just begins to soften and turns color.
3. Add garlic and sauté for about 5 minutes, or until onion is golden.
4. Add spices and Worcestershire, and stir into onion and garlic.
5. Next, add the beans and then the rice. Combine the rice and beans evenly and cook until mixture is heated through.
6. Add salt and pepper to taste and serve hot. Garnish with some chopped cilantro or green onions if you prefer. Vegetarians use only the vegetarian Worcestershire sauce.

Jalapeno Pepper Steak

Ingredients:

- 1 medium onion
- 2 jalapeno pepper
- 1 chicken bouillon cube
- 1 tablespoon butter or 1 tablespoon oleo
- 1/4 cup evaporated milk
- 2 beef t-bone steaks, at room temp

Preparation:

1. Grill, broil or pan fry steaks to your preference. In a fry pan add butter chopped onion and chopped jalapeno (if less heat wanted seed and devein peppers) and cook for 1-2 minutes. Add evaporated milk and chicken cube to pan and bring to boil stirring often. Lower heat and simmer for about 2 minutes. Place pre cooked

steaks in sauce and heat through.

2. Place steak on platters and pour sauce over steaks. Serve with rice and broccoli.

Coconut Fudge

Ingredients:

- 2 cups sweetened condensed milk
- 1 cup fresh coconut, shredded
- 1 cup butter or 1 cup margarine
- 1/2 cup graham wafer crumbs
- 1/2 teaspoon vanilla

Preparation:

1. Combine all the ingredients in a pan and cook over low heat, stirring constantly with a wooden spoon. Continue to cook for 5 minutes after it reaches a boil. As soon as it is cool enough to handle form small balls, place in paper cups. Store in sealed container.

Fried Ripe Plantains

Ingredients:

- 4 ripe dark-skinned plantains
- 5 tablespoons vegetable oil

Preparation:

1. Heat vegetable oil in skillet over medium heat. Fully peel plantains, and cut them diagonally into approximately 1 inch wide pieces, working your way down the length of the plantain.

2. Carefully place pieces of plantain in skillet. Flipping often, fry plantains until golden brown. The Plantains will be rather mushy - they're supposed to be. They will be sweet - the riper the plantains, the sweeter they will be. If you prefer them sweeter, you can sprinkle with sugar before cooking.

Steak and Onions

Ingredients:

- 2 thin center-cut beef fillets
- 2 cloves garlic, minced
- 1 onion, sliced
- 2 teaspoon vegetable oil
- Ground oregano, cumin, and salt to taste

Preparation:

1. In a bowl, season filets with garlic, cumin, oregano, and salt. Heat oil in a skillet over medium high.

2. Add filets. Cover for 15 minutes. Turn filets over and saute until cooked and

caramelized.

3. Add onions and 1/2 cup water and cover for 5 minutes. Serve with rice.

Bean Stuffed Bell Peppers

Ingredients:

- 6 large red bell peppers
- 1 clove garlic
- 5 ounces minced pork
- 2 tablespoons oil
- 1 small onion
- 1 small tomato, chopped
- 1/4 teaspoons pepper
- 2 cups of ground beans
- 1 teaspoon salt
- 5 tablespoons cream
- 3.5 ounces grated cheese

Preparation:

1. Bake peppers in the oven for 30 minutes. You can cook the peppers in in the microwave for six minutes, inside a plastic bag with holes. Once they are roasted, peel and put away the seeds.
2. Fry the garlic and meat in the oil. Remove meat and in the same fat fry the onion and tomato. Then add the ground beans, pepper and salt. Let boil until the consistency becomes dough-like. Chop meat and mix with dough. With this dough, stuff the red peppers and put them in an oven-safe glass dish.
3. Spoon cream over every pepper and sprinkle with grated cheese. Place in the oven for approximately 20 minutes or until the peppers are golden

Three Milk Cake

Ingredients:

Cake:

- 7 eggs whites
- 7 tablespoon sugar
- 7 tablespoon flour
- 2 1/2 tablespoons baking powder
- Vanilla extract to taste

Milk blend:

- 1 3/4 cup evaporated milk
- 1 3/4 cup sweetened condensed milk
- 1 cup whipped cream
- 1 cup eggnog

Icing:

- 1 cup sugar
- 3 egg whites

- Juice from one half of a lime

Preparation:

1. Beat 7 egg whites until stiff peaks form. Continue beating and pour in 7 egg yolks one by one, 7 tablespoon sugar, flour, baking powder and vanilla extract. Keep beating the mix until dough forms.
2. Preheat the oven to 482 degrees Fahrenheit or 250 degrees Celsius. Place the mix in a square, medium glass baking dish. Bake for 20 minutes: 12 minutes in the lower part of the oven, and 8 minutes on the upper part of the oven.
3. Blend the sweetened condensed milk, evaporated milk, whipped cream, and eggnog. Spread icing on the top of the baked mix with the blend milk. Keep refrigerated. It will be good for three days.

Potato Salad

Ingredients:

- 4 potatoes, peeled and cubed
- 1 (15 ounce) can sliced beets, drained and finely chopped
- 4 eggs
- 2 tablespoons mayonnaise, or as needed
- salt and pepper to taste

Preparation:

1. Place the potatoes into a pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow the potatoes to cool.
2. While the potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat.
3. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and dice once cold. Place the potatoes, beets, eggs, and mayonnaise into a bowl, mix well, and season to taste with salt and pepper.

Sticky Rice

Ingredients:

- 1 pound lean short pork ribs, cut into 1 inch cubes
- 1 pound uncooked long grain rice, rinsed and dried
- 3 teaspoons vegetable oil
- 1 roll cilantro, chopped
- 1 clove garlic, crushed
- 1/2 cup red bell pepper, chopped
- 1/2 cup onion, chopped

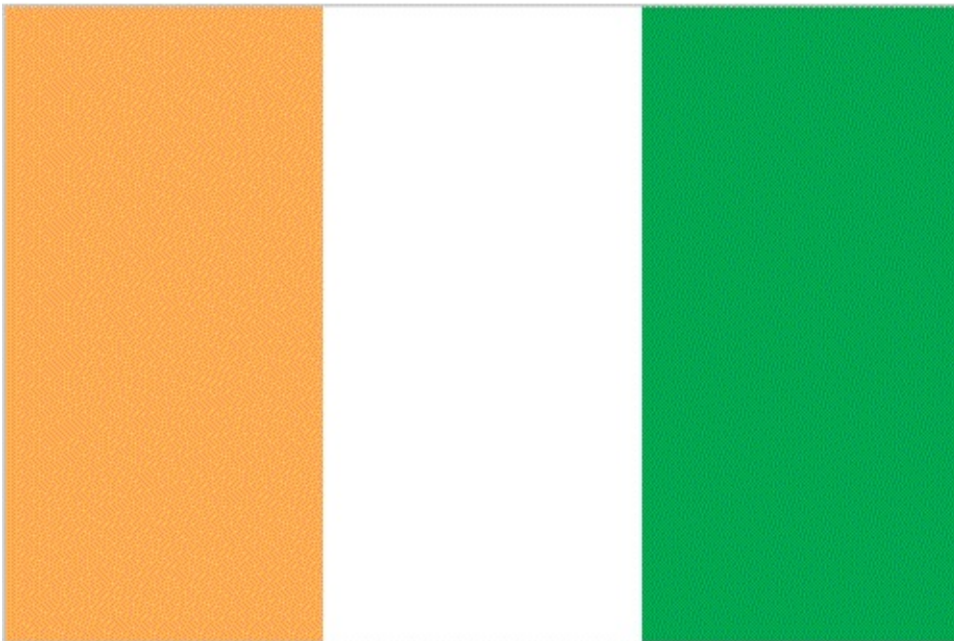
- Salt and pepper to taste

Preparation:

1. Heat vegetable oil in a saucepan over medium high heat. Add pork ribs and stir for three minutes. Add water to cover two inches above pork ribs.
2. Bring it to a boil until pork is tender. Add cilantro, garlic, red bell pepper, onions, salt and pepper and stir.
3. Add uncooked rice and more water so that there is one inch above pork level, stirring occasionally to avoid scorching until rice is cooked.



Cote d'Ivoire



Chicken

Ingredients:

- 4 skinless chicken breast halves
- 4 skinless chicken legs
- 1 tablespoon olive oil
- 6 cups onions, coarsely chopped
- 5 garlic cloves, minced
- 1 tablespoon fresh ginger, grated peeled
- 1 1/2 teaspoons jalapeno peppers, finely chopped and seeded
- 5 cups Italian plum tomatoes, chopped seeded
- 1 cup water
- 1 teaspoon salt
- 1/2 teaspoon black pepper, freshly ground
- 1 bay leaf

Preparation:

1. Heat olive oil in Dutch oven and add onions. Saute for 3 minutes. Add garlic, ginger and jalapeno pepper. Saute 2 minutes. Preheat broiler.
2. Add remaining ingredients except chicken. Bring to a boil. Cook for 5 minutes then lower heat to simmer.
3. Place chicken on broiler pan coated with cooking spray; broil 6 minutes on each side or until lightly browned. Add chicken to Dutch oven and simmer for 60 minutes. Shred meat, remove bones and serve over hot, white rice.

Ginger Chicken

Ingredients:

- 4 chicken thighs
- juice of 1 lemon
- 2 tablespoons crushed ginger
- 2 chicken bouillon cubes generous
- pinch of hot chili powder
- 3 generous twists of black pepper
- 1 tablespoon olive oil
- 2 shallots, minced
- 3 garlic cloves, sliced thinly
- salt and freshly-ground black pepper, to taste

Preparation:

1. In a bowl, combine the lemon juice, ginger, bouillon cube, hot chili powder, black pepper, olive oil, shallots and garlic. Stir to combine then add the chicken thighs. Turn to coat in this mixture then set aside to marinate for 1 hour.
2. After this time, heat about 2 tablespoon oil in a pan. Remove the chicken from their marinade, add to the oil and fry for about 20 minutes per side, or until cooked through. In the meantime, pour the left-over marinade into a pan.
3. Bring to a simmer and cook gently for 20 minutes. Arrange the chicken on a bed of rice, pour over the sauce and serve immediately.

Taro with Seafood

Ingredients:

- 2 taro corms (roots), scrubbed clean
- 200 grams mixed shellfish
- 1 squid, cut into rings
- 100 grams young taro leaves
- 360 milliliters coconut milk
- 100 grams peeled prawns
- 1 onion, chopped
- 1 tablespoon oil
- 3 tablespoon freshly-grated ginger
- salt and freshly-ground black pepper, to taste

Preparation:

1. Bring a pan of lightly-salted water to a boil, add the taro roots and cook for 30 minutes, or until tender. Take off the heat, drain, peel and then slice into cubes. Scrub and de-beard the shellfish, remove the shells from the prawns and slice the squid.
2. Heat the butter in a pan, add the onion and ginger and fry for 5 minutes then add the squid and fry for 1 minute. At this point stir in the coconut milk and 120 milliliters water. Bring to a boil, stirring constantly, then stir in the shellfish and prawns. Cover and cook over low heat for 5 minutes. Wash and shred the taro leaves then add to the stew along with the diced taro roots.
3. Bring back to a simmer, season to taste and cook for about 6 minutes more, or until the green have wilted and the ingredients are heated through. Serve hot.

Grilled Belly Pork with Garlic

Ingredients:

- 1kilogram of boned belly pork
- juice of 1 lemon freshly-grated zest of 1 lemon
- 2 cm length of ginger, peeled and julienned 5
- garlic cloves, peeled and julienned
- 1 teaspoon groundnut oil
- 1 tablespoon ground cumin
- salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the garlic, ginger, lemon juice, lemon zest, oil and cumin in a bowl. Brush this over the pork belly, then sit the belly in the marinade and allow to marinate for 60 minutes, turning the belly and brushing it frequently with the sauce.
2. During this time prepare your barbecue. Once hot, add the meat and cook for about 8 minutes per side (be careful as the fat drips onto the coals that the meat does not scorch). Season with salt and black pepper and serve immediately.

Coconut Soup

Ingredients:

- 700 gramsrams potatoes, peeled and cubed
- 2 onions, peeled and chopped
- 2 leeks, sliced into julienne strips
- 1 coconut, flesh grated
- 1 knob of butter
- salt and freshly-ground black pepper, to taste
- 2 tablespoons coriander leaves, minced

Preparation:

1. Melt the butter in a pan, add the onion and leeks and fry for about 5 minutes or

until soft. Stir in the potato cubes and the grated coconut then add enough water to cover the ingredients. Bring to a simmer and cook gently for 30 minutes.

2. Take off the heat and allow to cool slightly then pour into a blender and process until smooth. Return the soup to the pan and season to taste with salt and black pepper.

3. Allow to heat through, divide between four warmed soup bowls, garnish with the coriander leaves and serve.

Mauritian-style Steaks

Ingredients:

- 4 beef steaks
- 6 tomatoes, diced
- 2 onions, sliced into thin strips
- 3 garlic cloves, grated
- 2 green chillies, sliced into thin strips
- 1 tablespoon freshly-grated ginger
- 4 tablespoons parsley, finely chopped
- 1 teaspoon thyme, finely chopped
- oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat a little oil in a pan, add the onions and fry for about 5 minutes, or until translucent. Now add the garlic and ginger along with the thyme, parsley and chillies. Stir to combine and fry over low heat for 2 minutes before stirring in the tomatoes.

2. Season to taste with salt and black pepper and continue cooking for 5 minutes, stirring frequently, or until the tomatoes had broken down. Set the sauce aside to keep warm as you cook your steaks. Either fry or grill them to your desired level of done-ness.

3. Arrange on plates, drizzle with the tomato sauce and accompany with mashed sweet potatoes.

Soft Cake with Pineapple and Coconut

Ingredients:

- 300 grams fresh pineapple pieces (collect any juice)
- 50 grams grated coconut
- 200 grams plain flour
- 150 grams caster sugar
- 3 eggs
- 100 grams butter
- 1 teaspoon baking powder
- pinch of salt

Preparation:

1. Melt the butter in a pan, pour into a bowl then stir in the grated coconut. Add the sugar then beat in the eggs. In a separate bowl, sift together the flour and baking powder with the salt. Add to the butter and egg mix then stir to combine.
 2. Fold in the pineapple pieces and any reserved juice then turn the batter into a greased and floured cake tin. Transfer to an oven pre-heated to 200 degrees Celsius and bake for 20 minutes, or until cooked through and golden brown on top.
 3. Allow to cool in the tin for 10 minutes then turn out onto a wire rack to cool completely before slicing and serving.
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Croatia



Roasted Duck

Ingredients:

- 2500 grams duck (the whole duck)
- 50 grams lard
- 20 grams salt
- 1 tablespoon marjoram

Preparation:

1. Clean the duck and salt only from inside 2-3 hours before roasting. Add one tablespoon of marjoram inside the duck to cover inside meat.
2. Heat oven to 250 degrees Celsius. if there is enough fat inside duck, remove this fat and melt it separately in small pot; add lard. Heat lard and pour over duck's skin (that way we close pores on skin).
3. Immediately put the duck into hot oven, roast 20 minutes on 250 degrees Celsius and reduce heat to 180 degrees Celsius Last 20 minutes roast again on 200 degrees Celsius. Duck weight 2500 grams need about 120 minutes roasting. Start cutting the duck after 15 minutes resting outside. Use this time to remove fat drippings you will need the juice for later.

Mushroom Soup

Ingredients:

- 200 grams wild mushrooms
- 1 tablespoon lard (preferably, but oil can do)
- 100 grams bacon
- 1 medium onion, finely minced
- 1 medium potato
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon marjoram
- 1/2 teaspoon paprika
- 1/2 tablespoon flour
- 5 grams parsley
- 100 grams sour cream

Preparation:

1. If you use dried mushrooms soak in water them before use about 10-15 minute. On a melted lard sauté onion and bacon until it is soft. Add flour and sauté until the flour is brown, add very little paprika and after 30 seconds add cold water and stir to prevent coagulation.
2. Add all the mushrooms you have, salt, pepper and potato sliced in small cubes. Add water 1 liter and cook 1,5 hour (if water evaporate add some more). At the end add sour cream and parsley

Sauerkraut Rolls

Ingredients:

- 1500 grams sauerkraut (the whole head)
- 2 cups brine (from sauerkraut)
- 500 grams ground beef
- 500 grams ground pork
- 200 grams ground bacon
- 2 eggs
- 15 g salt
- 10 grams black pepper (powder)
- 150 grams onions
- 125 grams rice
- 300 grams sauerkraut (sliced)
- 500 grams pork ribs (smoked and dried)
- 300 grams bacon (dried, smoked)
- 5 grams lard
- 3 grams flour
- 2 grams paprika (red, dried)

Preparation:

1. Take the whole sauerkraut head and remove leaves carefully avoiding damaging them. 1500 grams should give about 20 to 25 sarmas. Cut the thick part at the bottom of each leaf (cut it triangularly).
2. Mix ground beef, pork and bacon. Add two eggs and very finely minced onion. Cook rice until half done and add into meat. Add salt, pepper and mix hard. Take leaf of sauerkraut and put meat in it and make a small package making sure to close ends. I don't know how to explain it but you have to press leaf end into. Do it until you have enough meat or leaves.
3. Take a really large pot and start to put sarmas in it. At the bottom put smoked bacon skins if you have any, than one layer of sarmas, one layer bacon or pork ribs. Also add sliced sauerkraut in between. After you lay all sarmas and bacon, ribs and sliced sauerkraut, pour 2 cups of brine over everything (this is optional, my family like really sour sauerkraut that's why I've put it).
4. Cook for about 1 hour on mild fire. Some people, and I'm among them like to add this: take small pan, melt lard and fry flour until brownish – add paprika and some cold water and make creamy stuff. Add this into sarma and cook 2 to 3 hours. The best sarma in the next day, not the day you've cooked it. You can eat sarma up to whole week; you can also freeze portions. We eat cooked potato on lard and onion with it.

Mixed Salad

Ingredients:

- 200 grams tomatoes
- 150 grams green peppers (or red, as you like)
- 150 grams cucumbers
- 100 grams onions
- 2 tablespoons vinegar
- 1 tablespoon oil (olive or normal)
- 3 grams pepper
- 4 grams salt

Preparation:

1. Cut tomato into 1/8 parts. Cut green peppers into thin slices.
2. Peel cucumber and cut across into thin parts. Cut onion into thin rounds. Season with salt and pepper, add vinegar and oil (you can dissolve vinegar with some water) and cool it for 30 minutes. Serve cold.

Shrimps

Ingredients:

- 1 kilogram shrimp
- 10 grams garlic (two garlic cloves, finely minced)
- 4 tablespoons olive oil
- 10 grams raisins
- 1/2 cup strained tomato

- 1 cup fresh parsley leaves (minced)
- 5 grams salt
- pepper (to taste)
- 1/2 liter white wine
- 10 grams bread crumbs

Preparation:

1. Take a large pot and put olive oil and heat it, but not too much. Add garlic and fry just 30 seconds and then add all shrimps. Using wooden ladle mix the shrimps to cover them with oil.
2. Add wine and cook for 5 minutes until alcohol evaporates. Add tomato, salt, raisins, pepper, bread crumbs. Mix gently with the ladle, or shake the whole pot to mix all ingredients. Cover and cook for 10-20 minutes (depends how large shrimps are). At the end add parsley leaves and serve with rice or noodle.

Chicken

Ingredients:

- 1 kilogram chicken piece (breasts, back with bones and skin)
- 2 large onions, finely minced
- 10 grams lard or oil
- 3 teaspoons ground paprika
- 1/4 teaspoon chili
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon caraway seed
- 200 milliliters white wine
- 50 grams sour cream
- 300 milliliters water

Preparation:

1. Melt the lard in a pot. Add 2 large onions finely minced and sauté it until the onion is soft and transparent. Chop the chicken into small pieces (mouthful). Add chicken pieces and sauté it until the meat is white. Add wine and sauté it for 5 more minutes.
2. Then add 3 teaspoons of paprika (chili to taste), salt pepper and caraway seeds. Add water to cover the chicken. Sauté for 50 minutes or until chicken is soft.
3. At the end add 2-3 teaspoons of sour cream and cook for 2-5 more minutes. Serve with noodles or mashed potatoes, and inevitably white wine.

Liver Dumplings for Soup

Ingredients:

- 150 grams onions
- 1 garlic clove

- 300 gramsrams liver (chicken or veal)
- 150 grams breadcrumbs
- 2 cups milk
- 50 gramsrams butter
- 2 eggs
- 1 teaspoon marjoram (dried)
- 10 gramsrams parsley (fresh leaves)
- 7 grams salt
- 4 grams pepper

Preparation:

1. Cover breadcrumbs with milk and wait until breadcrumbs soaks milk. Mince garlic, onion parsley leaves and add marjoram. Sauté onion on butter until becomes translucent.
2. Mince the liver and sauté them shortly on butter with onion and garlic (just to become grey). Add eggs, parsley, marjoram, salt, pepper. Mix well all ingredients and shape them into balls approximately 1 inch in diameter.
3. Cook them in hot soup 3-5 minutes (depends on size). Be careful, soup mustn't wildly boil otherwise dumpling will disintegrate. If you want to freeze them put them on foil on hard surface making sure they don't touch each other. Freeze them completely and then put into bag. You can take them one by one and follow the above mentioned cooking procedure.

Cauliflower Soup

Ingredients:

- 700 gramsrams cauliflower
- 20 gramsrams butter
- 1 tablespoon flour
- 100 gramsrams sour cream
- salt
- pepper
- 1 tablespoon fresh parsley leaves
- 2 liters water

Preparation:

1. Clean the cauliflower from green parts and cook it in water until it is soft. In the meantime, melt the butter in a pot (you will continue to cook soup), add flour and fry it just 1 min on easy fire (make "sauce veloutè") add just a little cold water and stir gently to make a paste.
2. When the cauliflower is soft, remove it from the water, but do not throw the water out – you will need it later. Put the cauliflower in strainer and strain the cauliflower through the strainer to make a paste. Save few flowers to put them later in a soup.
3. When you strain all cauliflower, add some of the water you've been cooking in the cauliflower stir together add salt and pepper and cook for 20 more minutes. At

the end, add parsley leaves and sour cream.

Lamb or Beef Stew with Green Peas

Ingredients:

- 700 grams boneless lamb
- 250 grams onions
- 400 grams green peas (fresh)
- 200 grams potatoes
- 1 tablespoon lard (or 2 tablespoons oil)
- 2 teaspoons paprika (red, dried)
- 1/2 teaspoon thyme (dry)
- 1 cup wine (white, dry)
- 3 cups water
- 1 teaspoon salt
- 1/2 teaspoon pepper

Preparation:

1. Cut meat into 2-3 cm large pieces. Finely mince onion and put it into a pot with lard. Sauté onion until becomes soft and transparent.
2. Add meat and sauté until meat starts to release liquid. Now add paprika, thyme, salt and pepper and stir. Add wine and sauté until alcohol evaporates. Add some water and cook for about 30 minutes.
3. In the meantime peel potato and cut it into small cubes (1-2 cm). Remove green peas from shuck. Add green peas and potato into stew and cook until all ingredients become soft and liquid is reduced a bit. Serve hot with rice, noodles or potatoes.

Pepper Cookies

Ingredients:

- 450 grams flour (for cookies)
- 1 teaspoon ground black pepper
- 1 teaspoon ground cloves
- 2 teaspoons ground cinnamon
- 2 tablespoons honey (light)
- 1 egg
- 150 grams walnuts
- 150 grams sugar
- 180 grams lard
- 1 teaspoon ground nutmeg

Preparation:

1. Keep lard 20 minutes on room temperature to become soft. Put lard into flour; add sugar, triturated walnut, yolk, and honey, cinnamon, clove, nutmeg and pepper. Make crisp dough out of it. Leave the dough 1 to 2 hours in cold place.

2. Make thin (up to 5 mm) flat surface and cut cookies with your wooden mould. If you do not have one, use your mould you have for other cookies (stars, rabbits, ducks, chickens and etc.). Put them on greased surface and bake them on 200 degrees Celsius about 25 minutes. Serve with hot tea or coffee

Rice and Green Peas

Ingredients:

- 500 grams arborio rice
- 350 grams fresh green peas
- 100 grams butter
- 60 grams onions
- 30 grams fresh parsley leaves
- 30 grams salt
- 1/8 teaspoon pepper

Preparation:

1. Sauté finely minced onion on butter and when transparent add green peas and parsley leaves (it will be even better if you use baby onions).
2. Add some water and cook until green peas are almost soft (skip this if you use canned green peas, just sauté onion a bit). At the moment peas are soft; all liquid must evaporate, but be careful not to burn green peas.
3. Add some more butter and whole rice. Sauté it until rice become greasy with butter, than add water, salt and pepper. Usual measure of the manufacturer for cooking rice is 1:3 (rice: water), so do it as they say. Cook rice stirring occasionally until rice is done. Put rice in casserole pot (greased with some butter) and put it in preheated oven (180 degrees Celsius) for 15 minutes. Serve hot.

Fish

Ingredients:

- 1000 grams fish (better various fish, cod-fish, sea-bass and similar, or crabs, shrimps etc.)
- 4 tablespoons olive oil
- 3 large onions, finely minced
- 3 garlic cloves, finely minced
- 1 bay leaf
- 5 grams raisins
- 1 teaspoon vinegar
- 500 grams tomatoes (strained or 3-4 whole fresh tomatoes, very finely minced)
- 1 teaspoon salt (to taste)
- 1 teaspoon black peppercorns (or just to taste)
- 1 tablespoon fresh parsley leaves (minced)
- 1 tablespoon sugar (to taste)

Preparation:

1. For this meal you have to have large round pot with low rim. Put olive oil in a pot and sauté the onion until it is soft. Put fish in (if it is too big cut it in portions), fry very shortly. Add vinegar and cook gently for 2 more minutes.
 2. Add garlic and bay leaf. DO NOT STIR with any kind of ladle, just shake the whole pot (if you have wooden flat ladle, you may move fish a bit). Add tomato, salt, pepper, raisins and water to cover fish. Cook open for 50-60 minute on not too strong fire. Add water if evaporates too quickly. At the end add parsley leaves and some more olive oil. Serve with hard corn mush, rice, noodles or potatoes.
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Cuba



Black Beans and Rice

Ingredients:

- 1 can of black beans
- 3 cups of already cooked white rice
- 1/3 cup of sofrito casero (Blend onion, bell pepper, garlic and cilantro til puree)
- Salt and pepper to taste
- 1/2 teaspoon cumin
- 1/2 teaspoon of oregano and a drizzle of apple cider vinegar
- 1 garlic clove finely chopped
- 1 cup of beer or broth
- 1/2 can tomato sauce

Preparation:

1. In a pot, add olive oil and sautee garlic and sofrito for a minute. Add salt, pepper, cumin and oregano to sofrito and mix. Add beans and mix well. Add tomato sauce and beer or broth and mix.
2. After 5 minutes, add apple cider vinegar and stir. Add 3 cups of already cooked white rice (at room temperature) and mix well. Cook until all is absorbed (about 15 minutes) and let cooling down for 10 minutes before serving.

Havana Style Eggs

Ingredients:

- 1/4 cup Spanish olive oil
- 1 small onion, finely chopped
- 1 small green bell pepper, finely chopped
- 1 garlic clove, finely chopped
- 1 cup canned tomato, drained and chopped
- 1 tablespoon pimiento, drained and finely chopped
- 2 tablespoons dry sherry
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 8 large eggs
- 4 tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon parsley, finely chopped for garnish

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Heat oil in medium skillet over low heat until oil is fragrant. Cook onion, bell pepper and garlic in hot oil until tender, about 8 to 10 minutes, stirring frequently.
2. Add tomatoes, pimientos and sherry, and cook until thickened, about 15 minutes. Season with salt and pepper. Lightly oil 4 ramekins or au gratin dishes, and divide the sauce among them. For each ramekin, break two eggs into a sauce, and slide them on top of the tomato mixture. Drizzle with 1 tablespoon melted butter.
3. Bake at 350 degrees Fahrenheit for 12 minutes or until the whites are set and the yolks are still soft. Season with salt, pepper and chopped parsley, and serve immediately.

Roast Pork

Ingredients:

- 7 pounds fresh ham (pork leg with skin on)
- Mojo for marinating and roasting

Preparation:

1. Prepare pork leg by piercing pork with a sharp knife. Place pork leg in large pan. Pour Mojo over and around pork, cover in aluminum foil, and let sit in refrigerator overnight. You can buy premade bottled Mojo, or prepare it yourself.
2. When you are ready to cook the pork, preheat oven to 450 degrees Fahrenheit. Place the pork in a large roasting pan with all the Mojo juices. With a large spoon, pour the juices all over the pork. Place the pan in the oven and reduce the temperature to 350 degrees F. Check pork occasionally and pour Mojo on sides

over the roast pork with spoon. When the internal temperature reaches about 160 degrees Fahrenheit, remove the pork from the oven. Place pork in a large serving pan and cover with aluminum foil. Wait a few minutes to let cool down, then slice and serve.

Roasted Chicken

Ingredients:

- 2 whole chickens, cut in half
- Mojo Marinade:
 - 2 cups sour orange or lemon.
 - 4 tablespoons crushed garlic
 - 1/4 teaspoon cumin
 - 1/2 teaspoon dried oregano olive oil salt & pepper to taste

Salsa Criolla:

- 1 medium onion, diced
- 1 green pepper, cored seeded and diced
- 1 red bell pepper, cored seeded and diced
- 15 ounces can tomato sauce
- 4 cups water
- 2 tablespoon garlic powder
- 1 tablespoon dried oregano pinch of cumin powder
- 2 bay leaves
- 1 cup dry white wine
- parsley, chopped for garnish

Preparation:

1. In a mixing bowl combine the naranja agria, garlic, cumin, dried oregano, salt, pepper and olive oil. Place the chicken skin side down in a baking dish pour the marinade all over the chicken. Cover the chicken and refrigerate over night. One hour before roasting the chicken prepare the salsa criolla as follows: in a large saucepan heat the olive oil over medium heat. Add the onion, peppers and saute until the onions are translucent. Add the tomato sauce, water, garlic powder, oregano, cumin, bay leaf, and vino seco. Bring the sauce to a boil then reduce the heat to low and simmer gently for about 30 minutes, remove from heat and allow sauce to cool.
2. Preheat the oven to 350 degrees. Remove the chicken from the marinade. Place chicken skin side up in a baking dish. Remove the bay leaf from the cooled salsa criolla and pour over the chicken halves.
3. Place the chicken in the oven and roast for 45 minutes. Then remove the foil and continue roasting for another 30-40 minutes to allow the skin to brown. The chicken is done when an instant red thermometer, inserted into the thickest part of the thigh registers 175 degrees.
4. Remove the chicken from the baking dish and place on a platter. Let chicken rest for 10-15 minutes. In the meantime pour the salsa criolla from the baking

dish, through a strainer and reserve. Pour the strained sauce over the chicken, and garnish with chopped parsley. Serve with brown rice.

Pork steak

Ingredients:

- 6 pork steak (part of leg)
- 1 pinch of pepper
- 2 sour oranges
- 3 cloves of garlic
- 2 medium onions
- 3 tablespoons oil
- Salt to taste

Preparation:

1. Flatten the steaks and season with salt, pepper, crushed garlic and sour orange juice. Fry the steaks in a pan with oil over medium heat. Serve with wilted onions in its own fat with rice, noodles or potatoes.

Stuffed Potato

Ingredients:

- 6 potatoes, peeled and quartered
- 1 teaspoon salt and garlic powder
- Parsley for garnish
- 2 tablespoons Warm milk
- Picadillo (you can find recipe here)
- 2 eggs, beaten with 1 Tablespoon. Water
- 2 cups breadcrumbs
- Oil

Preparation:

1. Boil potatoes until they are fully cooked. Drain and mash the potatoes – adding the salt, garlic powder and warm milk. DO NOT ADD BUTTER
2. Let cool. Grab a handful of the mashed potatoes and make a small bowl (about the size of half a large golf ball), making an indentation in the middle. Repeat.
3. Stuff the indentations with picadillo and bring the two halves together and smooth the outside. You should have a small picadillo-stuffed potato at this point. Repeat until you run out of potatoes or picadillo
4. Beat the eggs with water until they are fluffy. Dip the rellena into the beaten egg, then roll them in the breadcrumbs mixture until lightly covered. Repeat once more
5. Cover the rellenas and refrigerate for at least 3 or 4 hours or overnight before the next step
6. Remove from the refrigerator and allow them to cool down to room temperature before frying

7. Fill a large frying pan with enough oil to cover half a ball
8. Fry each ball at least 2 minutes per side, turning once or at least until they're golden brown.

Spiced Pork Chops

Ingredients:

- 2 (5 ounces) lean boneless pork chops
- 2 limes, juice of
- ½ teaspoon ground cumin
- 2 garlic cloves , crushed
- ¼ teaspoon onion powder
- ¼ teaspoon fresh ground pepper
- ½ teaspoon olive oil

Preparation:

1. Trim excess fat from pork chops. Use a knife to cut shallow cross-hatch marks over both surface soft the chops. Mix all remaining ingredients together in a resealable bag or non-reactive container. Add the chops and place in the refrigerator. Marinate at least an hour. Grill or broil 10 minutes, turning once half way.

Chicken Fricassee

Ingredients:

- 2 pounds chicken pieces (skinned)
- 1/3 cup canola oil
- 2 garlic gloves (minced)
- 1 large onion (chopped)
- 1/2 green bell pepper (chopped)
- 1/2 cup tomato sauce
- 1/4 cup sour orange juice
- 1/2 cup dry white wine
- 1/2 pound potatoes (peeled and cubed)
- 1 teaspoon salt and black pepper
- 1/2 cup olives (pimento stuffed)
- 1/4 cup capers
- 2 teaspoons oregano
- 1 teaspoon cumin
- 1 bay leave

Preparation:

1. In a large bowl, place the garlic, salt and pepper, and sour orange juice to make the marinade. Place the pieces of chicken in the bowl, making sure to soak both sides of the chicken, and cover and refrigerate for 2 to 3 hours. For the chicken pieces, you may use a combination of thighs, wings, and breast.

2. Take the pieces of chicken out of the bowl, and using oven, lightly brown them on both sides using cooking oil, making sure not to overcook them or burn them. Place the pieces of chicken on paper towel covered dishes as they are fried. When done, add the onions, green bell pepper, and chicken pieces over medium-high heat and saute until the onions are translucent.
3. Add marinade from the bowl, along with tomato sauce, wine, potatoes, olives, oregano, cumin, capers, and bay leaves. Cover pot and reduce the heat to low and let simmer for 30 minutes, stirring occasionally. When done, the potatoes should be cooked and somewhat soft. Place in a large serving dish and serve with white rice.

Beef and Potatoes

Ingredients:

- 2 pounds top sirloin tip lean beef (cut in 2 inch cubes)
- 2 large potatoes (peeled, cubed)
- 2 tablespoons olive oil
- 3 garlic gloves (minced)
- 1 cup large onion (chopped)
- 1 cup green bell pepper (chopped)
- 16 ounces tomato sauce
- 1 small pack of frounceen green beans
- 1 cup red wine
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups water
- 2 teaspoons salt
- 1 tablespoon capers
- 1 bay leaf
- 3 tablespoons vinegar salt and black pepper

Preparation:

1. For this recipe, you will need a large saute pan or a pressure cooker. The saute pan with take longer to cook with. Prepare the beef by lightly sprinkling salt and pepper around all sides. Set aside. Heat the oil over medium-high heat in a large saute pan. Saute the bell peppers, onions for a couple of minutes until the onion is translucent. Then add the garlic, and saute for an additional 2 minutes.
2. Add the tomato sauce, cumin, oregano, salt, wine, vinegar, capers, water and bay leaf. Stir ingredients well. Add beef. Stir the beef with the ingredients, then bring to a boil. Lower heat to low, cover, and let simmer for 1 hour. Beef should be fork tender, if not continue to cook. After 1 hour, add the potatoes and green beans, and allow to cook until the potatoes are tender. Serve with white rice or noodles.

Butternut Squash Flan

Ingredients:

- 3/4 cup sugar
- 1/4 cup water
- 1 cup pumpkin puree
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon allspice
- 1/4 teaspoon ground nutmeg
- 6 eggs
- 1 cup half and half
- 1 cup whipping cream

Preparation:

1. Preheat oven to 350 degrees. In a pot bring the sugar and water to a boil – sugar and water, stirring constantly.
2. Once the sugar water is boiling allow it to boil, without stirring, until golden brown syrup
3. Place a quiche dish in the oven to warm it up
4. When it is warm, pour syrup into quiche dish - be sure coat evenly
5. Beat remaining ingredients (EXCEPT the creams) until well blended.
6. When ingredients are well blended in THEN beat in creams
7. Pour the mixture over the syrup in quiche dish
8. Place dish in shallow roasting pan with very hot water in it, make sure water doesn't overflow
9. Place roasting pan with water and flan in oven
10. Bake 75 minutes or until knife inserted center comes out clean
11. Remove dish from water; cool 15 minutes then chill in fridge 3 hours
12. Serve:
 - A. Loosen sides of flan from dish and then place a serving tray on top of flan.
 - B. CAREFULLY turn upside down, holding the serving tray in place until fully rotated.
 - C. Once it is sitting upside down, gently pull dish off and serve

Corn Stew

Ingredients:

- 4 cups fresh corn kernels
- 1 ear fresh corn, cut into 1/2 or 1 inch rounds
- 1 cup chicken stock
- 2 Teaspoon unsalted butter
- 1/2 cup sliced green onions (white and green parts)
- 1/2 teaspoon minced garlic
- 2 cups whole milk
- 1 cup heavy cream
- 3/4 teaspoon salt

- 1/2 teaspoon ground white pepper

Preparation:

1. Add the corn kernels and chicken stock to a food processor and puree until smooth or leave it with a bit of texture if you like. Add the butter to large sauce pot and place on medium heat. When the butter is melted add green onions and garlic, stir to mix, reduce heat to low and let cook gently for 1 minute.
 2. Pour in pureed corn, raise heat to high and let come to a boil. Once the pot comes to a boil, reduce heat to low and let simmer for 15 minutes with pot covered. Add milk, cream, salt and pepper to taste along with cut corn rounds. Stir to mix, raise heat to high, cover pot partially and let cook for 10 - 15 minutes or until the soup has thickened. Serve garnished with your choice of croutons, green onions or parsley.
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Curacao



Plantain Soup

Ingredients:

- 1/3 plantain
- 1 lime wedge
- 1/2 potato
- 1/4 onion
- 1 cinnamon stick
- 1 large sweet potato
- 1 tablespoon of margarine
- pepper and salt to taste
- 1/4 pound of cubed corned beef

- 1/4 pound of cubed goat or beef
- 1/2 teaspoon of brown sugar

Preparation:

1. If the corn beef is salted, soak in water for at least 1 hour. Pour off the excess water. Rub goat meat with lime then rinse with the running water; braise it in the margarine.
2. Next add the corned beef, then cover with water and simmer for about one hour. Chop the potatoe, plantain and onion, then add to the meat. Finally, simmer for about 20 minutes. Add cinnamon, sugar, pepper and salt to taste.

Carrot Cake

Ingredients:

- 1/4 cup of oil
- 2 cups of flour
- 1 cup of raisins
- 2 cups of sugar
- 1/2 cup plain yogurt
- 1/2 teaspoon of salt
- 1/4 cup of warm water
- 1/2 teaspoon of nutmeg
- 1/2 teaspoon of cloves
- 2 teaspoons of cinnamon
- 2 cups grated raw carrots
- 2 teaspoons of baking soda

Preparation:

1. Mix baking soda with water and set aside.
2. In a large bowl mix in the carrots along with the yogurt. Stir in sugar, oil with the spices. Add flour, blend, then pour in baking soda mixture and raisins. Bake in a greased and floured pan at 325 degrees Fahrenheit for about 1 hour.

Corn meal mush

Ingredients:

- 1 cup of corn meal
- 1 teaspoon of salt
- 1/2 cup of boiling water
- 1 1/2 cups of cold water
- 1 tablespoon margarine or butter

Preparation:

1. In a heavy sauce pan, mix together the cold water with corn-meal and the salt. Add boiling water, margarine or butter then stir. Next bring the mixture to a boil then cook for about 3 minutes Continue for another 3 minutes while stirring with a wooden spoon.

2. The mixture is done when it pulls away from the sides of the pan and it is stiff in texture. Remove right away from the heat and serve.

Chicken with rice

Ingredients:

- lime juice
- 3 minced garlic
- 1 teaspoon of cumin
- 2 tablespoons of oil
- 1 chopped large tomato
- 1 tablespoon of parley
- 1 small can of pimento
- 2 chopped sweet peppers
- 1 diced stalk of celery
- 3 chicken bouillon cubes
- sliver of hot pepper or
- 1/4 teaspoon of turmeric
- 2 cups of long grain rice
- salt and pepper to taste
- 3-1/2 pounds of chicken parts
- 1 finely chopped large onion
- one 16 ounces can of sweet peas
- 1/2 cup of stuffed chopped olives
- 1 tablespoon of worcestershire sauce
- 2 to 3 tablespoons of tomato paste

Preparation:

1. Remove the fat from the chicken then cut into pieces, wash well with lime juice and season with salt and pepper. Now add the onion, sweet peppers the garlic, celery, parsley with the hot pepper and let it stand for about an hour or so.
2. Saute chicken with vegetables in oil until golden brown, add tomato, then tomatoe paste, Worcestershire sauce and cumin. Gradually add 1/2 cup of water with 1 bouillon cube dissolved in it and let simmer until chicken is almost done.
3. Remove chicken from the gravy, debone and set aside, saute rice in a little bit of chicken gravy until it is well coated. Add boiling water and 2 bouillon cubes along with turmeric to make 3 1/2 cups add rice and bring to a boil over high fire.
4. Reduce the heat and simmer until most of the water has been absorbed. Mix in chicken chunks, stuffed olives and simmer on a very low flame for at least 15 minutes longer. Next just before serving, add drained peas then decorate with the pimentos.

Curried peanut chicken

Ingredients:

- 1/4 cup of oil

- 1/4 cup of water
- 2 teaspoons of salt
- 1 large sliced onion
- 1 large tomato skinned and sliced
- 1 large green pepper cut into strips
- 3 teaspoons curry powder or to taste
- 2 small frying chickens cut into serving pieces or 3 pounds of chicken parts.
- 1/4 cup crunchy peanut butter

Preparation:

1. First add the chicken pieces right into the hot oil and brown. Stir the curry powder and salt in the drippings then cook, stirring for at least 1 minute. Add onion, pepper along with the tomatoe, cover then simmer for 5 minutes.
2. Add chicken pieces, cover. Simmer for 30 minutes or till its tender. At serving time remove the chicken pieces and place in a dish or over the rice if desired, and keep warm. Use the water to blend the peanut butter and stir into the gravy.
3. Now heat to boiling while stirring constantly. Spoon enough sauce over chicken to moisten then serve with remainder separately.

Meat loaf with eggs

Ingredients:

- 1 egg
- 2 teaspoons of cumin
- 1/2 teaspoon of salt
- 4 eggs (hard-boiled)
- 1/8 teaspoon of pepper
- 3 tablespoons of water
- 1 pound of ground meat
- oil for frying
- 4 tablespoons of bread crumbs
- 2 tablespoons of tomato paste

Preparation:

1. First mix the ground meat, bread crumbs, raw egg along with the cumin pepper and salt. Line a loaf pan with 1/2 of meat mixture. Use the remaining meat to cover.
2. Next in a bowl add the water and tomato paste and blend together. Pour on top of the meat loaf. Bake in a preheated 350 degrees Fahrenheit oven for about 1 hour. Now divide the meat mixture into 4 balls. Inside each of the balls add 1 boiled egg and with wet hands form the egg. Finally, fry each of the balls in the hot oil, when its brown, place the balls in a covered pan with tomato paste mixed with water. Cook until the meat is done. Chill in the refrigerator, slice and serve.

Beef stew

Ingredients:***limes:***

- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- Salt and pepper to taste
- 1/2 teaspoon of nutmeg
- 1 tablespoon Lea and Perrins sauce
- 1 tablespoon Maggi
- dash of tobasco or a sliver of hot pepper
- 1 sliced green pepper
- 1 sliced stalk of celery
- 1 sliced medium onion
- 1 1/2 cups of canned tomatoes
- 1 1/2 pound of cubed beef
- oil for frying
- 4 tablespoons of margarine

Preparation:

1. Use the limes to wash the meat and season with the next 7 ingredients marinate for a few hours. Next add the celery, green pepper, onion and tomatoes and saute in the hot oil.
2. Remove and brown the meat. Add the vegetables and let simmer uncovered until meat is tender.

Cake

Ingredients:

- 1 cup of milk
- 1/4 cup of brandy
- 2 cups of sugar
- 1/2 cup of butter
- 4 cups of flour
- 1/2 cup of raisins
- 1/4 teaspoon of salt
- 1/2 teaspoon of nutmeg
- 1/2 cup of glazed fruit
- 2 teaspoons of cinnamon
- 5 eggs, slightly beaten
- 3 teaspoons of baking powder

Preparation:

1. Dissolve the sugar in milk, add butter and beat. Add the eggs and beat until its wellincorporated. Add flour with baking powder along with salt and spices. Lastly blend in the fruit and brandy. Bake in a tube form pan at 350 degrees Fahrenheit for 45 minutes to 1 hour.



Cyprus



Pizza with Rapini and Italian Sausage

Ingredients:

- 1/2 pizza dough recipe
- 1 cup of jarred tomato pasta (sauce)
- 1 clove of garlic, minced
- 1/4 teaspoon ground pepper
- 1 teaspoon dried oregano
- 2 cups grated mouncezzarella cheese
- 3 cups of rapini
- 3 cloves of garlic, smashed
- 1 spicy Italian sausage
- all-purpose flour
- corn meal
- pizza paddle
- pizza stone
- pizza cutter

Preparation:

1. To make the dough, add the water, olive oil, sugar, yeast into a medium size bowl and allow the yeast about 5-6 minutes to activate. Add the salt and flour and knead with your hands until a smooth ball of dough is formed. Drizzle with olive oil and cover with plastic wrap. Place in a warm spot in your kitchen and allow to double in size (about 90 minutes).
2. Place a medium sized pot of water on your stovetop and bring up to a boil. Add a tablespoon of salt and once boil, add your garlic and rapini and blanche for about 4 minutes. Remove from a strainer and run under cold water until cooled, then drain. Place in a bowl with a drizzle of olive oil and mash the garlic, toss and

reserve.

3. Once your dough has doubled in size, sprinkle some flour on your pizza paddle roll out the dough into your pizza shape. Lift the underside of the dough and sprinkle cornmeal underneath so that you'll be able to slide your pizza on your pre-heated pizza stone. Pre-heat your oven to 450F, place the pizza stone on the rack set to middle position and add the minced garlic, black pepper and oregano to your sauce and mix. Spread the sauce on your pizza dough then top with mozzarella and spread the reserved rapini over the cheese.

4. Slice open the casing of your sausage and remove the meat (discard the casing). Roll the meat into little meatballs and scatter over your pizza. Once your oven has hit 450 degrees Fahrenheit, slide your pizza on the hot pizza stone and bake for approx 10 minutes or until the cheese has melted and the outer crust has just browned. Carefully remove from the oven and allow cooling down for a couple of minutes before slicing.

Meatball Soup

Ingredients:

- 500 grams minced meat
- 1 garlic clove, finely chopped
- 1 tablespoon onion, finely chopped
- 1 egg
- 1 teaspoon parsley, chopped
- 75 grams rice
- 70 grams plain flour
- 1.5 liter chicken broth
- 2 egg yolks
- juice of 2 lemons
- salt, to taste

Preparation:

1. Combine the minced meat in a bowl with the garlic, onion, egg, parsley and half the rice. Knead well to combine then form into about 30 small balls. Sprinkle these with the flour. Pour the broth into a pan and bring to a boil. Add the meatballs and the remaining rice. Bring to a simmer and cook for 30 minutes, or until the rice is tender and the meatballs are done through.

2. Beat the egg yolks and lemon juice in a bowl. Whilst whisking constantly gradually work in 400 milliliters of the broth from the soup. Keep beating after the broth is added then gradually pour this mixture back into the soup, stirring all the while. Heat the soup gently until thickened (do not boil) then ladle into warmed bowls and serve. Each serving should have 4 or 5 meatballs.

Grilled Pork Cutlets

Ingredients:

- 1 kilograms beef, cut into small cubes

- 1.5 kilograms very small onions, peeled but kept whole
- 250 milliliters oil
- 4 garlic cloves, finely chopped
- 3 bay leaves
- 10 black peppercorns
- 1 small piece of cinnamon
- 120 milliliters vinegar
- 500 gramsrams grated tomatoes
- salt, to taste

Preparation:

1. Heat the oil in the base of a flame-proof casserole. Add the whole onions and fry until lightly browned. Remove with a slotted spoon and set aside. Add the garlic to the casserole and cook until soft then add the beef and fry until nicely browned. Add the vinegar and bring to a boil then stir in the tomatoes, salt, black pepper, bay leaves, cinnamon and 500 milliliters hot water. Stir the mixture and cook, covered, over low heat for about 90 minutes. Add the onions and stir to combine. Bring back to a simmer and cook for 30 minutes more.

Beef and Tomato Pot Roast

Ingredients:

- 1 kilograms topside of beef
- 150 milliliters brandy
- 4 large tomatoes, blanched and peeled
- 750 milliliters beef stock
- 250 milliliters cooking oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a pan, add the meat and fry to brown on all sides. Remove the excess oil from the pan then cut the tomatoes into quarter and add to the pan.
 2. Pour over the brandy and cover the pan. Cook for 4 minutes then pour in the stock and season to taste with salt and black pepper. Re-cover the pan and cook for 90 minutes more, or until the beef is tender.
 3. Remove the beef from the pan and carve. Arrange the meat on a warmed serving platter and spoon over the sauce. Serve hot with rice or noodles.

Veal with Vegetables

Ingredients:

- 1.5 kilograms veal shoulder
- 100 gramsrams carrots, cut into 1cm cubes
- 100 gramsrams green beans, finely chopped
- 150 gramsrams ripe tomatoes, finely chopped
- 1 tablespoon tomato purée

- 1 teaspoon parsley, finely chopped
- 500 milliliters hot water
- 500 gramsrams potatoes, cut into 5cm cubes
- 50 gramsrams onions, chopped
- 120 milliliters corn oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the veal into 5cm cubes. Heat the oil in a saucepan, add the onions and sauté until tender but not coloured (about 4 minutes). Add the veal and fry until browned all over, then add the water and season to taste. Bring to a boil, reduce to a simmer, cover and cook for 2 hours.
2. Add the tomatoes, carrots, green beans, potatoes and parsley. Continue cooking for 30 minutes more, or until the veal is tender.
3. Dissolve the tomato purée in 120 milliliters hot water and pour into the pan. Cook for 30 minutes more or until the sauce has thickened. Serve hot.

Meat and Wheat Porridge

Ingredients:

- 2.5 kilograms meat (veal or lamb, pork or chicken or a mix)
- 3 kilograms bulgur (cracked) wheat

Preparation:

1. Wash the meat thoroughly so that all traces of blood are removed then cut into small pieces (leave the tail whole if using). Sit the meat in the base of a deep stock pot. Wash the cracked wheat and pour over the meat. Pour in water so that it almost fills the entire pot (leave a 2cm space at the top).
2. Place over very low heat and cook gently the whole day, topping-up the water as needed. Cook for at least 6 hours. After this time, mix the ingredients to break down the wheat. Increase the heat slightly and allow to thickening to the consistency of porridge. Add salt to taste then take off the heat and cover the pan with a tight-fitting lid. Set aside until cold then serve.

Baked Lamb with Rice

Ingredients:

- 1 kilograms boneless lamb
- 350 gramsrams rice
- 2 teaspoon ground cumin
- 5 tomatoes, chopped
- 3 potatoes, cut into very thin slices
- 3 onions, chopped
- salt and freshly-ground black pepper, to taste
- 3 tablespoons butter

Preparation:

1. Place the lamb bones in the base of a large earthenware casserole dish. Arrange 1/3 of the meat on top. Sprinkle with 1/3 of the cumin then add 1/3 of the tomatoes and onion. Season with salt and scatter over 1/3 of the rice. Repeat this layering twice more, until all the meat, rice, tomato and onion has been added.
2. Cover the top of the dish with the potato slices and season lightly. Dot with the butter then pour in enough water to just cover. Transfer to an oven pre-heated to 170 degrees Celsius and bake for about 120 minutes, or until the rice and meat is cooked and the potatoes are golden brown and cooked through. Serve hot.

Moist Coconut Cake

Ingredients:

Cake:

- 115 grams unsalted butter
- 2 tablespoons lard
- 200 gramsrams sugar
- 6 eggs, separated
- 210 gramsrams plain flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 120 milliliters milk
- 220 gramsrams desiccated coconut

Syrup:

- 600 gramsrams sugar
- 1 liter water
- 6 tablespoons lemon juice

Preparation:

1. Cream together the butter, lard and sugar until pale and creamy. Add the egg yolks, one at a time, beating thoroughly to combine after each addition.
2. Sift together the flour, baking powder and salt then stir in the coconut. Add the dry ingredients to the butter and egg mix, alternating with the milk. Mix until combined.
3. Add the egg yolks to a clean and dry bowl and beat until stiff. Fold carefully into the batter then carefully pour into a buttered and floured cake tin (about 22 x 33cm). Transfer to an oven pre-heated to 170°C and bake for 40 minutes, or until the cake is cooked through and the top is golden brown (a skewer inserted into the centre of the cake should emerge cleanly).
4. Whilst the cake is baking, prepare the syrup. Combine the sugar and water in a pan. Bring to a boil then stir in the lemon juice and reduce to a simmer. Continue cooking for 15 minutes. When the cake is done, remove from the oven and turn out onto a board. Allow to cool. With the cake still warm, slice then arrange on a plate. Pour the hot syrup over the still-warm cake and serve.

Beef Stifado

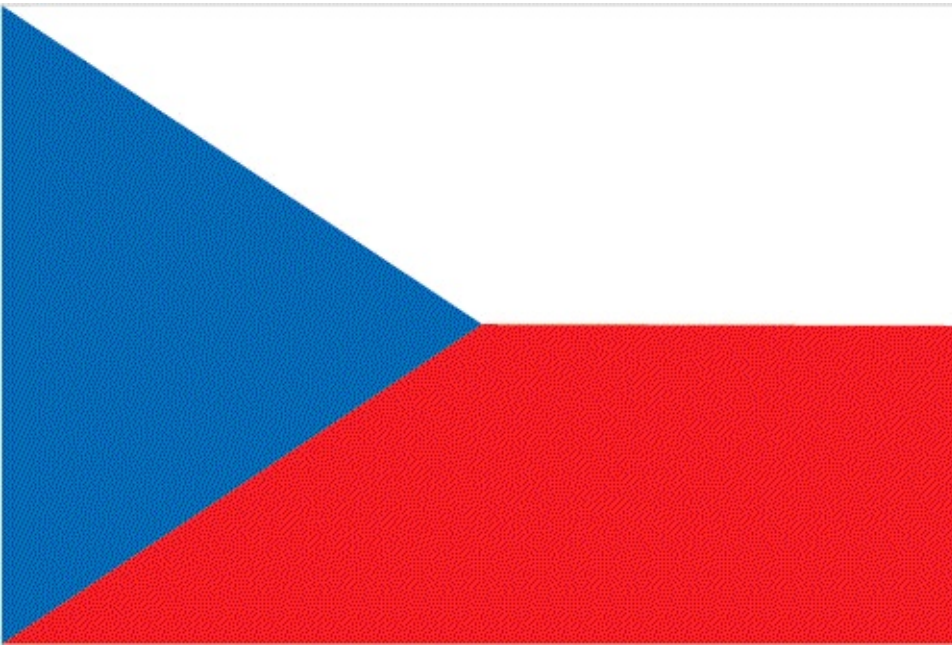
Ingredients:

- 4 tablespoons olive oil
- 1 small sprig of rosemary
- 1 kilogram tender beef, cut into large cubes
- 900 milliliters water
- 2 tablespoons tomato puree
- salt and black pepper
- 3 tablespoons red wine vinegar
- 6 tablespoons vegetable oil
- 700 grams small onions (the pickling size), peeled and left whole
- 1 small glass red wine
- 5 cm cinnamon stick
- 1 teaspoon demerara sugar
- 5 grains allspice

Preparation:

1. Preheat oven to 160 degrees Celsius. Heat the olive oil in a large saucepan and brown the meat in it. It will produce a lot of moisture but persevere until it has all evaporated and the meat starts to turn golden. Slowly pour the vinegar over it, and when the steam subsides, add the wine. Then add all the remaining ingredients except the vegetable oil, onions and sugar, cover and cook slowly for 1 hour or until the meat is almost tender.
2. Heat the vegetable oil in a frying pan and add as many onions in one layer as it will take. Sautee them gently for about 15 minutes, shaking and turning them over until they brown lightly. Lift them out with a slotted spoon and spread them over the meat, distributing them evenly. Repeat until all the onions are done.
3. Sprinkle the sugar over the onions, cover and cook very gently for 30 minutes, until the onions are soft but not disintegrating. Do not stir once the onions have been added, but rotate the saucepan occasionally to coat them in the sauce.

Czech Republic



Beef in Ginger Sauce

Ingredients:

- 2 pounds shoulder of beef
- 1 onion, finely chopped
- 2 ounces fat bacon
- 2 ounces dripping
- Salt
- 2 slices of black bread
- 1 teaspoon ground ginger

Preparation:

1. Wash the meat, beat well and lard with strips of bacon, then sprinkle with the salt and ginger. Fry the onion in the dripping, add the meat and quickly fry all over. Now add a little water and the dry bread, which will break up in the sauce and thus thicken it; simmer until the meat is tender. Sieve the sauce and pour over the meat. Serve with dumplings or boiled rice.

Fried Veal

Ingredients:

- 4 slices of veal fillet
- 2 ounces ham, chopped
- Salt
- 1 tablespoon flour
- 1 egg
- 1 tablespoon milk
- 2 ounces butter
- 1 teaspoon fine breadcrumbs
- Green peas

- 4 ounces fat for frying

Preparation:

1. Trim the meat beat lightly and season with salt.
2. Scramble the egg in a pan with the butter, peas and ham.
3. Spread a little of the mixture on each piece of veal, fold the meat in half and secure with a small skewer.
4. Carefully dip the meat in flour, milk and breadcrumbs and fry in the hot fat.

Roast Pork

Ingredients:

- Loin of pork
- Caraway seeds
- Salt

Preparation:

1. Prepare a loin of pork, wiping it all over; sprinkle with caraway seeds and a little salt and roast in the usual way, basting it thoroughly with the fat. Serve with dumplings and cabbage.

Steaks in Caper Sauce

Ingredients:

- 1 pound of steak cut into 4 pieces
- 2 ounces bacon
- 1 onion, chopped
- Salt and pepper
- 2 tablespoons French mustard
- Flour
- 2 tablespoons capers
- 1 ounce lard
- ¼ pint sour cream

Preparation:

1. Wipe the steaks, remove all fat, snip the edges to prevent their curling and beat lightly.
2. Season with salt and pepper and sprinkle with flour.
3. Heat the lard and fry the bacon and onion, then add the meat and fry quickly on both sides.
4. Add the mustard, capers and a little water, cover and simmer till tender.
5. Take the meat out of the sauce and allow the latter to brown, then add the cream mixed with 1 tablespoon flour, bring to the boil and cook until thickened.
6. Return the steaks to sauce and serve with dumplings or potatoes.

Potato Soup

Ingredients:

- 3/4 Pound Potatoes - cubed
- 4 Cups Broth
- Salt And Pepper - to taste
- 1 Teaspoon Caraway Seed
- 1 Medium Bay Leaf
- 1 Small Onion - finely chopped
- 8 Ounces Mushrooms – sliced
- 1/4 Cup Flour
- 2 Cups Sour Cream
- 4 Medium Eggs
- Dill - to taste
- 1/3 Cup White Vinegar

Preparation:

1. Cover the potatoes with broth. Add caraway, bay leaf and onion. Bring to a boil and simmer until potatoes are done. Add mushrooms that have been Sautee.
2. Mix flour and sour cream and stir into the soup. Boil eggs in water with vinegar. Chop and add to soup. Sprinkle with dill and serve.

Rice and Mushrooms

Ingredients:

- 1 Onion – diced
- 2 Ounces Margarine
- 8 Ounces Mushrooms – sliced
- 1 Cup Rice – uncooked
- 2 Cups Stock
- Salt And Pepper - to taste

Preparation:

1. Sautee onion in the margarine. Add mushrooms and rice. Cover with stock and season to taste with salt and pepper. Bake at 350 degrees Fahrenheit. Covered for 20 to 30 minutes or until rice is done.

Pork Goulash with Sauerkraut

Ingredients:

- 1 Pound Pork – cubed
- Salt And Pepper - to taste
- Caraway Seed - to taste
- 2 Tablespoons Olive Oil
- 1 Large Onion - finely chopped
- 2 Cups Stock
- 14 Ounces Sauerkraut
- 1/2 Cup Sour Cream

- 4 Tablespoons Flour
- 1 Tablespoon Paprika
- 2 Cloves Garlic - finely chopped

Preparation:

1. Season meat with salt, pepper and caraway. Sautee onion in oil until well browned, add meat and fry until well browned. Add stock and simmer for 10 minutes. Add sauerkraut and simmer for 5 minutes.

2. Make a roux using the flour and a bit more oil. Dilute with cream, whisk well and bring to just short of a boil. Add paprika and stir. Add cream mixture to pork. Sprinkle with raw garlic and serve.

Onion Soup with Cheese

Ingredients:

- 1 Pound Onion – sliced
- 1 Teaspoon Olive Oil
- Salt And Pepper - to taste
- 6 Cups Vegetable Broth
- 1 Ounce Butter
- 1/4 Cup Flour
- 2/3 Cup Grated Cheese - any kind

Preparation:

1. Fry onion in oil until brown. Cover with broth, season with salt and pepper. Bring to a boil and simmer for 30 minutes. Prepare a light roux from the butter and flour.

2. Add soup to flour mixture. Simmer for 30 minutes. Flavor with more salt and pepper and top with cheese.

Chicken Bacska Style

Ingredients:

- 3 Slices Bacon – chopped
- 2 Medium Onion – chopped
- 1 Tablespoon Paprika
- 2 Pounds Chicken Breast – cubed
- Salt And Pepper - to taste
- 1 Cup Chicken Broth
- 1 Tablespoon Olive Oil
- 1 Cup Rice – raw
- 2 Medium Green Pepper – chopped
- 4 Medium Tomato – chopped
- 1 Cup Water
- 1 Tablespoon Parsley – chopped

Preparation:

1. Sautee bacon and onion until brown. add paprika, chicken, salt and pepper. Sautee chicken for 1 minute on each side. add broth, boil and simmer for 25 minutes. in another saucepan, saute rice in olive oil for 3 minutes. add peppers tomatoes, water and chicken mixture.
2. Cover and place inside 375 degree oven for 20 minutes or until rice is done. garnish with parsley

Bean Goulash with Beef

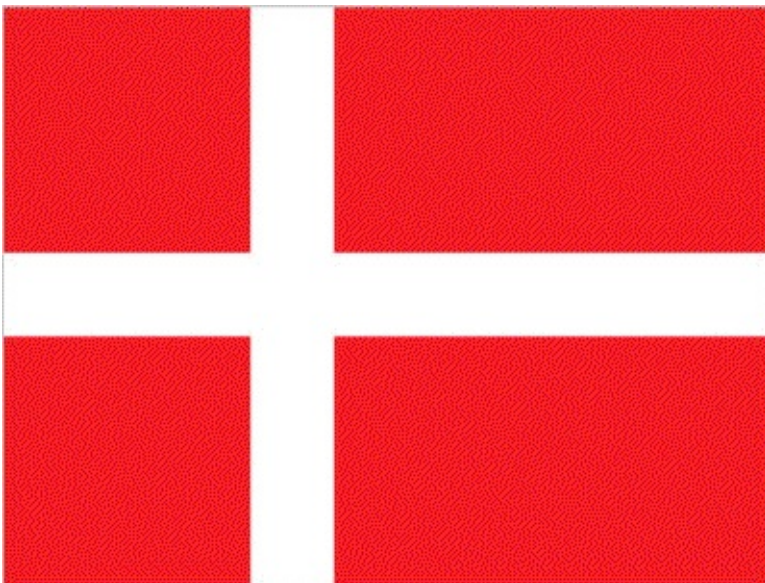
Ingredients:

- 1 Can Beans - any kind
- Salt And Pepper - to taste
- 2 Tablespoons Olive Oil
- 12 Ounces Beef
- 1/3 Cup Flour
- 2 Tablespoons Tomato Puree
- 1 Tablespoon Paprika

Preparation:

1. Fry the onion in oil. Add meat, salt and pepper. Saute until well browned. Add 2 cups water. Bring to a boil and simmer for 30 minutes. Dust with flour and add more water if necessary to make a thick broth.
2. Add beans, tomato puree and paprika. Serve with bread, rice or noodles.

Denmark



Meat Balls with Red Cabbage

Ingredients:

- 1 pound meat without bones (e.g., pork and ½ pound and ½ pound veal or beef)

- 4 ounces plain flour
- Pepper
- Chopped onion or onion juice
- 1½ teaspoons salt
- Mashed potato (optional)
- 1 egg
- Lard for frying
- ½ pint milk

Preparation:

1. Wash the meat, remove the sinews and cut the meat into small pieces; mince it 2 or 3 times, adding the salt. Whip the egg and milk together and stir into the flour, then add gradually to the minced meat. Finally add more salt, if necessary, a pinch of pepper and a little chopped onion, or onion juice to taste.
2. If desired, add boiled mashed potato, in the proportion of 1 part potato to 2 parts meat: the mixture should be fairly thick. Heat the fat in a frying pan and spoon in the mixture in large balls. Cook them on all sides, until light brown and cooked through. Serve with red cabbage.

Pork Tenderloin

Ingredients:

- Pork
- Water
- Butter
- Demerara sugar
- Orange
- Red wine
- Flour

Preparation:

1. Place the tenderloin or fillet in a saucepan with cold water to cover. Bring to the boil, lower the heat and simmer for 20 minutes; remove the meat from the water and dry it. Put several knobs of butter in the bottom of a meat pan, put the tenderloin in the middle and spread a thick layer of Demerara sugar over it. Dot with 3 knobs of butter, place 4 thin slices of raw orange (unpeeled) on top, and then pour a little red wine into the pan. Place in a moderately hot oven (425°F) for 10-15 minutes, till the glazing is a pleasant brown.
2. Make thick gravy to serve with the meat, using the stock from the meat, flour, gravy browning and some of the red wine left in the pan. Serve with a variety of plain boiled vegetables, young carrots, whole cauliflower (Danes remove all the green and serve only the white), small white potatoes and sugar-browned potatoes. Arrange all on a large dish, with the thickly sliced meat in the center. Sprinkle the cauliflower and carrots with chopped parsley.

Sautee Flounder with Shrimp

Ingredients:

- 4 fillets of flounder, ½ pound each
- Salt
- Flour
- ½ cup dried bread crumbs
- 2 eggs
- 2 tablespoons water
- 8 tablespoons (1 quarter-pound stick) butter
- 2 tablespoons vegetable oil
- ½ pound small cooked shrimp, peeled and deveined
- Lemon wedges

Preparation:

1. Rinse the fish in cold water and dry with paper towels. Salt lightly, dip in flour and shake off any excess. Spread the bread crumbs on wax paper. In mixing bowl, beat the eggs together with the 2 tablespoons of water, then dip each fillet into the egg mixture and coat each side thoroughly with the bread crumbs. Let them rest for at least 10 minutes before cooking. Heat 2 tablespoons of butter and 2 tablespoons of oil in a heavy 10 to 12 inches skillet over moderate heat, when the foam subsides, sautee the fillets for 3 to 4 minutes on each side, turning them with a spatula.
2. When golden brown, transfer the fillets to a heated platter. In a separate pan, melt 2 tablespoons of butter over moderate heat. Add the shrimp and toss them in the butter for 2 to 3 minutes until well coated. Place a line of the shrimp down the center of each fillet. Melt the remaining butter over low heat until it turns a rich, nutty brown, pour over the fish fillets, and garnish with lemon wedges. If you prefer, serve with a parsley sauce in place of the shrimp and brown butter.

Roast Pork with Apples And Prunes

Ingredients:

- 6 pounds loin of pork
- 1 quart peeled and cored apples cut into ¼ inch slices
- 2 teaspoons salt
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 1 cup water
- 1 cup prunes, stoned

Preparation:

1. Partially separate the meat from the ribs of the pork loin, using a sharp knife. Mix the salt, sugar and pepper and sprinkle some on all cut surfaces of the pork, then stuff it with the apple slices and prunes; tie securely and sprinkle the outside with the remaining seasonings. Stand the joint on the rib ends in a shallow baking tin and roast for 1 hour in a moderate oven (350 degrees Fahrenheit), then pour on the water and roast for 1½ hours longer or till the meat is very tender, basting it

often. Put it on a large hot dish and keep warm.

2. Make brown gravy with the juices in the tin, after pouring off some of the fat; include 1 cup single cream and 1 tablespoon red-currant jelly.

Roast Duck Stuffed with Apples and Prunes

Ingredients:

- 1 duck
- 4 ounces prunes
- ½ pound cooking apples
- Salt and pepper
- ¾ pint giblet stock
- ½ ounces butter
- ½ ounces flour

Preparation:

1. Put the giblets into a pan with 1 pint water and simmer for 1 hour. Wash and stone the prunes and cut each into 4; peel the apples and cut into quarters. Wash the duck well and dry with a clean cloth, then rub inside and outside with salt and pepper. Fill the inside with the prunes and apples, using enough to fill the duck completely, and sew up with string.

2. Truss in the usual way, place in a tin without any fat, and cook in a hot oven at 450 degrees Fahrenheit for 20 minutes. Take ¾ pint giblet stock and baste the duck, repeating every ¼ hour during the cooking. Reduce the heat to moderate (350°F) when basting is commenced and roast in all for about 1½ hours. Remove the strings and keep the duck hot while making gravy. Serve with sweet browned potatoes.

3. Pour the stock from the roasting tin into a basin and carefully skim off all the fat from the top. Melt the butter in the roasting tin, mix in the flour and add the stock; bring to the boil, stirring well, and add some seasoning, also browning if necessary.

Braised Chicken with Parsley

Ingredients:

- 3½ pounds roasting chicken
- 1 tablespoon salt
- 8 tablespoons (1 quarter-pound stick) butter, softened
- Large bunch of parsley
- 2 tablespoons butter
- ¼ cup vegetable oil
- ½ cup water
- 1 cup heavy cream

Preparation:

1. Pat the chicken dry with paper towels, then rub it thoroughly inside and out with

salt. Cream the $\frac{1}{4}$ pound of butter by using an electric mixer set at medium speed or by beating it vigorously against the side of a bowl with a wooden spoon. With a pastry brush or your fingers, spread it inside the chicken. Then stuff the chicken with the entire bunch of parsley, and truss it so that it will hold its shape while cooking.

2. Preheat the oven to 325°F. Heat the 2 tablespoons of butter and the oil over moderate heat on top of the stove in a heavy flameproof casserole or a roasting pan just large enough to hold the chicken comfortably, and put the chicken in breast side down. After about 5 minutes, turn the bird on its side, holding it with two large wooden spoons or a kitchen towel to avoid breaking the skin. In another 5 to 10 minutes, when this side is sufficiently browned, turn the chicken on its other side, then finally on its back for 5 minutes or so. The browning of the chicken should take about 20 minutes in all.

3. Transfer the chicken to a platter and pour off all but about 1 tablespoon of fat from the casserole. In its place, add $\frac{1}{2}$ cup of water and bring it to a boil, stirring vigorously to scrape up any browned bits clinging to the pan. Return the chicken to the casserole, breast side up, cover it tightly and place the casserole in the oven to braise for about 1 hour. To test, lift the chicken upright out of the pan with a wooden spoon inserted in the tail opening. If the juice that runs out is yellow, the chicken is done; if still somewhat pink, braise the chicken another 5 to 10 minutes.

4. Place the chicken on a carving board and let it rest for 5 minutes or so while you make the sauce. Skim and discard the fat from the pan juices, add the cream and bring to a boil, stirring rapidly and scraping up any browned bits in the bottom and sides of the pan. Boil the sauce briskly for several minutes, until the cream has reduced and the sauce thickens. Taste for seasoning, add more salt if needed, and pour the sauce into a heated sauceboat. Boiled new potatoes and cucumber salad are often served with rice, noodles or potatoes.

Beer Bread Soup

Ingredients:

- 10 ounces rye bread
- 2 pint bottled pale ale
- $\frac{1}{4}$ pint water
- Lemon peel
- Cream

Preparation:

1. Cut rye bread into dice and soak for 12 hours in a mixture of 1 pint bottled pale ale and $\frac{1}{4}$ pint water, then put in a saucepan and simmer for about 20 minutes. Sieve the mixture, put back into the saucepan, stir in another 1 pint bottle of pale ale and simmer very gently until hot and well blended. Sweeten to taste and add lemon peel to flavor. Serve with thick cream.

Rice and Almond Dessert

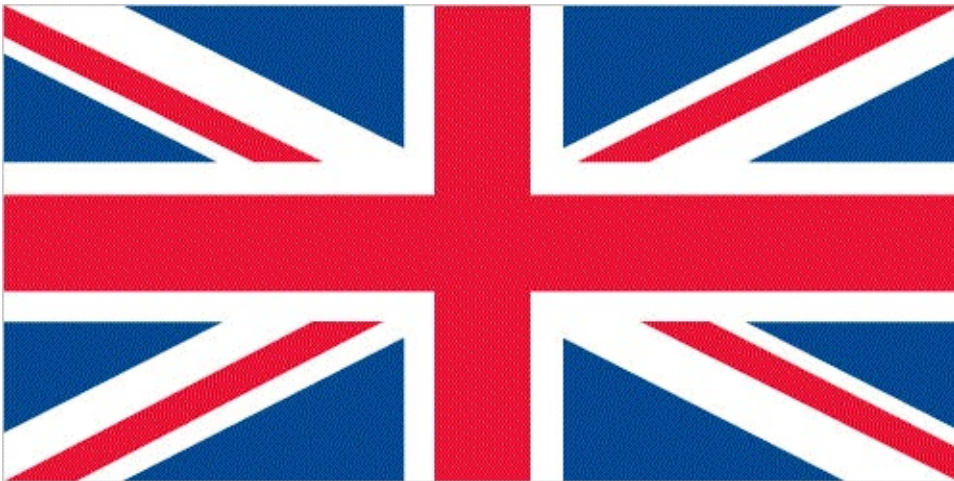
Ingredients:

- 1 quart milk
- 3½ tablespoons sugar
- ¾ cup long-grain white rice
- ¾ cup blanched and chopped almonds
- ¼ cup sherry
- 2 teaspoons vanilla
- ½ pint chilled heavy cream

Preparation:

1. Bring the milk to a boil in a 2-quart saucepan and add the sugar and rice. Stir once or twice, then lower the heat and simmer uncovered about 25 minutes, or until the rice is quite soft but not mushy. Cooking time for rice varies, but a sure test is to rub a grain between the thumb and forefinger; if there is no hard kernel in the center, the rice is done. Pour the finished rice immediately into a shallow bowl to cool it quickly, and then add the chopped almonds, sherry and vanilla.
2. Whip the heavy cream in a chilled bowl with a wire whisk or hand or electric beater until it thickens and holds its shape softly. Fold it into the tepid rice mixture, turn the pudding into a serving dish and chill before serving. A cold cherry or raspberry sauce or a spoonful of cherry liqueur is often served on top of this modern version of an ancient Christmas porridge.

Dhekelia



Pita Bread

Ingredients:

- 4 cups bread flour
- 1 teaspoon active dry yeast
- 1 1/2 cups lukewarm water
- ¾ teaspoon salt
- 2 tablespoons olive oil

Preparation:

1. Mix all the dry ingredients together. Slowly add the water until you get a smooth dough (it should not be sticky). Cover the bowl with a clean towel and let rise in a warm spot. When the dough has doubled in volume, punch down and then divide into 10 pieces. Shape the pieces into balls and cover for another 10 minutes or so. Bake in a preheated oven at 350 degrees on an greased baking sheet until golden. (15 to 20 minutes)

Tahini

Ingredients:

- 5 tablespoons tahini
- 1/2 cup lemon juice
- 1 or 2 cloves garlic
- 1/2 teaspoon salt
- 1/2 cup lukewarm water
- 3 tablespoons olive oil
- 1 tablespoon cilantro
- Pinch freshly ground black pepper

Preparation:

1. You may need to warm up the tahini in order to get a uniform paste, which is what you want. Add the tahini to a food processor with the garlic, lemon juice and salt. Pulse until you get a thick cream, gradually adding the water and olive oil (I left out the water and I thought the texture was perfect). Garnish with the cilantro.

Fish and Chips

Ingredients:

Fish:

- 18 ounces cod
- 1 1/8 cup plain flour
- 1 cup lager beer
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon mild curry powder
- 3/4 cup flour
- 1 teaspoon old bay seasoning

Tartar sauce:

- 1/4 cup mayonnaise
- Juice of 1/2 lemon
- 1 teaspoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, crushed
- 1 shallot, diced

- 1 tablespoon capers, minced
- 1 tablespoon chives, minced
- 1 teaspoon fresh tarragon, minced
- 1 hard-boiled egg
- Zest of 1 lemon

Chips:

- 6 red-skinned potatoes
- 4 1/2 cups oil for frying
- pinch salt

Preparation:

1. To make the tartar sauce, mix the mayonnaise with the lemon juice and English mustard, then add the salt and pepper. Gently stir in the garlic, shallots, capers, chives and tarragon. Grate the hardboiled egg over the mixture and fold in gently. Finish with the lemon zest. Peel the potatoes (I just left my peels on) and cut them into thick, evenly sized wedges.

2. Heat the oil until bubbles rise around the non-stirring end of a wooden spoon. Fry the chips until golden on all sides (7 to 8 minutes if you are a Great British Chef, 12 to 15 minutes if you are me). Drain the chips on paper towels and keep in a warm oven while you cook the fish.

3. To make the batter, mix the flour with the beer, salt, pepper and curry powder. Whisk until smooth. The batter should be pretty thin, so add a little more beer or a little less flour as necessary. Cut the fish up into strips. Mix the 3/4 cup flour with the Old Bay Seasoning and then coat each piece of fish lightly in the flour, then dip in the batter. Let most of the batter run off (you don't want too much).

4. Using tongs or some other tool that will keep your hand away from that hot oil, hold half of each fish piece in the oil for about 30 seconds. This should stop the fish from sinking and sticking to the bottom of the fryer. Then gently drop the fish in the oil and keep cooking for 4 to 5 minutes, or until the batter is golden all over. Drain on paper towels and place in a warm oven until all the fish is done cooking.

Boiled Chicken and Macaroni

Ingredients:

- 1 whole chicken (2 kilograms)
- 150 gramsrams Halloumi cheese, grated
- 1 tablespoon salt
- 500 gramsrams thick macaroni pasta

Preparation:

1. Clean and wash the chicken the pat dry. Add the chicken to a large pot, cover with salted water and bring to a boil. Cook for about 60 minutes, or until tender (it is done when the meat of the wings begins to separate from the bones). Transfer the chicken to a plate and cut into serving-sized pieces. Quarter a lemon and arrange the pieces around the bird.

2. In the meantime, add the macaroni to the chicken cooking broth and cook over

medium heat for 15 minutes. When tender, turn the macaroni into a large soup tureen. Pour over some of the broth then sprinkle over the grated cheese. Serve the macaroni to accompany the chicken.

Grilled Pork Cutlets

Ingredients:

- 6 pork cutlets
- 2 garlic cloves, crushed in a mortar to a paste
- 1 tablespoon dill, finely chopped
- 1 teaspoon salt
- 75 grams spring onions, finely chopped
- 60 milliliters lemon juice
- 60 milliliters oil
- 1/4 teaspoon freshly-ground black pepper
- 1/4 teaspoon dried oregano, crumbled

Preparation:

1. Trim off all the excess fat from the cutlets. Beat the cutlets with a meat mallet or rolling pin to flatten them. Season with salt. Heat a barbecue and when hot, place the pork cutlets on it. In a bowl, beat together the oil, lemon juice, garlic, black pepper and oregano. Brush the pork with this mixture every time it's turned.
2. Turn frequently as the pork cooks. Cook the meat for about 60 minutes, or until cooked through. Serve hot, sprinkled with the dill and onion and accompanied by chips (French fries) and a tomato-based salad.

Beef and Garlic Sausages

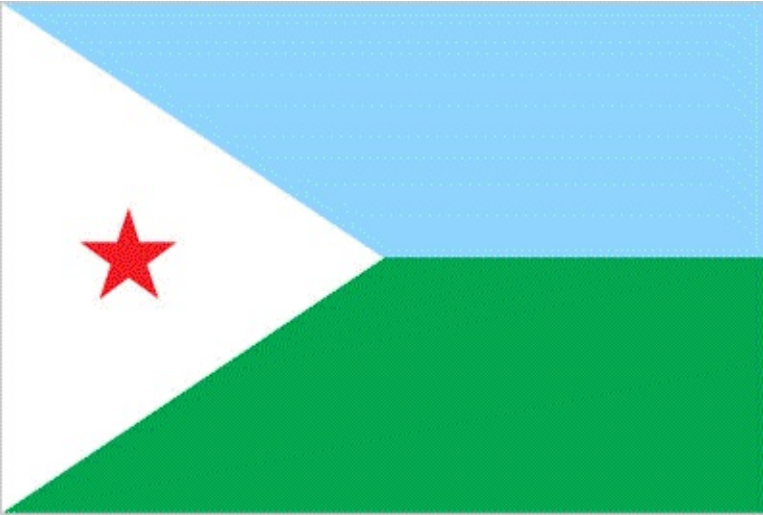
Ingredients:

- 1 kilogram minced (ground) veal
- 8 tablespoons onions, finely chopped
- 8 tablespoons parsley, finely chopped
- 8 tablespoons breadcrumbs
- 1 1/2 teaspoons dried oregano, crumbled to a powder
- salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the meat, onions, parsley and breadcrumbs in a bowl. Knead well to mix and combine then set aside for 45 minutes to infuse. Divide the mixture into between 10 and 12 pieces and shape these into balls. Flatten these into discs about 1 1/2 cm thick and 7cm in diameter.
 2. Brush with oil then place on the grill of a hot barbecue. Cook for about 3 minutes per side, or until nicely browned all over and cooked through. Remove to a serving dish, sprinkle with the oregano powder and serve.
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Djibouti



Meat Pilaf

Ingredients:

- 1 pound beef, goat or chicken, cut into bite-sized pieces
- 1/3 cup oil
- 2 onions, chopped
- 2 teaspoon cumin seeds
- 5 cloves garlic, minced
- 2 tomatoes, diced
- 3 cups cooked rice
- 1 1/2 tablespoons tomato paste

Preparation:

1. Cover the meat pieces with water and boil until cooked through. Drain, then add the oil and onions. Meanwhile, put the cumin seeds in a dry pan and toast until fragrant (make sure to keep stirring them because they will burn quickly if you're not paying attention).
2. Remove the seeds from the pan and crush in a mortar and pestle. Mix the cumin powder with the garlic. Add the tomatoes, garlic paste and rice to the meat, then stir in the tomato paste. Cook until the onions are translucent and the tomatoes are soft.

Red Lentils

Ingredients:

- 2 tablespoons oil
- 1/2 onion, chopped
- 4 tomatoes, diced
- 1 1/2 cups orange lentils
- Water

Preparation:

1. Saute the onion in the oil, then add the tomatoes. When the onions are translucent and the tomatoes are soft, add the lentils and the water. Boil until the lentils are tender, about 20 minutes.

Khamir

Ingredients:

- 1 1/4 cup flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- pinch salt
- 1 egg
- 1/4 cup milk

Preparation:

1. Mix the dry ingredients together, then add the egg and milk. Blend into a smooth dough. Roll out on a floured surface to a thickness of about 3/4 inch. Cut into 1 inch square pieces. Fry the pieces in hot oil on both sides. When golden brown, remove from the pan and drain on paper towels.

Spiced Vegetable Stew

Ingredients:

- 200 gramsrams onion, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon Berbere spice
- 1 tablespoon paprika
- 60 milliliters Niter Kebbeh
- 200 gramsrams green beans, cut into thirds
- 200 gramsrams carrots, chopped
- 200 gramsrams potatoes, cubed
- 200 gramsrams tomatoes, chopped
- 60 milliliters tomato paste
- 500 milliliters vegetable stock
- salt and black pepper to taste
- 40 gramsrams chopped parsley

Preparation:

1. Fry the onions, garlic, berbere spice and paprika in the spiced ghee (niter kebbeh) for 2 minutes before adding the beans, carrots and potatoes. Fry for a further 10 minutes, stirring occasionally to prevent burning. Add the chopped tomatoes, tomato paste and vegetable stock.

2. Bring the mixture to a boil, reduce to a simmer and cook for 30 minutes, or until all the vegetables are tender and the sauce has thickened. Season with the salt and pepper, stir-in the parsley and serve with injera and cottage cheese.

Soup

Ingredients:

- 500 grams mutton, cut into small pieces
- 500 grams potatoes, washed, peeled and finely diced
- 2 onions, peeled and finely diced
- 1 small cabbage, finely shredded
- 2 leeks, finely shredded
- 2 tomatoes, finely diced
- 2 garlic cloves, finely chopped
- 1 hot chili, finely chopped
- salt
- coriander leaves

Preparation:

1. Place the meat in a large pot, cover with heavily-salted water, bring to a boil and cook over medium heat for 20 minutes. Drain the meat then place back in the pot along with all the vegetables. Add enough fresh water to cover the ingredients and season to taste with salt.
2. Bring to a boil, reduce to a simmer, then cover the pot and cook for about 30 minutes, or until all the ingredients are tender. Turn into a bowl and serve garnished with chopped coriander.

Fish in Sauce

Ingredients:

- 600 grams potatoes, peeled and sliced into rounds
- 2 onions, cut into rings
- 4 okra, chopped
- 3 aubergines, diced
- 20 tomatoes, blanched, peeled and diced
- 1 bunch parsley, chopped
- 2 tablespoons tamarind paste garlic,
- salt and pepper to taste
- oil for frying
- 600 grams fish, cleaned, de-scaled and chopped into steaks

Preparation:

1. Fry the potatoes in oil until just brown then add the onions to the mix and fry until golden. Add the okra and aubergines then mix-in the tamarind paste and season with the garlic, salt and pepper. Add the fish and enough water to cover.
2. Bring to a boil, reduce to a simmer, add the parsley and cook for about 15 minutes or until the rice is done. Serve immediately

Samosas

Ingredients:

- 2 liters oil
- 500 gramsrams flour
- 2 kilograms minced meat
- 5 onions, finely diced
- 3 leeks, finely diced
- 1 teaspoon cumin seeds
- salt and black pepper to taste.

Preparation:

1. Sift the flour and a pinch of salt to a bowl. Add just enough water so that the mixture comes together as a stiff dough. Shape into a ball and allow to rest. Meanwhile add 4 tablespoon oil to a frying pan and fry the meat for a few minutes. Add the onions and leeks season with salt and pepper then fry until the meat is done and the onions have softened.
2. Roll the pastry out on a floured surface and cut into triangles. Place a tablespoon of the meat mixture in the centre of the triangle and fold over to form a samosa. Heat the oil in a wok until almost smoking and place the samosas one at a time in this. Cook until golden brown and crisp on all sides, remove with a slotted spoon and drain on kitchen paper. Allow to cool a little then serve with African hot sauce.

Rice

Ingredients:

- 500 gramsrams lamb shoulder, diced
- 500 gramsrams rice
- 3 tablespoons oil
- 500 gramsrams fresh tomatoes, blanched, peeled and chopped
- 2 large onions, chopped
- salt and black pepper to taste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cloves
- 1 teaspoon minced garlic
- 1/2 teaspoon ground cardamom seeds
- 1 teaspoon chopped red chili

Preparation:

1. Fry the chopped onions in the oil until softened. Add the meat and cook until browned then add the tomatoes and allow cooking for a few minutes. Add all the spices, cover with water and allow to simmer gently for 45 minutes.
 2. When the meat is tender add the rice and 500 milliliters water, bring to the boil reduce to a simmer and cook for 20 minutes, or until the rice is done. Cook for a few more minutes to dry the mixture immediately and serve immediately.
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Dominica



Calypso Chicken

Ingredients:

- 3 pounds chicken
- 1/4 pound cashew nuts
- 6 slices ginger
- 3 green onions
- 4 ounces mushrooms
- 2 garlic cloves
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 tablespoons sugar
- 3 tablespoons red wine
- 2 tablespoons margarine
- 1/4 teaspoon chopped fresh thyme
- 1 tablespoon vinegar
- oil (for frying)

Preparation:

1. Cut up chicken in pieces and wash in cold water with a piece of lemon. Rinse well in cold water and place in a large bowl. Season with salt, pepper one clove garlic (crushed), vinegar and thyme. Allow to marinate for 3 hours. In a large skillet, heat margarine and add sugar; when very hot, brown chicken.
2. In another fry pan, heat some oil and fry cashews and set aside. In the same pan, fry together the garlic, mushrooms, onions and ginger. Add wine and about 1/4 cup water to the original cooking skillet.
3. Add chicken and cook for about 25 minute until chicken is tender. Thicken with a little flour softened with some warm water. Cook for another 3 minutes. Sprinkle with cashew nuts and serve.

Rice and Beans

Ingredients:

- 2 cups rice
- 4 cups water (the water you boiled the beans in if possible)
- 1 cup cooked black beans
- 3 tablespoons vegetable oil
- 1 tablespoon tomato paste (not sauce)
- 1/4 cup cubanel green peppers or 1/4 cup green bell pepper, finely chopped
- 1/2 medium red onion, chopped
- 1/2 teaspoon dried oregano
- 2 fresh garlic cloves, mashed (or pressed)
- 1 sprig fresh cilantro (with stem)
- 1 teaspoon fresh parsley, finely chopped
- 1 chicken bouillon cubes or 1 chicken stock cube
- 1 teaspoon salt

Preparation:

1. Heat oil in a large pot over medium heat and add the garlic, onions, oregano, pepper, parsley, and salt. Sautee for a minute then add the bouillon, stir until dissolved. Add the tomato paste and stir until heated. Add the beans and stir with your base. Heat for about a minute stirring constantly. Don't let it stick or burn. Increase heat to maximum and carefully add 1 cup of the water and allow it to simmer. When it starts to simmer, add the rice, stir and add the rest of the water. (at this point you should test for salt, it should be a bit saltier than you'd prefer because the beans and rice will absorb most of it).
2. Bring to a boil. When it starts to boil reducing heat to the lowest possible and cover with a lid. After 15 minutes remove the lid, most of the water should have been reduced. Throw in the whole spring of cilantro and give everything a good stir from bottom to top. Cover again and let it cook for 10-15 more minutes.

Curried Goat

Ingredients:

- 2 pounds goat meat
- 3 onions
- 1 bunch herbs of your choice
- 1 garlic clove
- 1 dessert spoon salt, or salt to taste
- 1/2 pound carrots
- 2 tablespoon curry powder
- 1 teaspoon sugar
- 2 tablespoons tomato ketchup
- 1 tablespoon fat (butter)

Preparation:

1. Cut meat in pieces. Fry lightly in fat (butter) in a large pot. Add curry and simmer in water with seasoning until meat is nearly tender about 1 1/2 hours. Dice carrots and add to pot. Continue cooking until meat and carrots are both tender.

Chicken Pelau

Ingredients:

- 1/3 cup vinegar
- 1 teaspoon salt
- 11 ounces bone-in chicken pieces
- salt and pepper to taste
- 1 teaspoon vegetable oil
- 3/8 onion, diced
- 5/8 clove garlic, crushed
- 2/3 cup uncooked white rice
- 1/8 teaspoon dried thyme
- 1 tablespoon and 1 teaspoon curry powder
- 1 1/3 cups water

Preparation:

1. In a medium bowl, stir together the vinegar and 1 tablespoon of salt. Add chicken and soak for 20 minutes. Rinse chicken, and season with salt and pepper. Discard vinegar, and set chicken aside. Heat the oil in a deep saucepan or Dutch oven. Add the onion and garlic; cook and stir until browned.
2. Add the chicken pieces, and fry until browned all over, stirring constantly. Pour in the rice, and season with thyme and curry powder. Stir in the water. Cover, and cook over medium heat for about 20 minutes, or until rice is tender and has absorbed all of the liquid.

Caribbean Reef Chicken

Ingredients:

- 2 broiler or fryer Chickens – halved
- 1/2 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/2 cup Dark Brown Sugar
- 4 tablespoons. Dark Rum – divided
- 1 tablespoon Lime Juice
- 2 teaspoons Lemon Pepper
- 1 teaspoon Ginger
- 1/2 teaspoon Cloves – ground
- 1/4 teaspoon Cinnamon
- 1/4 teaspoon Garlic powder
- 2 drops Hot pepper sauce
- 10 ounces Chutney – mango
- Lemon – sliced

- Lime – sliced
- Parsley

Preparation:

1. Sprinkle salt and pepper over washed and dried chicken. Set aside. In a small bowl, make Caribbean paste by mixing together sugar, 2 tablespoons of the rum, lime juice, lemon pepper, ginger, cloves, cinnamon, garlic powder, and hot pepper sauce; set aside.
2. Place the chicken, skin side up, in a large shallow baking pan. Rub Caribbean paste evenly over the chicken. Bake in a 400 degrees Fahrenheit oven for 45 minutes or until the chicken is fork tender. In a blender, place chutney and remaining 2 tablespoons of rum; process to blend. Spoon chutney mixture over chicken and bake about 3 minutes more or until chutney is warm. Arrange chicken on a serving platter. Garnish with lime, lemon, and parsley.

Banana and Mango Bread

Ingredients:

- 1 cup Butter
- 1 1/4 cup Packed Brown Sugar
- 3 Eggs
- 3 cup Self raising flour (self-raising cake/pastry flour)
- 1/2 teaspoon Salt
- 1/2 teaspoon Cinnamon
- 1/4 teaspoon Grated Fresh Nutmeg
- 1 1/2 Mashed Ripe Bananas
- 1 Small Ripe Mango (mango should be peeled and pureed)
- 1 cup Golden Raisins
- 1/2 cup Chopped Walnuts

Preparation:

1. In a bowl, cream the butter with sugar until fluffy; beat in eggs, one at a time, until incorporated. In another bowl, combine self raising flour with salt, cinnamon and nutmeg. Combine mashed bananas with mango puree.
2. Mix the dry ingredients and banana mixture, alternately, into the creamed mixture until batter is just combined; fold in raisins and nuts. Pour batter into 2 greased 8 1/2 by 4 1/2 inch loaf pans.
3. Bake at 350 degrees for 60 minutes or until cake tester inserted in the center tests done. Leave in pan for 10 minutes; remove from loaf pans and let cool on racks.

Dumplings

Ingredients:

- 1 1/4 cup of all purpose flour
- Or a combination of: 1 cup of flour and 1/4 cup of cornmeal

- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 3/4 cup of water

Preparation:

1. Add water (a little at a time) to form dough. Dough should be very firm; not sticky or too soft. May add spoonfuls of flour or water if needed to get the right consistency. Dough is ready when mixture forms a ball and sides of the bowl is clean. Let the dough rest for about 5 minutes, covered with a damp cloth, then divide into little even balls (about 8).
2. Prepare boiling water in a big pot (about 8 to 10 cups) with 2 teaspoons salt (or your taste), 1 clove of garlic, mashed and 1 teaspoon oil. Flatten each ball in the palm of your hands and shape round edges with your fingers. Drop them carefully into the boiling water and after a few minutes they will float to the top. Stir them around and push them down a few times to make sure all sides are cooked. They should be done in 10 to 12 minutes.

Style Crabs

Ingredients:

- 8 tablespoon Butter
- 4 Scallions chopped
- 2 teaspoon chopped garlic
- 1 hot green chili – finely chopped and seeded
- 1 tablespoon Curry powder
- 1 pound crab meat – shredded
- 2 tablespoon Chopped fresh coriander leaves
- 2 tablespoon Finely chopped parsley
- Salt and freshly ground pepper
- 8 tablespoon crab liquid or clam broth
- 2 cups Bread crumbs

Preparation:

1. Melt butter in skillet; add scallions, garlic and chili peppers and cook until scallions are wilted. Add curry powder to this mixture and blend thoroughly. Add crab, coriander and parsley. Add salt, pepper and crab liquid (if more is needed, add melted butter). Blend in bread crumbs. Fill the mixture in 8 clam shells and bake at 400°F about 10 minutes or until browned.

Coconut Punch

Ingredients:

- 1 cup pasteurized egg product (or 4 egg yolks)
- 2 cups coconut milk
- 1 can sweetened condensed milk
- 1 teaspoon vanilla

- 2 cups white rum
- Freshly grated nutmeg

Preparation:

1. Make coconut milk: Grate the meat of 1 coconut, wrap it in a damp cheesecloth, and squeeze it over a bowl to extract the milk. Reserve the milk. Transfer the cheesecloth-wrapped coconut to another bowl, open the cheesecloth, and pour 1/4 cup boiling water over the coconut. Combine the egg product, the coconut milk, the sweetened condensed milk and the vanilla in a large mixing bowl and blend until thoroughly combined and frothy. Add the rum to the milk mixture and blend well. Pour the Coquito into clean glass bottles and refrigerator for at least one hour – the flavour continues to improve, the longer it rests. Serve in punch cups with a grating of fresh nutmeg.

Dominican Republic



Braised Rice with Shrimp and Tomatoes

Ingredients:

- 1½ pounds raw shrimp
- 6 strips of bacon, cut crosswise into ½ inch pieces
- 1½ cups finely chopped onions
- 2 tablespoons finely chopped fresh hot chilies
- 1 tablespoon finely chopped garlic
- 2 cups uncooked long- or medium-grain white rice
- 9 medium-sized firm ripe tomatoes, peeled, seeded and finely chopped (see Sopa de Gandules), or substitute 3 cups chopped drained canned tomatoes
- 3 cups chicken stock, fresh or canned
- 2 teaspoons salt
- Freshly ground black pepper

- 2 tablespoons finely chopped fresh parsley
- Freshly grated imported Parmesan cheese

Preparation:

1. Shell the shrimp. Devein them by making a shallow incision down their backs with a small, sharp knife and lifting out the black or white intestinal vein with the point of the knife. Cut the shrimp crosswise into ½ inch pieces and set them aside. In a heavy 3- to 4-quart casserole, fry the bacon over moderate heat until the pieces are crisp and brown. Then with a slotted spoon transfer them to paper towels to drain.
2. Drop the onions, chilies and garlic into the bacon fat remaining in the casserole and, stirring frequently, cook for about 5 minutes, until they are soft but not brown. Watch carefully for any sign of burning and regulate the heat accordingly. Add the rice and stir for 2 or 3 minutes, until the grains turn milky and slightly opaque. Do not let the rice brown. Stir in the tomatoes, stock, salt and a few grindings of pepper, and bring to a boil over high heat.
3. Cover tightly and reduce the heat to the lowest possible point. Simmer undisturbed for 15 minutes. Then stir in the shrimp, cover, and continue to simmer for 5 minutes longer, or until most of the liquid has been absorbed by the rice and the shrimp are firm and pink.
4. Taste for seasoning, fluff the rice with a fork and serve at once mounded on a heated platter. Sprinkle the reserved bacon and the parsley on top and serve the cheese separately in a small bowl.

Barbecued Ribs

Ingredients:

- 4½ pounds racks of fresh pork loin back ribs
- ½ cup soy sauce
- 2 tablespoons cornstarch
- ¼ cup water
- Barbecue Sauce

Preparation:

1. Combine soy sauce and cornstarch; brush on ribs. Place ribs in a shallow baking dish; add water. Cover and cook at 350 degrees Fahrenheit degrees for about 30 minutes.
2. Remove from oven. Place ribs on grill about 6 inches from medium coals. Cook about 5 minutes each side, turning once. Brush with barbecue sauce and grill an additional 5 minutes to set sauce.

Chicken Curry with Coconut

Ingredients:

- 3 coconuts, cut in half and scooped out
- 6 servings cooked rice

- 6 teaspoons shredded coconut
- 3 bananas cut in half lengthwise
- 1 pineapple

Preparation:

1. Scoop flesh out of coconut shells. Shred a small amount to make about 6 teaspoons. Put a serving of warmed rice into each coconut shell. Pour Chicken Curry Sauce over it. Sprinkle with shredded coconut.
2. Cut bananas in half lengthwise and place around sides of coconut shells. Garnish plates with fresh pineapple slices and other seasonal fruit.

Roast Stuffed Duck with Pineapple

Ingredients:

Stuffing:

- 8 tablespoons butter (1 quarter-pound stick)
- 2 cups soft bread cubes, made from homemade-type white bread trimmed of crusts and cut into ½ inch cubes
- ½ cup finely chopped blanched almonds
- 1 cup finely chopped onions
- 2 teaspoons finely chopped garlic
- The liver of the duck
- ½ pound lean boneless boiled ham, cut into ¼ inch dice (about 2 cups)
- 1 large firm-ripe tomato, peeled, seeded and finely chopped (see Sopa de Gandules), or substitute ½ cup chopped drained canned tomatoes
- ¼ cup finely chopped fresh parsley
- ¼ cup seedless raisins
- ¼ cup finely chopped pimiento-stuffed green olives
- 1 tablespoon capers, thoroughly washed and drained
- 1 teaspoon salt
- Freshly ground black pepper

Duck:

- 6 pounds duck
- Salt
- Freshly ground black pepper
- glaze and pineapple garnish
- 2 tablespoons butter
- 2 cups coarsely chopped fresh pineapple
- ½ cup dry white wine
- ¼ cup canned pineapple juice
- ¼ cup chicken stock, fresh or canned
- 1 teaspoon arrowroot, combined with 2 tablespoons cold water

Preparation:

1. Stuffing:

- A. Preheat the oven to 450 degrees Fahrenheit. To make the stuffing, melt 4

tablespoons of the butter in a heavy 10 to 12 inches skillet over moderate heat.

B. When the foam begins to subside, drop in the bread cubes and stir until the cubes are crisp and golden brown. Watch carefully for any signs of burning and regulate the heat accordingly. With a slotted spoon, transfer the cubes to a plate.

C. Melt the remaining 4 tablespoons of butter in the skillet, add the almonds and cook for 2 or 3 minutes, until they brown slightly.

D. Add the onions and garlic and, stirring frequently, cook for about 5 minutes, until the onions are soft and transparent but now brown. Then add the duck liver and stir until it is delicately browned but still pink inside. Chop the liver fine and set it aside.

E. Add the ham and tomato to the onion mixture and, stirring frequently, cook briskly until most of the liquid in the pan has evaporated and the mixture is thick enough to hold its shape almost solidly on the spoon.

F. Remove the pan from the heat and stir in the liver, parsley, raisins, olives and capers. Add the bread cubes and toss the mixture together gently but thoroughly. Season with salt and pepper.

2. Duck:

A. Wash the duck under cold running water and pat it dry inside and out with paper towels. Rub the inside of the duck liberally with salt and pepper.

B. To release the excess fat from the duck as it roasts, prick the surface around the thighs, the back and the lower part of the breast with the point of a small, sharp knife.

C. Spoon the stuffing loosely into the cavity. Close the opening with skewers and cord or sew it with heavy thread. Fasten the neck skin to the back of the duck with a small skewer and truss the bird securely.

D. Place the duck breast side up on a rack set in a shallow open pan. Roast undisturbed in the middle of the oven about 20 minutes, or until the bird begins to brown.

E. Pour off the fat from the roasting pan or draw it off with a bupound baster. Then reduce the heat to 325 degrees Fahrenheit and roast for about 1½ hours longer, removing the accumulated fat from the pan occasionally with a bupound baster or a large spoon.

F. To test for doneness, pierce the thigh of the duck with the point of a small knife. The juices should run out a pale yellow; if it is still tinged with pink, roast the bird for another 5 to 10 minutes.

G. Transfer the duck to a large heated platter, remove the trussing strings, and let the bird rest for 10 minutes for easier carving.

3. Glaze And Pineapple Garnish:

A. Meanwhile, prepare the glaze and pineapple garnish. Pour off all of the fat from the roasting pan, add the remaining 2 tablespoons of butter and melt it over moderate heat.

B. Pat the pineapple dry with paper towels and brown it in the butter, turning the pieces about with a spoon for a minute or so, until they are a golden brown on all sides. Remove the pineapple with a slotted spoon and arrange it around the duck.

C. Pour the wine, pineapple juice and chicken stock into the pan and bring to a boil over high heat, scraping in any brown particles that cling to the bottom of the pan. Give the arrowroot mixture a quick stir to recombine it and pour it into the pan.

D. Stir constantly until the glaze mixture thickens and turns glossy. Strain through a fine sieve set over a bowl, taste for seasoning, and pour the glaze evenly over the pineapple.

Rice with Shrimp and Tomatoes

Ingredients:

- ¼ cup chopped salt pork (2 ounces)
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 1 small fresh hot pepper, seeded and minced
- 4 cups chicken stock or 3 cups water and 1 cup chicken stock
- 2 cups rice
- 2 cups tomatoes, peeled, seeded, and chopped
- Salt and freshly ground pepper
- 2 tablespoons butter
- 2 pounds raw shrimp, cleaned, deveined, and chopped
- 1 teaspoon dried parsley

Preparation:

1. Fry the salt pork until crisp in a large, heavy saucepan. Remove and drain on paper towels.
2. Add the onion, garlic, and hot pepper to the pork fat and saute for about 2 minutes.
3. Pour in the chicken stock or water, and then add the rice and tomatoes. Stir, then add salt and pepper to taste.
4. Bring to a boil. Reduce the heat, cover, and cook for about 25 minutes.
5. Heat the butter in a skillet, add the shrimp, and saute for about 25 minutes.
6. When the rice is tender and the liquid is all absorbed, add the shrimps, salt pork, and parsley, mixing thoroughly.
7. Cover and simmer for another 5 to 10 minutes. Serve hot.

Marinated Fried Chicken

Ingredients:

- ¼ cup dark rum
- ¼ cup soy sauce, preferably the Japanese type
- ¼ cup strained fresh lime juice
- 4 pounds chicken, chopped into 16 small pieces by dividing the wings, thighs, drumsticks and breasts into halves
- 2 cups vegetable oil
- ½ teaspoon salt

- Freshly ground black pepper
- 1 cup flour

Preparation:

1. Warm the rum in a small pan over low heat. Off the heat, ignite the rum with a match and gently shake the pan back and forth until the flame dies. Add the soy sauce and lime juice to the rum.
2. Place the chicken in a deep bowl and pour in the rum mixture, turning the pieces about with a spoon to coat them evenly. Marinate at room temperature for about 2 hours or in the refrigerator for at least 4 hours, turning the chicken pieces occasionally.
3. Preheat the oven to the lowest setting and line a large shallow baking dish with a double thickness of paper towels. In a heavy 10 to 12 inches skillet, heat the oil over high heat until it is very hot but not smoking.
4. Pat the pieces of chicken completely dry with paper towels and season them with salt and a few grindings of pepper. Dip them in the flour and shake vigorously to remove the excess.
5. Fry 5 or 6 pieces of chicken at a time for about 6 minutes on each side, turning them with tongs or a slotted spoon and regulating the heat so they color richly and evenly without burning. As they brown, transfer the pieces to the lined baking dish and keep them warm in the oven.
6. Serve the chicken as soon as all the pieces are cooked, accompanied if you like with hot boiled rice.

Ecuador



Arepas

Ingredients:

- 1 1/2 pounds frounceen corn, thawed

- 4 tablespoons unsalted butter, melted and cooled
- 1 large egg
- 1 tablespoon milk
- 1 cup masa harina
- 2 tablespoons sugar
- 1/3 cup monterey jack cheese, grated
- 3 tablespoons parmigiano-reggiano cheese, grated
- 3 tablespoons queso blanco, grated (or cotija or ricotta salata)
- 1 tablespoon butter (for frying)
- 2 teaspoons oil (for frying)

Preparation:

1. In a food processor or blender, process the corn, melted butter, egg and milk until pureed. Add masa harina and sugar and pulse to combine (If you are not using a food processor, remove corn mixture from the blender to a large bowl and then add and combine the ingredients). Let the mixture stand at room temperature for twenty minutes.
2. Add the cheese and incorporate them into the batter. Set a large skillet or griddle over medium heat and add the butter and oil and heat till the foam subsides. Drop heaping tablespoons of batter into the pan and cook for 3 to 4 minutes per side, flattening after each turn. Serve immediately, with creme fraiche for dipping.

Fish Casserole

Ingredients:

- 4 green plantains
- 1 pound fish fillet
- 4 ounces onions, minced
- 4 ounces bell peppers, peeled, seeded, chopped
- 4 ounces tomatoes, peeled, seeded, chopped
- 2 ounces unsalted peanuts
- 7 ounces unsalted butter, plus additional unsalted butter, for buttering baking dish
- 2 teaspoons annatto oil (achiote oil , manteca)
- 1 teaspoon oregano
- 1 teaspoon sugar
- 4 cups water
- salt
- fresh ground black pepper

Preparation:

1. Grate the plantains, separating one grated plantain from the rest. Butter a pyrex baking dish large enough to hold all the ingredients. Pre-heat the oven to 375 degrees. Finely grind the peanuts and dissolve them in 1/2 cup water. 2. Saute the onion in one ounce of butter over medium heat till softened, then remove from

heat and add the peppers, tomatoes and fish fillets cut into pieces; add the peanut mixture, the oregano and the sugar and mix well. Season with salt and pepper and set aside. Bring 3 and 1/2 cups of water to boil with 2 ounces of butter, some grated pepper and one teaspoon of Manteca (annato oil); as soon as it boils, add the three grated plantains and cook, stirring frequently until a smooth and relatively thick mixture forms.

3. Place half the plantain mixture in the prepared pan, smoothing it out so that the bottom of the baking dish is covered. Layer the fish mixture on top and then cover the fish mixture with the remaining plantain paste. In a saute pan over medium high heat, melt the remaining four ounces of butter and teaspoon of manteca; add the one remaining grated plantain and saute until well mixed. Spread this mixture over the top of the casserole. Bake the casserole until brown, about one hour.

Potato Cakes

Ingredients:

- 8 potato cakes
- 1 1/2 pounds yukon gold potatoes
- 1/2 cup finely chopped scallion
- salt and pepper
- 4 tablespoons annatto oil, divided (recipe also posted)
- 6 ounces muenster cheese, coarsely grated (2 c)

Preparation:

1. Peel potatoes and cut into 1 inch pieces. Cover with cold water in a medium pot, stir in 1 teaspoons salt and simmer until very tender, about 18 minutes. Drain potatoes, then mash in a bowl.
2. Cook scallions with 1/4 teaspoons each salt and pepper in 2 tablespoons annatto oil over med. heat, stirring, until scallions are softened, then stir into potatoes along with cheese. Form mixture into 8 balls and flatten each into a 3 inch patty.
3. Heat 1 tablespoons annatto oil in a 12 inch nonstick skillet over med.-high until hot, then fry cakes in 2 batches, turning over once, until crusty, about 6 minute per batch. Add remaining oil for second batch.

Chicken Rice Soup

Ingredients:

- 3 pounds assorted chicken pieces
- 3/4 cup rice, uncooked
- 2 tablespoons sunflower oil or 2 tablespoons butter
- 1 cup chopped red onion, about 1/2 onion
- 1 cup chopped bell pepper, about 1 pepper
- 2 roma tomatoes (peeled, seeded and chopped or canned)
- 6 garlic cloves, crushed
- 2 tablespoons chopped parsley

- 1 teaspoon dried oregano or 1 tablespoon chopped fresh oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground achiote
- 8 cups chicken broth or 8 cups water
- 2 potatoes, peeled and diced, about 3 1/2 cups
- 1 cup chopped carrot
- 1 cup peas (fresh or frounceen)
- 2 tablespoons finely chopped cilantro
- salt and pepper

Preparation:

1. Soak the rice in water for 30 minutes. Heat the oil or butter in a large sauce pan. Add onions, garlic, pepper, tomatoes, parsley, oregano, cumin, achiote and salt, cook for 10 minutes stirring frequently. Add the chicken broth or water and bring to a boil. Add the chicken pieces and cook for 30 minutes.
2. Add the soaked rice and the chopped potatoes, cook for 45 minutes, stirring occasionally. Add the carrots and cook for 5 minutes. Add the peas and cook for 5-7 minutes or until the both the peas and carrots are tender. Add the chopped cilantro and serve with avocado slices and hot sauce or aji.

Camarones

Ingredients:

- 1/2 cup rum
- 1 pound large shrimp, shelled and deveined
- 1/4 cup honey
- 1 tablespoon fresh ginger, grated

Preparation:

1. Mix the rum, honey and ginger together and pour over the shrimp. Marinate for two hours. Thread shrimps onto skewers so they remain flat and grill over hot coals turning and brushing with the remaining marinade until just done (about three minutes). You can also saute the shrimps in a saute pan over medium high heat, pouring some of the marinade over the cooking shrimp.

Vegetable Stew

Ingredients:

- 2 tablespoons butter
- 2 onions, finely chopped
- 2 cloves garlic, minced
- 1/2 cup tomato sauce
- 1/2 cup water
- 1 cup canned corn, drained
- 3/4 cup grated Gruyere cheese
- 1 cup fresh or frounceen peas

- 1 teaspoon salt
- Pepper to taste
- 4 medium potatoes, peeled and cut into small pieces
- 1 16-ounces can pumpkin
- 1 cup milk

Preparation:

1. Cook onions and garlic in the butter, covered, in a 2-quart casserole in the microwave oven for 5 minutes. Add the tomato sauce, corn, peas, salt and pepper. Cook, covered, 5 minutes more, stirring once or twice. Add the potatoes and pumpkin. Cook, covered, stirring occasionally, 10 to 12 minutes or until the potatoes are tender.
2. Add the milk and water. Bring up to the boiling point. Stir in the cheese and let stand several minutes. Serve with cooked rice.

Three Bean Salad

Ingredients:

- 2/3 cup cider vinegar
- 2/3 sugar
- 1/3 cup salad oil
- 2 cups cut-up cold, cooked green beans
- 2 cups cut-up cold, cooked wax beans
- 2 cups cooked or canned kidney beans, drained
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- Salt to taste

Preparation:

1. Combine vinegar, sugar, and oil in a small jar or bowl. Mix remaining ingredients in a large bowl. Add vinegar-oil mixture and refrigerate 1 hour or longer to blend flavors.

Chicken Rice

Ingredients:

- 3 pounds chicken, assorted pieces
- 1 tablespoon achiote powder
- 1 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 10 grams garlic cloves, crushed
- 3 tablespoons oil or butter
- 1 white onion, diced, about 2 cups
- 2 celery stalks, finely diced
- 4 roma tomatoes, peeled and diced
- 1 bell pepper, diced

- 1 cup beer or white wine
- 1 to 1 ½ cup water or broth
- 2 cups rice
- 2 medium carrots, diced
- 1 cup peas, fresh or frozen
- 3 tablespoons finely chopped cilantro
- Salt and pepper

Side dishes:

- Ripe fried plantains
- Cebollas encurtidas pickled onions or side salad
- Avocado slices
- Aji criollo

Preparation:

1. Mix the crushed garlic, achiote, cumin, coriander and salt together. Rub the garlic seasoning on the chicken pieces. Heat the oil or butter on medium high heat in large sauté pan, add the chicken pieces (skin side down) and cook until browned on each side. Add the diced onions, tomatoes, bell pepper, and celery, mix well and cook for 10 minutes, stirring occasionally. Add 1 cup of beer or white wine, cook for about 20-25 minutes over medium heat until the liquid is reduced by half, stir frequently.
2. Add the broth or water, rice, peas and carrots, mix well. Cover and cook over medium heat for about 20 minutes. Reduce the heat to low and cook for an additional 10-15 minutes or until the rice is tender but still slightly firm. Stir in the chopped cilantro and serve with maduros fritos or ripe fried plantains, a small salad, pickled onions, avocado slices, and hot sauce on the side.

Achiote marinated meat

Ingredients:

- 2 pounds of beef (top sirloin) or pork tenderloin, cut into medium sized cubes or strips

Achiote marinade:

- 6 garlic cloves
- 1 red onion, chopped in large chunks
- 3 tablespoons ground achiote or annatto
- 1 tablespoon ground cumin
- ½ tablespoon oregano
- 2 teaspoon salt
- 2 tablespoons lemon juice
- ½ cup of beer (can also use chicha or water)

Carne colorada:

- 3 tablespoons of oil, butter or lard
- 1 tablespoon of achiote seeds
- Salt to taste

Side dishes:

- Mote or hominy corn
- LLapingacho potato patties or boiled potatoes
- Boiled yucca or cassava
- Fried ripe plantains
- Onion curtido
- Avocado slices and/or side salad
- Aji criollo
- Tostado, cancha or chulpi corn nuts
- Cheese slices or cheese sauce

Preparation:

1. Blend the garlic cloves, red onion, achiote powder, ground cumin, oregano, 2 teaspoons of salt, lemon juice, and beer until you have a smooth puree. Place the meat pieces in a bowl and combine with the marinade. Cover and let rest in the fridge for at least two hours (overnight is ideal).
2. Heat the oil (or butter/lard) in a large sauté pan over low to medium heat; add the achiote seeds and simmer for about 10-15 minutes or until the color from the seeds has transferred to the oil. Use a slotted spoon to remove the seeds from the oil and discard the seeds.
3. Heat the achiote oil over medium high heat, add the beef and cook until the sauce is reduced completely, about 20-30 minutes. Stir frequently to keep the meat/sauce from burning. Taste and adjust salt if needed. Serve with your choice of side dishes.

Egypt



Koshary

Ingredients:

- 1 tablespoon vegetable oil
- 2 cups uncooked white rice

- 3 cups water
- 1 teaspoon salt
- 1 (16 ounces) package uncooked epoundow macaroni
- 1 cup beluga lentils, soaked in water
- 1/2 teaspoon salt
- 1 tablespoon vegetable oil
- 5 onions, minced
- 2 cloves garlic, minced
- 3 tablespoons distilled white vinegar
- 4 ripe tomatoes, diced
- 1/2 cup tomato paste
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 1/2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper

Preparation:

1. Heat 1 tablespoon vegetable oil in a saucepan over medium-high heat. Stir in rice; continue stirring until rice is coated with oil, about 3 minutes. Add 3 cups water and 1 teaspoon of salt. Bring to a boil; reduce heat to low, cover, and simmer until the rice is tender and liquid has been absorbed, 20 to 25 minutes.
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni, and return to a boil. Cook the macaroni uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander. Return macaroni to cooking pot, cover and keep warm. Soak lentils for 30 minutes. Drain and rinse; drain again. Bring 2 cups water to a boil in a pot and stir in lentils. Bring to a boil; cover and reduce heat to low. Simmer until lentils are tender 15 or 20 minutes. Stir in 1/2 teaspoon salt.
2. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Cook the onions in the oil, stirring often, until they begin to brown, 10 to 15 minutes. Onions should be a nice caramelized brown color. Add garlic and cook another minute. Remove from pan, drain on a paper towel-lined plate.
3. Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the chopped tomatoes and tomato paste, black pepper, 2 1/2 teaspoons salt, cumin, and cayenne (if using). Bring to a boil then reduce heat to medium-low and simmer about 12 minutes.
4. Serve by placing a spoonful of rice, then macaroni, and then the lentils on serving plates. Sprinkle with some of the browned onions, then top with tomato sauce.

Umm Ali

Ingredients:

- 1 (17.25 ounces) package frounceen puff pastry, thawed
- 5 cups milk

- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1/4 cup raisins
- 1/4 cup slivered almonds
- 1/4 cup pine nuts
- 1/4 cup chopped pistachio nuts
- 1/4 cup sweetened, flaked coconut

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit or 200 degrees Celsius. Unroll the puff pastry sheets, and place flat on a baking sheet. Bake for 15 minutes in the preheated oven, or until puffed and golden brown.
2. Break the puff pastry into pieces, and place in a large bowl. Add the raisins, almonds, pine nuts, pistachios, and coconut, and toss to distribute. Pour into a 9x13 inch glass baking dish, and spread evenly. Pour the milk into a saucepan, and stir in the sugar and vanilla. Heat until hot but not quite boiling. Pour over the mixture in the baking dish.
3. Bake for 15 minutes in the preheated oven. Turn the oven to broil, and broil for 2 minutes to brown the top. Remove from the oven and let stand for 5 minutes. Serve warm.

Lentil Soup

Ingredients:

- 3 cups water
- 1 cup red lentils
- 1 roma tomato, quartered
- 1 carrot, quartered
- 1 small onion, quartered
- 4 cloves garlic, quartered
- 1/4 cube chicken bouillon
- 1 cup water
- 2 teaspoons ground cumin
- 1/2 teaspoon sea salt
- 1/2 teaspoon cracked black pepper
- 1/4 teaspoon ground coriander

Preparation:

1. Place 3 cups water, lentils, tomato, carrot, onion, garlic, and chicken bouillon in a stockpot over medium heat; cook until vegetables and lentils are softened, 20 to 25 minutes. Remove from heat and cool to lukewarm. Blend vegetable and lentil mixture with an immersion blender until smooth. Stir 1 cup water, cumin, sea salt, pepper, and coriander into soup; heat over medium heat until warmed.

Fried Katayef

Ingredients:

- 1 1/2 cups water
- 1 cup white sugar
- 1 teaspoon fresh lemon juice
- 1 (8 ounces) container ricotta cheese
- 1 teaspoon cornstarch
- 2 1/2 cups all-purpose flour
- 1 1/2 (.25 ounce) envelopes active dry yeast
- 3 cups water
- 3 cups oil for frying

Preparation:

1. Make a syrup by stirring the water, sugar, and lemon juice together in a saucepan over medium heat until thick; set aside to cool. Make a filling by combining the ricotta cheese and cornstarch in a small bowl; set aside. Make the dough by mixing together the flour and the yeast. Stir the water into the flour mixture 1 cup at a time, whisking to remove any lumps, until the mixture reaches a pourable consistency; allow to rest 1 hour.
2. Heat a skillet over medium heat. Ladle 2 to 3 ounces of batter at a time into the center of the skillet into a round shape. Each katayef shell is finished when the top is dry and the bottom is slightly browned. Fill each shell with an equal portion of the cheese mixture. Fold one end of the shell over the cheese mixture and seal into a semi-circle shape by pinching along the edges.
3. Heat the frying oil in a small saucepan over medium heat. Fry the katayef in the oil until crispy and lightly browned; immerse in the syrup to coat; serve immediately.

Chicken with Citron Peel

Ingredients:

- 1 chicken
- 1 leek
- 1 preserved citron
- 1/2 teaspoon powdered saffron
- 1/2 teaspoon salt
- 1 teaspoon ground ginger
- A little more than 1/2 pint olive oil
- 6 stoned olives

Preparation:

1. Clean the chicken and put it with neck and liver in an earthenware dish. Pound together in a mortar the leek and half the citron peel. Mix well with tablespoon water, the saffron and salt; spread this over the chicken.
2. Add the ginger, olive oil and 1 pint water and simmer for 1 hour or until the chicken is nearly tender, basting it occasionally with the liquid. Add the olives and

remaining chopped citron peel and heat up for a few minutes before serving.

Braised Beef and Cabbage

Ingredients:

- 2 pound beef (with fat and bone) cut in small chunks
- 1 leek
- 1 tablespoon chervil
- ½ teaspoon saffron
- 1 teaspoon cumin
- 1 tablespoon red pepper
- ¾ pint olive oil
- 1½ teaspoons salt
- 3 cabbage hearts
- 2 lemons

Preparation:

1. Cook the beef in 1 quart water with the leek and chervil, pounded together, the saffron, cumin, red pepper, oil and 1 teaspoon salt; simmer slowly until the meat is tender.
2. Cut the hearts of 3 cabbages (about 6 inches across) into 12 pieces each; boil these in another pan for ¼ hour, adding ½ teaspoon salt. When the meat is done, remove it to a deep ovenproof dish. Spread the half-cooked cabbage over it, and then pour over all the liquid in which the meat was cooked.
3. Put in a slow oven (300°F) and cook for ¼ hour with the lid on, then remove the lid and raise the heat until the cabbage is slightly browned. Pour the juice of 2 lemons over and serve in the same dish.

Fish Braised With Tomatoes

Ingredients:

- 3 pound filleted fish
- 10 tomatoes, cut in half and seeded
- 1 large teaspoon chopped chervil
- 1 large teaspoon chopped garlic
- 2 teaspoons cumin
- 3 teaspoons red pepper
- 1 teaspoon salt
- ½ teaspoon powdered saffron
- ½ pint olive oil
- Juice of 1 lemon

Preparation:

1. Lay the fish in a flat cooking dish and cover with the tomatoes. Pound the chervil and garlic and mix with the other ingredients (except the lemon). Pour over the fish and tomatoes, cover and cook for about ¾ hour, or until the fish is cooked.

Pour the lemon juice over all and serve in the same dish.

Mutton couscous

Ingredients:

- 1½ pounds mutton cut in 6 or 7 pieces
- 2 onions, thickly sliced
- 2 teaspoons pepper
- 2 teaspoons ground ginger
- 1 teaspoon powdered saffron
- 1 tablespoon chopped parsley
- 12 ounces butter
- 4 teaspoons salt
- 1½ pounds couscous
- 2 peeled courgettes
- 10 small carrots, halved
- 10 small turnips, halved
- 2 tablespoons raisins, stoned

Preparation:

1. Cook the meat, onions, pepper, ginger, saffron, parsley, 5 ounce. butter and 2 teaspoons salt together in 1½ pints water. Wash the cuscus by running a little water over it - this will cause it to swell a little. When the meat has cooked for about 1 hour, line a steamer with muslin and put in the cuscus, half at first and the remainder after a few minutes, then steam for ¼ hour; remove from the heat, mix the cuscus with 2 teaspoons salt and 1 tablespoon water and leave to dry.
2. Halve the courgettes lengthwise, discard the core and cut the flesh into about 6 pieces. Add a little more water to the meat saucepan and put in the carrots, turnips, raisins and courgettes. Simmer until the courgettes are cooked, then take them out and put the cuscus to steam again for 10 minutes.
3. Mix the hot cuscus in another dish with the remaining butter and arrange in a ring round a flat dish; put the meat in the middle covered by all the vegetables. Pour over the dish some of the meat juices, but not enough to soak through the cuscus.

El Salvador



Cabbage Salad

Ingredients:

- 1/2 head green cabbage, cored and shredded
- 1 carrot, grated
- 1 quart boiling water
- 3 green onions, minced
- 1 cup distilled white vinegar
- 1/2 cup water
- 2 teaspoons dried oregano

Preparation:

1. Combine the cabbage and carrot in a large bowl and pour the boiling water over the mixture. Allow the mixture to steep for 5 minutes; drain well. Return the cabbage and carrots to the bowl. Mix in the green onion, vinegar, 1/2 cup of water, and oregano. Toss until all ingredients are combined. Chill for 20 minutes before serving.

Deep fried pastry

Ingredients:

- 2 Cups of instant corn masa mix (same one used to make tortillas)
- 2 teaspoon of baking powder
- 1/4 Cup of butter or margarine
- Salt to taste
- Vegetable oil for frying

Preparation:

1. On a counter top, mix all ingredients together and knead until you get a soft dough by hand, make small balls or sticks. Deep fry in oil but do not over cook

Syrup for nuegos

Ingredients:

- 3 Cups of water
- 1/2 panela natural hardened sugar or 1 cup of brown sugar
- 1 Cinnamon stick
- Lime peeling if desired

Preparation:

1. Cook everything together in a small sauce pot until the syrup thickens a little. Approximately 20-30 minutes. Enjoy with a hot cup of coffee or tea as an afternoon sweet snack.

Grilled steak

Ingredients:

- Flank or skirt steak - 2 to 3 pounds
- Onions, thinly sliced - 1 to 2
- Oranges, juice only - 2 to 3
- Salt and pepper - to season
- Oil - 1/4 cup

Preparation:

1. In a large stainless steel or glass bowl, mix the meat with the onions, orange juice, salt, pepper and oil. Cover and marinate at least 1 hour, or better yet overnight. Start a good fire in your grill, preferably using mesquite charcoal. Remove the meat from its marinade, pat dry and grill over hot flame until the first side is well browned, about 5 to 7 minutes.

2. Turn the meat over and grill on the other side until cooked to desired doneness. Remove to a cutting board. Slice the meat across the grain into thin strips and serve as a topping for tostadas or as a filling for tacos or burritos.

Caramel custard

Ingredients:

- Sugar - 1 cup
- Water - 1/4 cup
- Eggs, beaten – 4
- Sweetened, condensed milk - 1 (14 ounces) can
- Whole milk or water - 2 cups
- Vanilla - 1/2 teaspoon
- Sugar - 1/2 cup

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Place the 1 cup sugar and water in a heavy-bottomed saucepan and stir to dissolve the sugar. Place over medium heat and boil the sugar, without stirring, until it just starts to turn a honey brown, around 10-15 minutes.

2. Remove the caramelized sugar from heat and pour into a 9 inch cake pan or in

equal amounts into each of 6 individual ramekins, swirling to coat the bottom. You may not need all the sugar. Place the cake pan or ramekins in a baking pan large enough to hold them without touching.

3. In a large bowl, beat together the eggs, condensed milk, whole milk or water, vanilla and 1/2 cup sugar until smooth. Pour into the cake pan or into each of the ramekins. Fill the baking pan with enough warm water to come about 2/3 of the way up sides of the containers. Place in the oven and cook until a knife inserted into the center of the custard comes out clean, anywhere from 45 minutes to over an hour. Do not overcook your flan or it may curdle.

4. Remove the custard(s) from the water bath and chill well. Run a knife around the edges of the custard, invert over a serving dish and serve.

Corn beverage

Ingredients:

- Water - 4 cups
- Sugar - 1/3 cup, or to taste
- Salt - 1/2 teaspoon
- Cornstarch - 3 to 4 teaspoons
- Ground cinnamon - for garnishing

Preparation:

1. Using a sharp knife, carefully cut enough kernels off the corn cobs to make 3 to 3 1/2 cups. Then scrape the cobs with a knife to remove all their milk. Place 2 1/2 cups of the corn in a blender along with 2 cups of the water and puree well.

2. Strain the pureed corn through a sieve into a medium saucepan and discard the solids. Stir in the remaining corn kernels, 1/3 cup sugar and salt.

3. Bring the liquid to a boil over medium-high heat, then reduce heat to low and simmer for 5 minutes, or until lightly thickened. If the atol doesn't thicken to a creamy consistency, mix the cornstarch with a little cold water and whisk into the simmering liquid until it is just thick enough to coat a spoon. Pour the hot atol into mugs or small bowls, sprinkle with a little cinnamon and serve hot with a spoon to scoop up the corn kernels.

Shredded beef salad

Ingredients:

- Beef flank or skirt steak - 2 to 2 1/2 pounds
- Onion, chopped – 1
- Olive oil - 1/3 cup
- Vinegar - 1/4 cup
- Oregano - 1 or 2 teaspoons
- Salt and pepper - to taste
- Tomatoes, seeded and chopped – 3
- Onion, thinly sliced – 1
- Serrano Chiles, chopped or minced – 3

- Avocado, chopped - 2

Preparation:

1. Add the beef, onion and salt to a large pot and add water to cover. Bring to a boil, reduce heat to medium-low and simmer for 1 1/2 to 2 hours, or until meat is very tender. Remove the meat and reserve the stock for soup or other recipes. Shred the meat with your fingers when it is cool enough to handle.
2. Add the olive oil, vinegar, oregano, salt and pepper to a large bowl and whisk together. Add the tomatoes, sliced onion and chiles and toss together. Set a side for a few minutes to let the vegetables marinate.
3. Gently toss the shredded beef and avocados with the marinated vegetables and adjust seasoning. Spread on a serving platter and serve chilled or at room temperature with warm tortillas.

Sweet Cheese Pound Cake

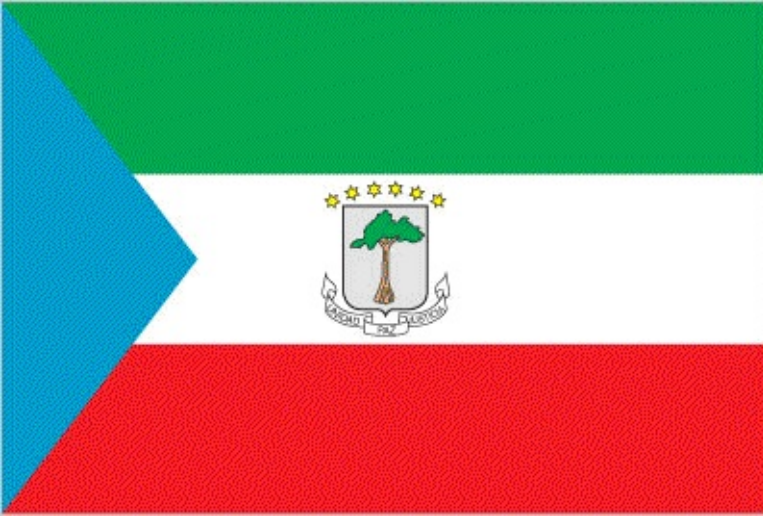
Ingredients:

- All-purpose flour - 2 cups
- Baking powder - 2 teaspoons
- Grated queso fresco or parmesan cheese - 1/2 pound
- Sugar - 2 cups
- Eggs, beaten lightly – 4
- Whole milk - 1 cup
- Butter, melted - 2 sticks (1/2 pound)
- Sesame seeds (optional) - 2 tablespoons

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Sift the flour and baking powder together into a bowl. Add the cheese, sugar, eggs and milk to a large bowl and beat until smooth. Stir in the melted butter. Slowly stir the flour mixture into the cheese mixture until fully incorporated and a smooth batter is formed.
2. Pour the batter into two well greased loaf pans, filling them only halfway. If using, sprinkle sesame seeds over the top of the batter. Bake for 20 to 25 minutes, or until a toothpick inserted into the middle comes out clean. Set on racks and allow cooling to room temperature before slicing and serving.

Equatorial Guinea



Chicken with Peanut Sauce

Ingredients:

- 1 medium chicken
- 3 tomatoes, finely chopped
- 2 garlic cloves, finely chopped
- 1 white onion, finely chopped
- 1 sprig of parsley, finely chopped
- 250 grams peanut paste (or peanut butter)
- salt and freshly-ground black pepper, to taste
- 1/2 teaspoon hot chili, pounded to a paste

Preparation:

1. Clean and wash the chicken. Place in a pot and add 200 milliliters water along with the onion, tomatoes, garlic and parsley. Season with the hot chili, salt and black pepper then bring to a boil. Cover and cook for 15 minutes then add 1 liter water and stir in the peanut paste.
2. Mix well to combine, bring to a simmer, cover and cook gently over low heat for about 45 minutes, or until the sauce is thick and the chicken is very tender. Joint the chicken and serve with the sauce accompanied by boiled yams, cooked beans, boiled cassava or rice.

Banana Fritters

Ingredients:

- 1 kilogram bananas
- 1 tablespoon plain flour for each banana
- 1 liter oil (groundnut, sunflower, red palm) for frying
- pinch of salt

Preparation:

1. Peel the bananas, place in a bowl and mash with a fork until smooth. Work in the flour and a pinch of salt. Mix well to combine then cover with a cloth and set aside over night. When ready to cook, heat the oil in a pan or wok to 180 degrees

Celsius (when a small cube of bread sizzles and turns golden as soon as it's dropped in the fat).

2. Shape the batter into quenelles (rugby balls) with two spoons and drop into the hot oil. Fry for about 4 minutes, or until golden brown and cooked through. Remove with a slotted spoon and drain on kitchen paper. It can be serving hot or cold.

Fish Grill with Three Sauces

Ingredients:

- 8 firm fish steaks (eg kingfish, swordfish, mackerel or tuna) about
- 200 gramsrams each and 3cm thick
- 3 garlic cloves, crushed
- 2 scotch bonnet chilies, minced or pounded to a paste
- 250 milliliters lime juice
- 3 tablespoons coconut oil or palm oil
- salt and black pepper, to taste
- peanut sauce spinach sauce avocado sauce

Preparation:

1. Rinse the fish then drain and blot dry with paper towels. Season the fish liberally with salt and black pepper then place in a glass or ceramic baking dish. Add the garlic and chilies then pour the lime juice over the top. Turn a few times to ensure that they're evenly coated then place in the fridge to marinate for 90 minutes.
2. When ready, heat a grill or barbecue. Drain the fish and blot dry before brushing with oil and seasoning with salt and black pepper. Cook for about 4 minutes per side, arrange on a plate and serve with the sauces.

Style Rice

Ingredients:

- 250 gramsrams rice, thoroughly washed
- 1 hot chili
- 1 onion
- 100 milliliters oil salt, to taste

Preparation:

1. Wash the rice thoroughly, until no more starch can be seen. Turn into a colander and set aside to drain. Finely chop the onion and chili. Add to oil to a pan and when hot use to gently fry the onion and chili for about 4 minutes or until soft.
2. Add the rice and stir to coat in the oil. Pour in enough water to cover the rice by a depth of 2cm. Bring the mixture to a boil, reduce to a simmer, cover the pot and cook over the lowest heat for about 30 minutes, or until the rice is tender and all the liquid has been absorbed. Serve hot to accompany meat or meat-based stews.

Veal Thigh with Pistachio Nuts

Ingredients:

- 1 kilogram veal thigh
- 200 grams rams bacon
- 2 shallots, chopped plain flour for dusting
- 10 okra pods, finely sliced
- 125 grams pistachio nut paste
- 1/2 teaspoon Guinea pepper (Ashanti pepper)
- 30 grams rams margarine (or butter)

Preparation:

1. Cut the meat into even-sized pieces. Cut the bacon into small pieces 4mm thick and use a larding needle to insert these into the meat (or prick the meat with a sharp-pointed knife and insert the bacon into the holes). Dust the meat lightly with flour. Melt the margarine in a pan, add the shallots and fry until golden (about 5 minutes). Add the meat and fry until browned then pour in just enough water to cover. Bring to a boil, reduce to a simmer, cover and cook for 40 minutes.

2. Mix the pistachio paste with 150ml lightly salted hot water and add to the pan. Bring to a boil, stirring to ensure that the pistachio nut paste mixes with the stock. Crush the guinea pepper grains, add to the pan along with the sliced okra. Bring back to a simmer and cook, uncovered, for about 20 minutes or until the sauce is thick. Serve hot with boiled cassava or yams or with rice.

Eddoes Purée with Fish

Ingredients:

- 200 grams rams eddoes (malanga in Equatorial Guinea)
- 200 grams rams boneless fish fillets (any firm white fish), chopped
- 500 milliliters water
- red palm oil or sunflower oil
- salt, to taste

Preparation:

1. Peel the eddoes and cut the flesh into small pieces (it is actually easier to chip pieces off them but sticking the blade of a knife into the flesh and then twisting to break off pieces of the eddoe). Place the eddoe chips in a pan with the water, salt to taste and a splash of oil. Bring to a boil, then reduce to a simmer and cook for about 20 minutes, or until the eddoe pieces are tender.

2. Now add the fish pieces and stir to combine. Bring back to a simmer and cook for about 10 minutes or until the fish pieces are tender. Take off the heat and beat the mixture with a wooden spoon until the eddoes break down to a purée. Serve hot.

Bushmeat Paella

Ingredients:

- 300 grams wild pig meat, cubed
- 250 grams cane rats (grass cutters), cut into portions
- 50 grams dried shrimp
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 500 milliliters chicken stock
- 200 grams long-grain rice
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1/8 teaspoon turmeric
- 400 grams tin chopped tomatoes
- 1 red bell pepper, de-seeded and cut into strips
- 1/2 tin (250 grams) black-eyed peas or any kind of beans or peas

Preparation:

1. Heat the oil in a pan and cook the wild pork cubes and the grass cutter pieces until they are almost done. Remove the meat and set aside then fry the onion and garlic. Cook until the onion has softened then add the rice and fry for a few minutes before adding the stock, dried shrimp, rice, oregano, paprika, cayenne pepper, salt, pepper and turmeric.
2. Bring the mixture to a boil, reduce to a simmer and cook, covered, for 15 minutes. Add the tinned tomatoes, bell pepper and beans. Stir, cover, and simmer for 5 more minutes, until the rice is tender. Add the meat, cook for a few minutes to heat the meat then serve.

Eritrea



Beef Stew

Ingredients:

- 3 medium red onions
- 1/2 cup spiced butter
- 1/4 cup chili paste
- 1 cup canned crushed tomatoes
- 2 pounds beef
- water

Preparation:

1. Chop onions into small fine pieces. Heat a shallow deep pan, about 3 to 4 inches deep. Add half of the spiced butter. Once butter is melted add the chopped onions and cook it until the onion is caramelized. Be sure not to burn the onions, keep stirring!
2. Add the chili paste to the cooked onions. Mix it well by adding a drop of water at a time as needed. Cook for about 15 minutes by adding a drop of water as you stir to stop it from drying. Add tomatoes and cook for about 30 minutes more stirring it often and adding a drop of water as needed to prevent it from drying out. Cut beef into small bite sizes, about 1/2 inch cubes.
3. Add beef to the cooking paste and cook covered for about 20 minutes or until it is cooked fully. Add the remainder of the spiced butter and mix well. Let cook of about 5 more minutes.

Berberé Spice Blend

Ingredients:

- 2 teaspoons cumin seeds
- 1 Teaspoon fenugreek seeds
- 1/2 Teaspoon black peppercorns
- 1/4 teaspoon whole allspice
- 4 whole cloves
- 2 Tablespoons sweet paprika
- 1 Tablespoon hot paprika
- 1 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1 teaspoon kosher salt
- 3/4 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1/8 teaspoon ground cinnamon

Preparation:

1. In a small (8") skillet over medium heat, combine the cumin seeds, fenugreek seeds, black peppercorns, whole allspice, and whole cloves. Shake the pan frequently, toasting the spices for a few minutes, just until they are very aromatic.

Remove spices from pan and let cool for five minutes.

2. In a coffee grinder, combine the toasted spices along with the rest of the ingredients listed. Grind into a fine powder and store mixture in a glass jar.

Teff Crepes

Ingredients:

- 1 1/2 Cups water
- 2 Tablespoons unsalted butter, melted
- 1 Tablespoon apple cider vinegar
- 1 egg
- 1 Cup (120 grams) teff flour
- 1/2 Cup (60 grams) whole wheat flour
- 1/4 teaspoon kosher salt
- 1/4 teaspoon baking soda
- butter (for greasing the pan)

Preparation:

1. Place ingredients in blender in order listed. Blend until smooth. Heat a 10 inch non-stick crepe pan over a medium-low flame. Lightly butter the pan, wiping out excess with a paper towel so a very fine layer of butter remains. Ladle 1/4 cup of the crepe batter to the pan, shaking and tilting the pan to create an even layer of batter. Once you have an even layer, cover the pan immediately.

2. After 30 seconds, check for doneness — the edges of the crepe will begin to curl away from the pan, and the top of the crepe will be dry. Use a thin spatula to carefully release the crepe from the pan and remove to a plate. These crepes have less gluten holding them together than traditional ones, so they will be VERY delicate — take care not to tear them. Once they are cooled they will be a little easier to handle.

3. Repeat steps 3 through 5 with remaining batter until it is all used up. You can stack the crepes directly on top of each other if they won't stick.

Chickpea Flour Stew

Ingredients:

- 2 Tablespoons Garlic Gold oil, divided
- 2 small or one large yellow onion, finely diced
- 1 Tablespoon berbere spice
- 3 Cup water
- 1 teaspoon kosher salt
- 1 Cup garbanzo bean flour

Preparation:

1. Heat one tablespoon of the Garlic Gold oil in a 10", high-sided skillet over a medium-high flame. Sauté the onions for about ten minutes, until browned. Add the berbere spice and sauté for another minute until aromatic. Add the water and

salt. Bring to a boil.

2. While whisking constantly, add the garbanzo bean flour. Whisk until thoroughly blended and thickened, it is okay if there are a few lumps. Turn off the heat. Use an immersion blender to process the mixture until smooth, then stir in the remaining tablespoon of Garlic Gold oil. Serve immediately, using teff crepes to scoop up the stew.

Alitcha birsen

Ingredients:

- 5 tablespoons sunflower or other vegetable oil
- 6 cloves of garlic, crushed
- 250 grams tomatoes, peeled
- 200 grams lentils
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon ginger
- 2 fresh red chilies (remove the seeds)
- 1 liter boiling water

Preparation:

1. Heat the oil in a frying-pan and fry the garlic light golden. Add the sliced skinned tomatoes and simmer 5 minutes. Add the washed lentils and simmer shortly. Add salt, pepper, ginger, chili and boiling water. Cover the pan and simmer the mixture on a low fire for 60 minutes. Serve with injera.

Berbere

Ingredients:

- 2 teaspoons cumin seed
- 1 teaspoon cardamom
- 1/2 teaspoon allspice
- 1 teaspoon fenugreek seed
- 1 teaspoon coriander seed
- 8 cloves
- 1 teaspoon black peppercorns
- 20 crumbled dried red peppers
- 1/2 teaspoon dried ginger
- 1/2 teaspoon cinnamon
- 1 teaspoon turmeric
- 3 tablespoons sweet or hot paprika
- 1 teaspoon salt

Preparation:

1. Put all the ingredients up to the salt in a frying pan and heat for 2 minutes, stirring constantly. Add the salt and grind the spices in a spice grinder.

Injera

Ingredients:

- 200 gramsram teff, ground fine
- 1 teaspoon salt
- Sunflower or other vegetable oil

Preparation:

1. Mix ground teff with 250 cc lukewarm water and let stand in a bowl covered with a dish towel, at room temperature, until it bubbles and has turned sour. This may take as long as 3 days. The fermenting mixture should be the consistency of pancake batter.
2. Add 125 cc soda-water and stir in salt. Lightly oil a large frying-pan. Heat over medium heat. Then proceed as you would with a normal pancake or crepe. Injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes.
3. Cook briefly in the covered frying-pan, until holes form in the injera and the edges lift from the pan. Remove and let cool.

Herb butter

Ingredients:

- 200 gramsrams unsalted butter
- 100 milliliters water
- 2 small onions, shredded
- 2 cloves of garlic, crushed
- 2 teaspoons ginger, shredded

Preparation:

1. Put the butter and the water in a frying-pan and heat them until the butter has melted. Add the other ingredients and simmer the mixture on a low fire for 30 minutes, until the mixture stops skimming and the butter is clear. Do NOT stir the mixture. Sieve the butter and allow to cool down in a well closed jam jar .

Tsebhi shiro

Ingredients:

- 500 gramsrams raw dry groundnuts
- 100 gramsrams butter
- 2 tablespoons tomato paste
- 2 small onions
- 2 teaspoons mixed spices to taste
- Salt and pepper to taste

Preparation:

1. Shell groundnuts, clean and grind into flour. Put the other ingredients into a saucepan with 500cc of water and bring it to the boil. Simmer for 30 minutes.

Serve with injera.

Tsebhi birsen

Ingredients:

- 250 grams red lentils
- 1 tablespoon of sunflower or other vegetable oil
- 1 large onion, minced
- 2 tablespoons berbere
- 200 grams tomatoes, peeled and sliced
- 2 teaspoons tomato paste
- 1 teaspoon cumin
- 1/2 teaspoon cardamom
- 3 cloves garlic, crushed
- Salt and pepper to taste

Preparation:

1. Heat the oil in a frying-pan and fry the onion light golden. Add the berbere and fry for 5 minutes. Add the sliced skinned tomatoes and simmer 5 minutes. Add the rest of the ingredients, except the lentils, salt and pepper and simmer shortly. Add salt, pepper, lentils and boiling water. Cover the pan and simmer the mixture on a low fire for 60 minutes. Serve with injera.

Spicy Chicken

Ingredients:

- 3 Medium size onions, chopped
- 50 cc chili paste (berbere)
- 50 cc tegelese tesmi
- 1 teaspoon chopped ginger
- 1 teaspoon chopped garlic
- 2 tablespoons lemon juice
- 2 tablespoons tomato paste
- 2 teaspoons salt
- 4 large tomatoes, peeled
- 1 kilogram chicken
- 6 hardboiled eggs (peeled)
- pepper and salt to taste

Preparation:

1. Cut the chicken into pieces and drain them well. Sprinkle the pieces with a mixture of the lemon juice and the salt and marinate during 30 minutes. Fry the onions lightly on a low fire in the frying-pan. Do not use butter or oil. Add some water if necessary to prevent burning or sticking.

2. When the onions are done, add the berbere and fry shortly. Add the tegelese tesmi and fry this mixture for 5 minutes. Add the tomato paste, tomatoes skinned

and sliced, garlic and ginger and simmer during 20 minutes on a low fire, stirring regularly to prevent sticking. Add some water and the pieces of chicken and simmer until the chicken is done. Add the eggs to the sauce shortly before serving. Serve with injera.

Spicy Minced Meat

Ingredients:

- 2 Medium size onions, chopped
- 2 tablespoons sunflower or other vegetable oil
- 50 cc chili paste (berbere)
- 50 cc tegelese tesmi
- 1 teaspoon chopped ginger
- 1 teaspoon chopped garlic
- 6 large tomatoes, skinned
- 1 kilogram beef or lamb, shredded
- pepper and salt to taste

Preparation:

1. Heat the oil in a frying-pan and fry the onions light golden. Add the berbere and the tegelese tesmi and some water if necessary and simmer it on a low fire. Add the ginger and the garlic after 10 minutes and the sliced skinned tomatoes, some salt and some pepper after another 5 minutes. After 15 minutes add the meat and simmer it until the meat is done. Add some water if necessary. Serve with injera.

Bread

Ingredients:

- 300 cc lukewarm water
- 25 grams fresh yeast
- 1 teaspoon grinded fenugreek seed
- 1/2 teaspoon grinded coriander seed
- 1/2 teaspoon grinded cardamom seed
- 1 clove of garlic, crushed
- 1 teaspoon salt
- 1 egg
- 1 tablespoon oil or butter
- 450 grams flour or 225 grams flour and 225 grams whole wheat flour
- a dash of white pepper, cayenne, ground ginger

Preparation:

1. Dissolve the yeast in the lukewarm water in a large bowl. Mix the egg and the spices. Add the flour little by little. Knead the mixture for 10 minutes on a floured table.
2. Allow the dough to rise, covered by a tea-towel, in a warm place. Knead the mixture again and create a round, flat bread (2 centimeters high) from the dough

in the frying pan, Allow the dough to rise a second time in a warm place, until its volume has doubled. Decorate the bread with a knife or nails (see picture below).
3. Bake the bread in the covered frying pan for 10 minutes on a medium to low fire. Turn over the bread and bake it for another 5 minutes. Remove the bread from the frying pan and spread it with some water and butter. Serve warm or cold in wedges.

Estonia



Roast Stuffed Shoulder of Veal

Ingredients:

- ½ pound ground lean veal
- ½ pound ground lean pork
- ½ pound ground lean beef
- ½ cup fresh bread crumbs, made from homemade-style white bread, pulverized in a blender or finely shredded with a fork
- 1 cup finely chopped onions
- 2 eggs
- Salt
- Freshly ground black pepper
- A 5-pound boned shoulder of veal
- 4 hard-cooked eggs, peeled
- 1½ - 2 cups cold water, or 1½ - 2 cups chicken stock, fresh or canned
- ½ cup sour cream

Preparation:

1. To make the stuffing, combine the ground veal, pork and beef in a large mixing bowl, and add the bread crumbs, onions, eggs, 1 tablespoon of salt and 1 teaspoon of pepper. Mix with your hands or a large spoon until all the ingredients are well combined. Then vigorously knead the mixture for 3 to 5 minutes, or until smooth.
2. Preheat the oven to 350 degrees Fahrenheit. Skin-side down, spread the veal shoulder flat on a table and, with a small, sharp knife, make small cuts in the thickest areas of the meat so that it lies even flatter. Lay a sheet of wax paper over the veal and with the side of a cleaver or meat pounder, pound the meat to a fairly uniform thickness. Remove the paper and sprinkle the veal liberally with salt and somewhat more discreetly with pepper.
3. Spread half the stuffing on the veal, leaving a 2 inch border of the veal exposed all around the sides. Lay the hard-cooked eggs in a row down the length of the stuffing and spread the remaining stuffing in a layer over them. Bring one long side of the veal over the filling to the middle, and tuck in the two ends. Now bring the other side over the filling, enclosing it snugly. With strong kitchen cord, tie the rolled veal crosswise at 2 inch intervals, then with more cord tie it lengthwise.
4. Place the rolled veal seam-side down in a shallow roasting pan just large enough to hold it comfortably. Pour in 1½ cups of cold water or chicken stock and roast for 2 hours, undisturbed, basting the veal from time to time with the pan juices. When the meat is a deep golden brown, carefully transfer it to a serving platter and cut off and discard the strings.
5. Bring the juices remaining in the pan to a boil over high heat. If most of the liquid has cooked away, add the remaining ½ cup of water or chicken stock to the pan, meanwhile scraping into it any brown bits that may be clinging to the bottom and sides of the pan. Off the heat, stir the ½ cup of sour cream into the sauce, a tablespoon at a time. Taste for seasoning and pour into a sauceboat. Slice the roll crosswise into 1 inch rounds and arrange them slightly overlapping down the center of a large heated platter. Moisten them with a few tablespoons of sauce and serve the remaining sauce separately.

Cinnamon Braid Bread

Ingredients:

- 2 ¼ cups flour
- ½ teaspoon salt
- ¾ cup milk, lukewarm
- 1 tablespoon sugar
- 15 grams fresh yeast (1 envelope active dry yeast)
- ⅛ cup butter, melted
- 1 egg yolk

Filling:

- ¼ cup butter, softened

- 4 -5 tablespoons sugar
- 3 teaspoons cinnamon
- 3 teaspoons ground almonds (optional)

Preparation:

1. In a medium bowl stir fresh yeast with sugar. Stir in the lukewarm milk and then add the egg yolk and melted butter. In a large bowl whisk together the flour and salt. Pour the milk mixture over the dry ingredients and start kneading it until it pulls away from the edges of the bowl. Give the dough the shape of a ball.
2. Sprinkle oil onto a clean bowl, place the dough and cover with plastic wrap. Let it rest for about 1 hour at room temperature (warm space) until doubled in size. While the dough rises, whisk together the butter with sugar and cinnamon for the filling. Set aside.
3. Preheat the oven to 400 degrees Fahrenheit or 200 degrees Celsius. Line a baking sheet with parchment paper. On a floured surface, using a rolling pin roll the dough to a rectangle of about 18x12 inches. Spoon the cinnamon filling over top (keep about 1 tablespoon of the filling for the end), spreading evenly, leaving a clean 1/2 inch border around the edges.
4. Sprinkle the almonds over the cinnamon filling. Roll up the dough and using a sharp knife, cut the log in half length-wise leaving one edge uncut for about 1/2 inch. Start braiding the two pieces, trying to keep the open layers exposed so the cut ends remain on top (this is what makes this bread effect).
5. Pinch the ends together and form a wreath. Transfer it to the prepared baking sheet. Brush the wreath with the left cinnamon filling. Bake for 20-25 minutes until golden brown. For the last 10 minutes you can reduce the oven temperature to 180 Celsius or 350 Fahrenheit. Serve it warm as it is or with your favorite topping.

Dark Beer Soup with Pork

Ingredients:

- 500 grams pork, cut into bite-sized pieces
- 1 large onion, diced
- 800 grams mixed beans (either home-cooked or tinned)
- 500 milliliters beef stock
- 1 liter dark beer
- oil for frying

Preparation:

1. Heat the oil in a pan and add the onion and pork. Cook for about 8 minutes, or until the onion is soft and the pork has browned all over. Add the beer and stock then bring the mixture to a boil, reduce to a simmer, cover and cook for 60 minutes, or until the pork is completely tender. Stir-in the beans and return to a boil. Reduce to a simmer and cook for 20 minutes, or until the beans are heated through. Ladle into warmed soup bowls and serve with plenty of crusty bread.

Nettle Soup with Egg Garnish

Ingredients:

- 100 grams young nettle tops
- 500 milliliters water
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 tablespoon plain flour
- 500 milliliters vegetable or beef stock
- salt and black pepper, to taste
- 2 hard-boiled eggs halved lengthways
- 1 tablespoon finely-chopped dill
- 1 tablespoon finely-chopped chives

Preparation:

1. Bring the water to a boil, plunge the nettle leaves in this and blanch for 2 minutes (this will remove the formic acid that causes the stinging). Drain the nettles in a colander, rinse under cold water and drain before roughly chopping. Add to a blender along with a little of the stock and purée until smooth. Meanwhile, add the oil to a pan and use this to fry the onion on medium heat until soft but not coloured (about 6 minutes).
2. Sprinkle the flour over the top and stir to mix in. Fry for 1 minute to remove the rawness of the flour then slowly add the stock, mixing in to blend with the flour roux. Add the remaining stock, stirring in, then bring to a boil and cook for about 3 minutes before adding the puréed nettles. Allow to heat through, season with salt and pepper then ladle into warmed soup bowls. Add a halved egg to the soup and sprinkle the chopped herbs on top. Serve immediately.

Ground Meat Patties

Ingredients:

- ½ pound lean ground beef
- ½ pound lean ground veal
- ½ pound lean ground pork
- 2 eggs
- 1 cup fresh bread crumbs, made from homemade-style white bread, pulverized in a blender or freshly shredded with a fork
- 1 teaspoon salt
- ¼ teaspoons freshly ground black pepper
- ½ cup finely chopped onions
- ¾ cup cold water
- 4 tablespoons vegetable oil

Preparation:

1. Combine the beef, veal, pork, eggs, ½ cup of the bread crumbs, salt, pepper, onions and water in a large mixing bowl and knead with your hands for 5 or 10 minutes until the mixture is smooth, light and fluffy. Moisten your hands with cold water and shape the mixture into 8 thick, round patties, then dip them each in the

remaining ½ cup of breadcrumbs, coating both sides thoroughly.

2. Heat the 4 tablespoons of oil in a heavy 10- to 12 inch skillet over high heat until a light haze forms above it. Fry the patties 4 at a time about 5 minutes on each side, regulating the heat so that they brown deeply without burning. To make sure they are fully cooked insert the tip of a small knife into one of the patties, spreading it slightly apart. The meat should show no sign of pink. If it does, lower the heat and cook the patties a few minutes longer. Serve at once, accompanied perhaps by braised red cabbage.

Fish Vegetable Salad

Ingredients:

- 2 cups flaked cooked, cold, white-fleshed fish (cod, flounder, halibut, perch)
- ½ cup diced raw carrots
- ½ cup sliced radishes
- ½ cup diced, peeled, and seeded cucumbers
- 2 medium-sized tomatoes, peeled and cut into quarters
- ¼ cup minced gherkins
- 2/3 cup mayonnaise or sour cream
- 2 teaspoons prepared sharp mustard
- Salt, pepper to taste
- Crisp lettuce leaves, washed and dried
- 3 tablespoons chopped fresh dill
- 3 hard-cooked eggs, shelled and cut into quarters

Preparation:

1. Combine fish, vegetables, and gherkins in a large bowl. Mix mayonnaise or sour cream, mustard, salt, and pepper; add to fish combination. Refrigerate 1 hour or longer to blend flavors. Serve on lettuce leaves, garnished with dill and egg quarters.

Ethiopia



Ethiopian Cabbage Dish:

Ingredients:

- 1/2 cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 head cabbage, shredded
- 5 potatoes, peeled and cut into 1 inch cubes

Preparation:

1. Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Ethiopian Flat Bread (Injera):

Ingredients:

- 3 cups self-rising flour
- 1/2 cup whole wheat flour
- 1/2 cup cornmeal
- 1 tablespoon active dry yeast
- 3 1/2 cups warm water

Preparation:

1. Mix everything together to form a batter
2. Let set in large bowl, covered, an hour or longer, until batter rises and becomes stretchy.
3. It can sit as long as 3-6 hours.

4. When ready, stir batter if liquid has settled on bottom.
5. Then whip in blender, 2 cups of batter at a time, thinning it with 1/2 - 3/4 cup water.
6. Batter will be quite thin.
7. Cook in non-stick frypan WITHOUT OIL (is that a great instruction or what?) over medium or medium-high heat.
8. Use 1/2 cup batter per injera for a 12 inch pan or 1/3 cup batter for a 10 inch pan.
9. Pour batter in heated pan and quickly swirl pan to spread batter as thin as possible.
10. Batter should be no thicker than 1/8 inch.
11. Do not turn over.
12. Injera does not easily stick or burn.
13. It is cooked through when bubbles appear all over the top.
14. Lay each injera on a clean towel for a minute or two, then stack in covered dish to keep warm.
15. Finished injera will be thicker than a crepe, but thinner than a pancake.

Ethiopian Spicy Beef Stew (Key Wat):

Ingredients:

- Berbere spice mixture
- 1/2 teaspoon ground cumin
- 1 teaspoon ground fenugreek
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric
- 4 tablespoons hot pepper flakes, dried, red (60 ml)
- 2 tablespoons paprika (30 ml)
- 1 teaspoon dried ginger
- 2 teaspoons dried onion flakes
- 1/2 teaspoon garlic powder (or flakes)
- 1/4 teaspoon ground allspice
- 3/4 teaspoon cardamom seed
- 1/2 teaspoon ground cloves
- 1 teaspoon ground coriander powder
- 1/2 teaspoon ground cinnamon

Beef stew

- 1 1/2 pounds beef, cut into 1 inch cubes (750 grams)
- 3 tablespoons oil
- 2 tablespoons ghee (or butter or niter kibbeh, which is the real thing)
- 1 onion, small, finely chopped
- 2 garlic cloves, chopped and crushed
- 2 teaspoons berbere, spice

- 2 tablespoons tomato paste
- 1/2 teaspoon sugar
- 2 cups beef stock (500 ml, can use water)
- 2 teaspoons sea salt (or to taste)

Preparation:

1. To make the Berbere spice mix: mix all the spices and toast in a dry, hot pan, shaking to prevent scorching. Cool the mixture, then grind into a powder. The small coffee bean grinder attachment often supplied with a processor is ideal for this. Save the leftover spice in a small glass bottle with a tight-fitting lid.
2. Berbere can be either a dry or a wet paste, and can be bought ready-made from Ethiopian or speciality food shops.
3. To make the stew: Add the oil and ghee or butter to a pan over medium heat. (Niter kibbeh, the real thing, is a spice-infused clarified butter which is used as the frying medium for most Ethiopian dishes).
4. Gently fry the onion until very soft and just about caramelised. Add the garlic, berbere spice, tomato paste and sugar, mix well, and cook until thick.
5. Add a little of the stock (or water) to make a paste. Add the remaining liquid and the meat cubes, season with salt, and cook gently for 1 hour, or until the meat is tender and the sauce thickened and reduced.
6. Serve with injera, the Ethiopian flatbread. If correctly made and almost crispy, pieces can be used as eating utensils.

Doro Wat (Spicy Chicken Stew):

Ingredients:

- 4 skinless chicken legs, separated into thigh and drumstick
- salt
- 3 tablespoons lemon juice
- 1/4 cup unsalted butter
- 2 large onions, finely chopped
- 3 garlic cloves, minced
- 2 tablespoons paprika
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground fenugreek
- 1/2 teaspoon cumin
- 1/2 teaspoon cardamom
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon coriander powder
- 1 pinch ground cinnamon
- 1 pinch clove
- 1 pinch nutmeg
- 1 pinch allspice
- 1 cup water
- 4 hard-boiled eggs, peeled

Preparation:

1. Place chicken in non-reactive dish and season with salt.
2. Drizzle with lemon juice; turn to coat.
3. Marinate 30 minutes.
4. Meanwhile, in large pot, heat butter over medium and add onion.
5. Cook, stirring, 5 minutes.
6. Reduce heat to medium-low and cook, stirring, until soft (8 minutes).
7. Stir in garlic and cook 2 minutes.
8. Stir in paprika, black pepper, fenugreek, cumin, cardamom, cayenne, coriander, cinnamon, cloves, nutmeg and allspice and cook 2 minutes.
9. Stir in water, add chicken pieces and raise heat to high.
10. When mixture is bubbling, cover and reduce heat to maintain gentle simmer.
11. Cook, turning pieces occasionally, until chicken is tender (30 to 40 minutes).
12. Remove lid; add eggs.
13. Cook until eggs heated through (10 minutes).
14. Season sauce to taste with salt.

Ethiopian Sauteed Lamb or Beef:

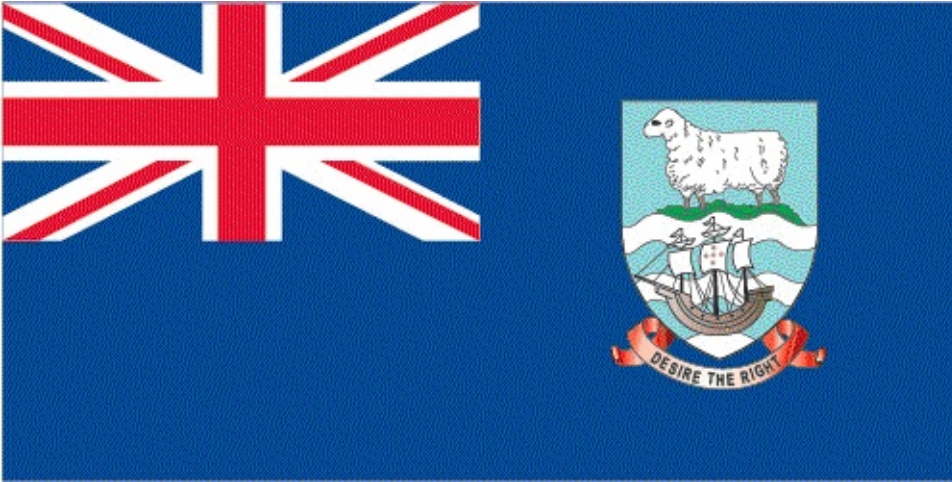
Ingredients:

- 12 ounces lean lamb or 12 ounces beef sirloin
- 1 garlic clove, minced
- 1 tablespoon olive oil or 1 tablespoon vegetable oil
- 1 small sweet onion, thinly sliced
- 3 green hot peppers, quartered lengthwise
- 1 red bell pepper, thinly sliced
- 1 pinch salt
- 1 tablespoon butter
- 3 -4 teaspoons berbere mixed spice, recommend Berbere Spice Mix (Ethiopian)

Preparation:

1. Cut meat into thin 2 inch long strips and mix with garlic.
 2. Heat oil over medium-high heat; saute onion and hot peppers until onion is light golden (about 4 to 5 min).
 3. Add red pepper and salt; saute until red pepper is tender (about 2 to 3 min).
 4. Transfer onion mixture to bowl.
 5. In same pan, melt butter over high heat and saute meat mixture until seared all over (about 2 min).
 6. Stir in Berbere spice mix to taste; saute for 30 seconds.
 7. Serve with injera bread and Tomato and Cucumber salad.
 8. Keep extra Berbere spice mix on table to sprinkle over meat as desired.
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Falkland Islands (Islas Malvinas)



Lettuce Soup

Ingredients:

- 1 teaspoon butter
- 12 ounces lettuce leaves
- 1 a small onion
- 1 tablespoon of flour
- 3 cups chicken stock
- 1 1/4 cups milk
- salt and pepper to taste

Preparation:

1. Melt the butter in a large stock pot over medium heat and add the onion. When the onions are starting to brown, put the lettuce leaves into the pan and saute, stirring continuously, until they start to wilt. Whisk the flour into the chicken broth and pour into the pan. Let simmer gently for 30 minutes, then transfer in batches to a food processor. Puree and then return to the stockpot. Add the milk and seasonings and bring back to a simmer. Serve hot.

Rack of Lamb with Honey

Ingredients:

- 1 rack of lamb
- 1 tablespoon butter
- 1 tablespoon chopped mint
- 3 tablespoons honey
- salt and pepper
- lemon zest

Preparation:

1. Brown the ribs in a small amount of oil and transfer to a oven-proof dish. Meanwhile, mix the honey with the mint and lemon zest, then brush over the rack

of lamb. Roast at 350 degrees Fahrenheit until an internal thermometer reads 145 degrees Fahrenheit. Baste with the pan juices before serving.

Salad for Center Table

Ingredients:

- 3 kinds of lettuce
- 10 walnuts
- 3 tablespoons pine nuts
- 1 avocado, diced
- 1 can of anchovies in olive oil
- 7 ounces goat cheese, diced
- 6 radishes
- 2 carrots, grated
- 1 medium onion, sliced fine
- 1/4 cup extra virgin olive oil
- 1/2 cup lemon juice
- 1/4 cup apple cider vinegar
- salt to taste

Preparation:

1. Sprinkle the diced avocado with a little bit of lemon juice to prevent browning. Cut the lettuce up into bite-sized pieces and arrange in the bottom of your bowl. Top with the walnuts, pine nuts, avocado, carrots, cheese, anchovies and red onion. Cut the radishes into flower shapes and place on top of the salad. Whisk the oil together with the lemon juice and vinegar. Add the salt and pour over the salad.

Scalloped Potatoes

Ingredients:

- 6 large potatoes, washed, unpeeled
- 1/2 cup olive oil
- 3 or 4 green onions
- 2 cups grated Parmesan cheese
- Coarse salt and freshly ground black pepper

Preparation:

1. Rub the potato skins with olive oil (this will make them crispy) and add salt, rubbing all over to cover. Bake at 400 degrees for 40 minutes or until the skins are crispy and the flesh is tender.

2. Remove from the oven and let cool until you can handle them, then cut them in half lengthwise. Scoop out the insides and transfer to a large bowl.

3. Add the oil, green onions, salt and pepper. Return the potato mixture to the potato skins and top with the cheese. Put the potatoes back in the oven and continue to cook until the cheese is melted and just beginning to turn a golden

color.

Warmer

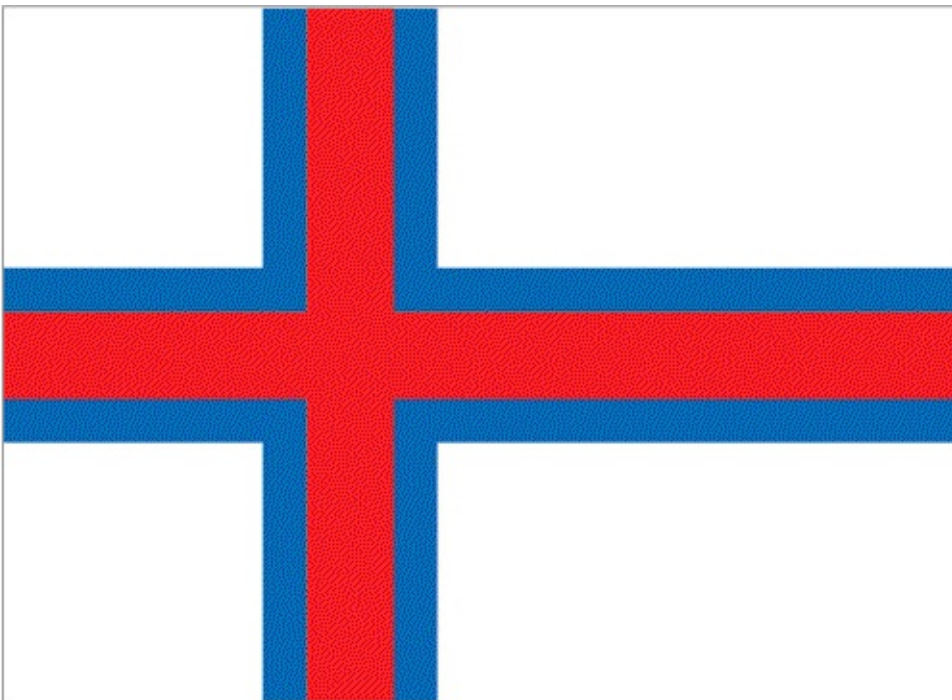
Ingredients:

- 1 tablespoon lemon juice
- 1/4 teaspoon sugar
- 1 ounce Drambuie
- hot water

Preparation:

1. Mix lemon juice and sugar in an Old Fashioned glass; add drambuie and hot water and stir.

Faroe Islands



Hazelnut Oatcake

Ingredients:

Cake:

- 1 1/4 cups water
- 1 1/2 cups rolled oats
- 1 1/3 cups all-purpose flour
- 1 teaspoon ground cardamom
- 1/2 teaspoon caraway seed
- 1 teaspoon baking powder

- 1/2 teaspoon salt
- 1 1/2 cups light brown sugar
- 1/2 cup granulated sugar
- 1 cup unsalted butter
- 2 eggs
- 3/4 cup chopped hazelnuts
- 1/8 cup hazelnuts, whole (garnish)
- 1/8 cup raspberries, whole (garnish)

Vanilla Sauce:

- 1/2 cup light brown sugar
- 1 tablespoon all-purpose flour
- 1 pinch ground cinnamon
- 1 egg
- 2 tablespoons butter, melted
- 1 1/4 cups whole milk
- 1 pinch salt
- 1 tablespoon vanilla extract

Preparation:

1. Preheat your oven to 350 degrees. While it's warming up, grease a 9 inch cake pan with butter. Line the pan with parchment paper and set aside. Now boil the water and pour it over the oats. Let sit while you mix the flour together with the cardamom, caraway seeds, baking powder and salt.
2. In yet another bowl, combine the sugars and the melted butter. Add the eggs one at a time and beat until well incorporated, then gradually add the flour and spice mix. Finally, stir in the oats and the chopped hazelnuts. Transfer the batter to the pan and bake for 45 minutes to 1 hour, or until a skewer comes out clean. Let cool then remove from parchment.
3. While the cake is baking, make the vanilla sauce. In a heavy saucepan, combine the brown sugar, flour and cinnamon with the egg, melted butter, whole milk and salt. Heat over a medium flame, whisking constantly. Don't let it boil because it will get grainy. When the sauce has thickened (10 to 12 minutes later), add the vanilla extract. Spread the vanilla sauce over the top of the cooled cake, then top with the raspberries and whole hazelnuts.

Fish Casserole

Ingredients:

- 2 pounds cod
- 3 tablespoons oil
- 1 cup heavy cream
- 1/3 cup prepared mustard
- 1/4 cup ketchup
- 1 teaspoon curry powder
- 1 teaspoon white vinegar

Preparation:

1. Preheat your oven to 350 degrees. Rinse the cod and season with salt and pepper. Transfer to an ovenproof baking dish. In a bowl, combine the oil, cream, mustard, ketchup, curry powder and vinegar. Pour over the fish. Bake for 45 minutes or until fish flakes easily and sauce is bubbly. Serve with boiled potatoes.

Dark Rye Bread

Ingredients:

- 1 1/2 cups milk or skimmed milk
- 1/4 cups golden syrup
- 2 1/2 teaspoons active dry yeast
- 2 1/2 tablespoons water
- 2/3 teaspoons salt
- 3 1/4 cups rye flour
- 1 1/8 cups whole grain flour
- 3/4 cup all-purpose flour

Preparation:

1. Put the milk and the syrup into a pot and heat over a low flame. Do not boil, just heat it to about the temperature of hot chocolate. Dissolve the yeast in the water, then add the salt and stir. Let it sit for a few minutes. Meanwhile, put the flours in a large bowl and gradually add the milk mixture and the water. Combine until you get dough. Knead on a floured surface then transfer to a greased loaf pan and let rise until doubled in size. Bake at 350 degrees for 1 to 2 hours or until the top golden brown.

Coffee with Cardamom Cream

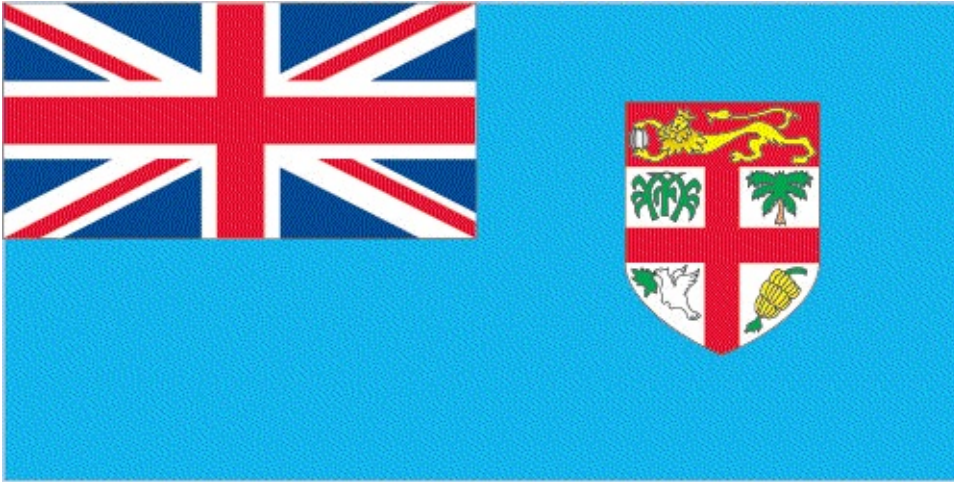
Ingredients:

- 1 1/2 quarts boiling water
- 1/2 cup ground coffee
- 1 cup heavy cream
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground mace
- 1 1/2 tablespoons sugar
- 1 teaspoon vanilla extract

Preparation:

1. Brew coffee according to brewing preference. Combine remaining ingredients in a chilled mixing bowl. Using chilled beaters, beat with electric mixer to soft peaks. Serve whipped cream over coffee.

Fiji



Coconut Buns

Ingredients:

- 4 cups flour, strong
- 3 teaspoons dried yeast
- 1/4 cup sugar
- 60 grams butter
- 1 egg
- 1 1/2 cups milk
- 2 cups coconut milk

Preparation:

1. To make the buns place the flour, yeast and sugar in a bowl. Melt the butter and add the milk. When warm add the egg and beat well. Pour this into the flour mix and form into the soft dough. Turn out and knead until smooth and shiny - about 10 minutes.
2. Place in an oiled bowl and roll the dough around until it covered in the oil. Cover with cling wrap and leave until double in size. Turn out and knock down. Divide into 15 pieces and shape each into a smooth bun shape.
3. Place in greased or oiled cake pan so they are just touching and set aside to rise again until doubled in size. Preheat oven to 180 degrees Celsius. Pour over coconut milk. It should just cover the buns. Bake for 35-40 mins or until golden brown. Remove from oven and eat while still warm.

Fish Lolo

Ingredients:

- 1/2 pound halibut or 1/2 pound cod
- 1 tablespoon canola oil or 1 tablespoon olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 fresh serrano chili, chopped

- 1 (400 milliliters) can coconut milk
- salt and pepper
- 1 tablespoon fresh basil, coriander
- casava taro root (dalo) or rice

Preparation:

1. Casava or dalo. Peel the skins cut into 1 inch thick slices. Boil in salted water until soft. Test by poking with a fork, it should be soft yet firm, not too soft. drain water and steam on low heat for 5 to 7 minutes.
2. Main dish: Heat oil in sauce pan. Add chopped onion, garlic, chili. Sautee until onions are translucent, do not brown.
3. Season fish with Salt and pepper. Add fish to pan, stir for a few minutes. Add coconut milk. Bring to boil then turn the heat low and simmer for 10 minutes. Add salt and pepper to taste, top with herb (basil, corriander). Serve with Casava, taro root or over rice or noodles.

Fish Curry

Ingredients:

- 4 lean firm-textured fish fillets, cubed
- 3 tablespoon oil
- 1 garlic clove, crushed
- 3cm square fresh ginger, finely grated
- 1 onion, halved and sliced
- 2 long red chilies, finely chopped
- 1 teaspoon mustard seeds
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Juice of 1 lemon
- Juice of 1 lime
- 200 milliliters coconut milk
- 200 milliliters coconut cream
- Salt and pepper, to taste

Preparation:

1. Heat oil in a large saucepan. Add garlic, ginger, onion and chili and cook until onion is transparent. Add mustard seeds, turmeric and cumin stirring constantly until fragrant. Lower heat and add fish pieces. Add lemon and lime juice over the fish pieces and stir fish lightly until just cooked on both sides.
2. Pour coconut milk and cream over the fish and bring to the boil. Turn down the heat and simmer for a further 5 minutes. Add salt and pepper to taste and serve with fragrant jasmine rice.

Coconut Fish with Tomato, Spinach and Rice

Ingredients:

- lemon grass 1 stalk
- red chili 1
- red onion ½
- tomatoes 4 ripe (or 1 can crushed tomatoes)
- coconut milk 1 can
- Lemon juice 2-3 tablespoons
- fish sauce 2 tablespoons
- sugar 1 teaspoon
- basil leaves ¼ cup roughly chopped
- white fish fillets 600 grams

Serve:

- baby spinach 300 grams
- basil leaves ¼ cup roughly chopped
- steamed rice

Preparation:

1. Remove outer leaf and finely chop lemongrass; slice chili lengthways, scrape out seeds then finely chop; thinly slice onion; roughly chop tomatoes. Heat a large fry-pan on medium heat. Add ¼ cup of the coconut milk, lemongrass and chili and fry until liquid evaporates and lemongrass is tender, 2-3 minutes. Stir in remaining coconut milk, onion, tomatoes (fresh or canned), lemon juice, fish sauce, sugar and basil leaves. Simmer for 5 minutes.

2. Pat fish dry with paper towels and remove any remaining scales or bones. Season with salt and pepper. Place whole fish fillets in the coconut sauce, and simmer for 4 minutes, turn fillets over and cook for a further 1 minute or until just cooked. Steam or lightly saute spinach until just wilted. To serve, spoon some rice, fish and coconut sauce, and spinach onto each plate. Garnish with basil leaves.

Raw Fish Salad

Ingredients:

- 850 grams (about 4) snapper fillets, skin removed
- 185 milliliters (¾ cup) fresh lemon juice
- 2 ripe tomatoes, diced
- 1 green capsicum, halved, deseeded, diced
- 1 brown onion, diced
- 100 milliliters coconut cream
- 1 large fresh red chili, halved, finely chopped
- Salt and freshly ground black pepper
- 3 green oak leaf lettuces, stems trimmed, washed, dried

Preparation:

1. Use a sharp knife to cut on either side of the centre line of bones in each snapper fillet, and discard the bones. Cut the snapper into 1cm pieces.

2. Place the snapper and lemon juice in a large ceramic or glass bowl, and toss to

combine. Cover with plastic wrap and place in the fridge for 8 hours or overnight to marinate, tossing occasionally with a wooden spoon. The fish will be white when ready.

3. Add tomatoes, capsicum, onion, coconut cream and chili to marinated fish, and stir gently to combine. Taste and season with salt and pepper.

4. Line a serving bowl with the lettuce leaves. Spoon the kokoda onto the leaves. If you like, transfer portions of the kokoda and leaves into individual serving bowls.

Meat Balls

Ingredients:

- 675 grams or 1 ½ pounds Minced Beef
- 1 heaped tablespoon Fresh White Breadcrumbs
- 1 Onion , finely chopped
- 2 teaspoons freshly chopped Thyme
- Salt and Black Pepper
- 1 tablespoon Vegetable Oil
- 25 grams or 1 ounce Butter
- 2 tablespoons Plain Flour
- 240 milliliters or 8 ounces Beef Stock
- 2 tablespoons Tomato Puree
- 1 heaped tablespoon Curry Powder

Preparation:

1. Place the beef, breadcrumbs, onion, thyme, salt, and pepper in a large mixing bowl and mix until well blended. Using your hands, shape the mixture into balls about the size of golf balls. Heat oil and butter in a large saucepan until very hot then add the meat balls and brown quickly on all sides. Remove the meatballs from the pan with a slotted spoon and set aside.

2. Sprinkle the flour into pan and cook for 2 minutes, mixing vigorously. Gradually add the stock, stirring constantly, then add the tomato paste and curry powder and mix well. Return meat balls to pan, reduce the heat, cover and simmer for 60 minutes. Serve immediately.

Chicken Wings

Ingredients:

- 16-20 Chicken Wings

Marinade:

- 180 milliliters or 6 ounces Soy Sauce
- 180 milliliters or 6 ounces Mirin or Sherry
- 60 milliliters or 2 ounces Coconut Cream
- 2 tablespoons Sesame Oil
- 3 tablespoons Brown Sugar
- 2 tablespoons freshly grated Root Ginger
- 2 teaspoons Ground Cardamom

- 2 Garlic Cloves
- 3 Chili Peppers

Preparation:

1. Place all the marinade ingredients in a blender or food processor and process until smooth. Place the chicken wings in a shall dish, pour over the blended marinade and leave to marinate for at least 2 hours, turning from time to time.
2. Preheat the oven to 200 degrees Celsius or 400 degrees Fahrenheit , Gas Mark 6 and line a shallow baking tin with aluminium foil. Remove the wings from the marinade, place in the lined tin and bake for 20-30 minutes, turning 3 or 4 times and basting frequently with the marinade, until cooked through and caramelised.

Chicken and Squash Soup

Ingredients:

- 2 tablespoons Cooking Oil
- 1 Onion, chopped
- 2 Large Chicken Breasts, diced
- 900 milliliters or 30 ounces Water
- 2 tablespoons Lime Juice
- Salt
- 2 Tomatoes, chopped
- 675 grams or 1-½ pounds Pumpkin, peeled and sliced
- 120 milliliters or 4 ounces Coconut Cream

Preparation:

1. Heat the oil in a large saucepan, add the onions and sauté for about 5 minutes until softened. Add the chicken to the pan and cook over a medium heat for 10 minutes, stirring from time to time. Add the water, lime juice and salt, bring to the boil then reduce the heat, cover and simmer for 15 minutes. Add the tomatoes, pumpkin and coconut cream and bring to the boil, stirring. Immediately remove from the heat and serve hot.

Finland



Burgundy Meatballs

Ingredients:

- 1 pound ground beef
- ¾ cup cracker crumbs
- 1/3 cup Burgundy wine
- ¼ cup finely-chopped onion
- 2 tablespoons finely-chopped parsley
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 eggs
- 1 tablespoon butter
- 1 tablespoon flour
- 1 teaspoon Kitchen Bouquet
- ¾ cup water

Preparation:

1. Mix the beef, cracker crumbs, wine, onion, parsley, salt, pepper, and eggs. Form into 16 meat balls. Put in a covered casserole and cook 5 minutes in the microwave oven, rearranging the meat balls once so that those on the inside are put to the outside to equalize the cooking. Let stand.
2. In a small dish, melt the butter in the microwave oven. Stir in the flour, then the Kitchen Bouquet, and then the water. Pour over the meat balls. Cook, covered, in the microwave oven for 3 minutes more. Let stand 5 minutes, and then stir the gravy very gently so as to not break up the meat balls. Serve over noodles or rice.

Cookie Sticks

Ingredients:

- 1 cup butter, softened
- 1/2 cup white sugar
- 1 egg
- 1 teaspoon almond extract
- 3 cups all-purpose flour
- 1/4 teaspoon salt
- 3 eggs, beaten
- 1/2 cup white sugar
- 1 1/2 cups finely chopped almonds

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. In a medium bowl, cream together the butter and 1/2 cup sugar until smooth. Stir in 1 egg and almond extract. Combine the salt and flour; stir into the sugar mixture with your hands until a smooth dough forms.
2. Roll dough into log shaped pieces about 1/2 inch thick and 2 to 3 inches long.

Dip each piece in the beaten eggs, then in remaining 1/2 cup sugar and then roll them in almonds. Place them 1 inch apart onto ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Cabbage and Lamb Hot Pot

Ingredients:

- 2 pound white cabbage
- Seasoning
- 1 pound best end of neck of lamb
- Tomato puree

Preparation:

1. Wash the cabbage and chop it finely. Brown the meat on both sides in a saucepan without any extra fat, then add the finely chopped cabbage, seasoning, tomato puree and a very little water and simmer until the cabbage is quite transparent. Serve over rice or noodles.

Fish and Potato Casserole

Ingredients:

- 2 large salt herrings
- 2 tablespoons melted butter
- 1 pound sliced boiled potatoes
- 3 eggs
- 1 pint milk
- 1 tablespoon chopped onion or spring onion
- 1/2 teaspoon pepper
- 1 ounce dried breadcrumbs

Preparation:

1. Soak the fish for 6 hours, skin and bone them and cut in long strips. Butter a baking dish and put in a layer of potato, then one of herring, with a little onion; repeat, finishing. With a potato layer and pour melted butter over the top. Beat the eggs, add the milk and pepper pour into the baking dish and sprinkle with breadcrumbs. Bake in a moderate oven (350°F) for 30 - 40 minutes, or until browned.

Vegetable Soup

Ingredients:

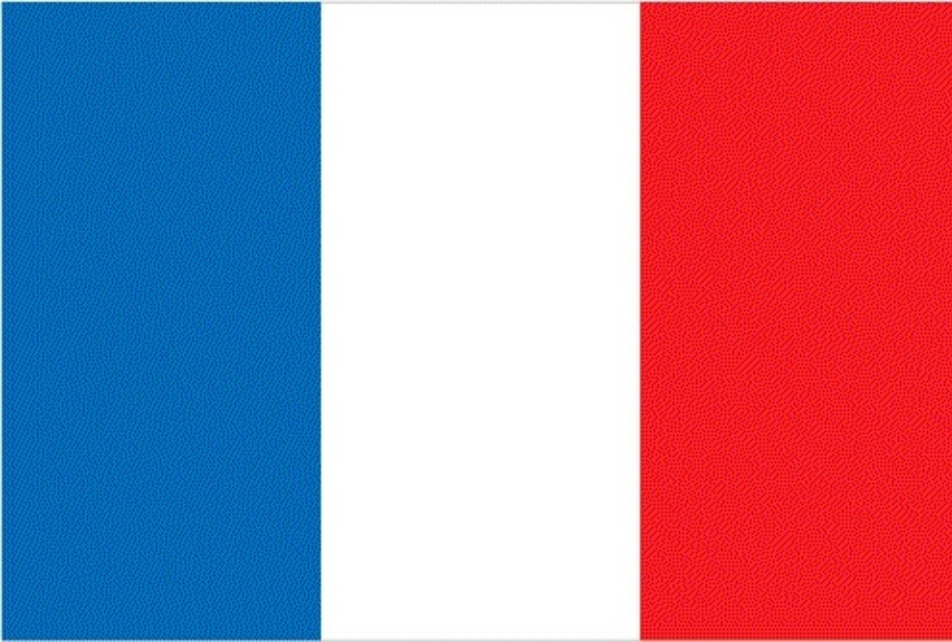
- 4 small carrots, cut into 1/4 inch dice (1 1/2 cups)
- 3/4 cup fresh green peas
- 1 small head cauliflower, separated into 1/2 inch buds (1 cup)
- 2 new potatoes, cut into 1/4 inch dice (1/2 cup)
- 1/2 pound fresh string beans, cut in 1/4 inch strips (1/2 cup)

- 4 small red radishes, halved
- ¼ pound fresh spinach, washed, drained and finely chopped (2 cups)
- 2 teaspoons salt
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 egg yolk
- ¼ cup heavy cream
- ½ pound medium-sized shrimp, cooked and cleaned (optional)
- ¼ teaspoon white pepper
- 2 tablespoons finely chopped fresh parsley or dill

Preparation:

1. Select the youngest, freshest vegetables that you can find. Wash, scrape or cut them to the sizes specified in the ingredient list. Then, except for the spinach, place all of the vegetables in a 2- to 3-quart pot, cover with cold water and add the salt. Boil uncovered for 5 minutes, or until the vegetables are just tender. Add the spinach and cook another 5 minutes. Remove the pan from the heat and strain the liquid through a fine sieve into a bowl. Set the vegetable stock and the vegetables aside in separate bowls.
2. Melt 2 tablespoons of butter in the pan over moderate heat. Remove from the heat and stir in the flour. Slowly pour in the hot vegetable stock, beating vigorously with a wire whisk, and then beat in the milk. In a small bowl, combine the egg yolk and cream. Whisk in 1 cup of the hot soup, 2 tablespoons at a time. Now reverse the process and slowly whisk the warmed egg yolk and cream mixture back into the soup.
3. Add the reserved vegetables to the soup and bring to a simmer. As soon as it comes almost to a boil, reduce the heat, add the cooked shrimp, and simmer uncovered over low heat for 3 to 5 minutes, or until the shrimp and vegetables are heated through. Taste and season the soup with the white pepper as well as additional salt if necessary. Pour into a soup tureen and sprinkle with finely chopped parsley or dill.

France



Chicken Cordon Bleu

Ingredients:

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

Preparation:

1. Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
2. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.

French Onion Soup

Ingredients:

- 4 cups sliced onions

- 4 (10.5 ounces) cans beef broth
- 1/2 cup unsalted butter
- 2 tablespoons olive oil
- 2 tablespoons dry sherry (optional)
- 1 teaspoon dried thyme
- salt and pepper to taste
- 1 (1 pound) loaf French bread, sliced
- 6 slices provolone cheese
- 3/4 cup diced Swiss cheese
- 1/4 cup grated Parmesan cheese

Preparation:

1. Melt butter in an 8 quart stock pot on medium heat. Add olive oil and stir. Add onions and continually stir until tender and translucent. Do not brown the onions. Add beef stock, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.

2. Ladle soup into individual, oven safe, serving bowls and place one slice of bread on top, (it can also be broken into pieces, whichever you prefer). Layer cheese on top of bread; placing a slice of provolone, 1/2 slice diced. Swiss and then Parmesan cheese. Place bowls on cookie sheet and broil until cheese bubbles and browns slightly.

Roast Chicken

Ingredients:

- 4 pounds roasting chicken
- 2 tablespoons soft butter
- 1/2 teaspoon lemon juice
- Salt
- Freshly ground black pepper
- 3 tablespoons melted butter
- 1 tablespoon vegetable oil
- 1 onion, sliced
- 1 carrot, cut in 1/2 inch chunks
- 1 celery stalk, cut in 1/2 inch chunks
- 1 cup chicken stock, fresh or canned

Preparation:

1. Preheat the oven to 450 degrees Fahrenheit. Wash the chicken quickly under cold running water and dry it thoroughly inside and out with paper towels. Cream the soft butter, beating it vigorously against the side of a small bowl with a wooden spoon until it is fluffy. Beat in the lemon juice, 1/4 teaspoon salt and a few grindings of pepper. Spread the seasoned butter inside the chicken. Neatly truss the chicken with white kitchen string. Combine the melted butter and oil and brush about half of it over the outside of the chicken.

2. Place the chicken on its side on a rack in a shallow roasting pan just large enough to hold it comfortably about 9 by 12 inches and place on the middle shelf of the oven. After 10 minutes, turn the chicken onto its other side. Brush with butter and oil and roast for another 10 minutes. Reduce the oven heat to 350 degrees Fahrenheit. Turn the chicken on its back, brush it with butter and oil and salt it lightly. Spread the vegetables in the bottom of the pan. Roast the chicken, basting it every 10 minutes with butter and oil while they last, then use a bupound baster or spoon to baste it with pan juices. After 60 minutes, test the chicken for doneness by lifting it with a wooden spoon inserted in the tail opening. When the juices that run out are yellow, it is done. If they are pink, cook a few minutes longer. Transfer the bird to a carving board, cut off the trussing strings, and let it rest for 5 minutes or so before serving.

3. Meanwhile, make the sauce. Stir the chicken stock into the roasting pan and bring to a boil over high heat, stirring and scraping in any browned bits clinging to the bottom and sides of the pan. Boil briskly for 2 or 3 minutes until the sauce has the desired intensity of flavor. Strain through a sieve, pressing down hard on the vegetables with the back of a spoon before discarding them. Skim off as much surface fat as possible, and taste for seasoning. The chicken may be carved in the kitchen or at the table. Serve the sauce separately.

Pepper Steak

Ingredients:

- 4 teaspoons coarsely ground pepper
- 1 Spencer or other steak (about 3 pounds), 1½ inches thick
- 3 tablespoons butter
- 2 tablespoons olive oil salt
- ½ cup brandy
- Heavy cream (optional)
- Parsley (for garnish)

Preparation:

1. Press pepper firmly into both sides of steak, using the heel of your hand. Heat butter and oil in a large skillet over high heat; add steak and sear on both sides. Reduce heat slightly; cook 6 to 7 minutes on each side, depending on desired degree of doneness. Remove steak to a heated platter; sprinkle lightly with salt.
2. Add brandy to drippings; heat until bubbling. Add a small amount of cream; pour brandy mixture over steak. Garnish with parsley.

Broiled Salmon Steaks with Garlic and Herb Butter

Ingredients:

Garlic and Herb Butter:

- 8 tablespoons soft butter (1 quarter-pound stick)
- 1 tablespoon finely chopped shallots or scallions
- 1 teaspoon finely chopped garlic

- 2 tablespoons finely chopped fresh parsley
- Salt
- Freshly ground black pepper

Fish:

- 4 salmon steaks, cut 1 inch thick and each weighing about ¾ pound
- ¼ cup butter, melted
- Salt
- Freshly ground black pepper
- 2 lemons, cut in quarters or slices

Preparation:

1. **Garlic and Herb Butter:** Cream the soft butter by beating it against the side of a small bowl with a wooden spoon until it is fluffy. Beat in the shallots, garlic, parsley, salt to taste and a few grindings of pepper.
2. **Salmon Steaks:** Preheat the broiler to very hot for 15 minutes. Dry the salmon thoroughly with paper towels. With a pastry brush, spread both sides of each steak with melted butter. Arrange the steaks on the rack of the broiling pan, and broil them with the top surface of the steaks 3 to 4 inches from the heat for 3 minutes on each side.
3. Then baste them with any remaining melted butter or with the butter from the bottom of the broiling pan. Salt and pepper them and broil another 3 minutes. Then turn them over, baste again, and broil, basting once, for 5 to 8 minutes more, or until firm to the touch. With a spatula, transfer the steaks to a heated serving platter and garnish with lemon quarters or slices. Spread the garlic and herb butter over the steaks, or serve it separately in a sauceboat.

Duck with Turnips

Ingredients:

- Bouquet garni made of 4 parsley sprigs and 1 bay leaf, tied together
- 1½ pounds peeled white turnips, cut in quarters or 2 inch long olive shapes
- ¾ cup boiling brown duck stock or fresh or canned chicken stock
- A few drops of lemon juice
- 1 tablespoon finely chopped fresh parsley
- 5 pounds duck
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 tablespoon butter
- 1 onion, thinly sliced
- 1 carrot, thinly sliced
- Salt
- Freshly ground black pepper
- ¼ teaspoon dried thyme, crumbled

Duck Stock:

- 2 tablespoons vegetable oil

- 1 onion, coarsely chopped
- 1 carrot, coarsely chopped
- 1 celery stalk, coarsely chopped Duck neck, gizzard, heart and liver, cut up
- 2 cups chicken stock, fresh or canned

Preparation:

1. Preheat the oven to 325 degrees Fahrenheit. Wash the duck and giblets under cold running water and dry with paper towels. Set the giblets aside. Rub the cavity of the duck with 1 teaspoon salt, then truss the duck neatly. In a heavy 10- to 12 inchskillet, heat the oil almost to the smoking point and in it brown the duck on all sides, turning it with tongs or two spoons.

2. In a heavy enameled casserole, just large enough to hold the duck comfortably, melt 1 tablespoon butter over low heat. In it, cook the sliced onions and carrots over low heat, stirring occasionally for about 10 minutes, or until they are limp and lightly colored.

3. Place the duck on top of them, season with salt and pepper, and add the thyme and bouquet garni. Cover the casserole, draping a piece of foil over the duck if the cover isn't snug, and braise it on the middle shelf of the oven for 1 hour. Remove the duck from the casserole and strain the braising juices and vegetables through a fine sieve into a small mixing bowl, pressing down hard on the vegetables with a spoon to extract their juices before discarding them.

4. Let the juices settle, then skim off as much surface fat as possible. Return the duck to the casserole and arrange the turnips around it. Pour in the strained juices and either boiling brown duck stock or chicken stock. The liquid should almost cover the turnips; if it doesn't, add more boiling stock. Bring to a simmer on top of the stove, cover the casserole and return it to the oven for 15 to 20 minutes or until the turnips are tender when they are pierced with the tip of a sharp knife.

5. Remove the casserole from the oven and increase the heat to 500°F. Transfer the duck to a rack set in a shallow roasting pan and return it to the oven for 10 minutes to glaze to a deep brown. (Glazing isn't essential, but it improves the appearance of the duck and crisps the skin. This step can be omitted.) Cut off the trussing strings and place the duck on a heated platter. Arrange the turnips around the duck or at one end of the platter. Skim as much fat off the braising sauce as possible; taste and season with lemon juice, salt and pepper. Carve the duck in the kitchen or at the table and serve the braising sauce in a bowl, sprinkled with parsley.

6. Duck Stock: While the duck is roasting, heat 2 tablespoons of oil in a heavy 2- or 3-quart saucepan. When the oil is very hot, brown the chopped onion, carrot and celery over moderate heat, stirring occasionally for about 10 minutes, or until they are lightly colored. Add the duck neck, gizzard, heart and liver and cook, stirring frequently, until they are deep brown. Pour in 2 cups of chicken stock, bring to a boil, reduce heat and simmer partly covered for 1 hour. Strain the stock through a fine sieve into a bowl, then skim off the surface fat. There should be at least $\frac{3}{4}$ cup of stock.

Sauteed Steak with Red Wine Sauce

Ingredients:

Sauce:

- 2 tablespoons butter
- ½ cup finely chopped shallots or scallions
- 1½ cups dry red wine
- ½ bay leaf
- ¼ teaspoon dried thyme
- 4 parsley sprigs
- 2 teaspoons meat extract combined with 3 tablespoons hot water
- 12 tablespoons soft butter (1½ quarter-pound sticks)
- 1 tablespoon lemon juice
- 1 teaspoon flour
- 2 tablespoons finely chopped fresh parsley

Steak:

- 3½ pounds sirloin, porterhouse or T-bone steak, cut 1 to 1¼ inch thick and trimmed of excess fat
- 1 tablespoon butter
- 2 tablespoons vegetable oil
- Salt
- Freshly ground black pepper

Preparation:

1. Sauce: In a 1- to 2-quart enameled saucepan, melt 2 tablespoons of butter over moderate heat. When the foam subsides, cook the shallots, stirring constantly, for 2 minutes, or until they are soft but not brown. Pour in the wine, add the bay leaf, thyme and parsley sprigs and simmer over moderate heat until reduced to ¾ cup. This process may take 10 to 15 minutes.

2. Strain the reduced wine through a fine sieve into a small bowl, pressing down hard on the shallots and herbs with the back of a spoon before discarding them. Return the wine to the saucepan, add the thinned meat extract and bring to a boil. Set the pan aside. Cream 12 tablespoons of soft butter, beating it vigorously against the side of a small bowl with a wooden spoon until it is fluffy. Beat in the lemon juice, flour and parsley. Set the bowl aside.

3. THE STEAK: Pat the steak thoroughly dry with paper towels. Cut small incisions every inch or so around the outside of the steak so the fat won't curl as it cooks. In a heavy 12- or 14 inch skillet or saute pan, melt 1 tablespoon of butter with the 2 tablespoons of vegetable oil over high heat.

4. Add the steak and brown it quickly for 1 or 2 minutes on each side, turning it with tongs. Then reduce the heat to moderate and saute the steak for about 5 minutes on each side, or until it is done to a medium-rare degree. Experts test a steak by pressing it with a finger. It should be slightly resilient, neither soft nor firm. If that method seems tricky, make a small incision near the bone with the tip of a sharp knife and judge by the meat's color. Transfer to a heated platter and

season with salt and pepper.

5. Pour the reduced wine mixture into the skillet and bring it to a boil over moderate heat, stirring constantly and scraping in any browned bits that cling to the bottom and sides of the pan. Remove from the heat and blend in the creamed butter mixture, 2 tablespoons at a time. To serve, slice the steak and offer the sauce separately.

French Omelet

Ingredients:

- 3 eggs
- Salt
- Freshly ground black pepper
- 1 tablespoon butter
- ½ teaspoon soft butter

Preparation:

1. Break the eggs into a small mixing bowl, season with salt and pepper, and stir briskly with a table fork 20 to 30 seconds or until the whites and yolks are blended together. Heat an ungreased 7- to 8 inch omelet pan until it is very hot, drop in the tablespoon of butter and swirl it in the pan so that it melts quickly and coats the bottom and sides. When the foam begins to subside but before the butter browns, pour in the eggs. Working quickly, stir the eggs with the flat of the fork, at the same time shaking the pan back and forth vigorously to prevent the eggs from sticking. In a few seconds, the eggs will form a film on the bottom of the pan and the top will thicken to a light, curded custard.

2. Still shaking the pan with one hand, gently stir through the top custard with the other hand to spread the still-liquid eggs into the firmer areas; try not to pierce the bottom film. Then lift the edge closest to you with the fork and roll the omelet up lightly over to the far side of the pan. Let it rest for a moment on the lip of the pan, then tilt the pan and roll the omelet out onto a heated plate. Brush the top with soft butter and serve at once.

French Onion Soup

Ingredients:

- 3 medium onions, thinly sliced in rings
- ¼ cup butter or margarine
- 1 package au jus gravy mix
- 3 cups water
- 4 slices sourdough French bread butter or margarine, softened
- ¼ cup grated Cheddar or Parmesan cheese

Preparation:

1. Saute onions in butter until golden. Combine au jus gravy mix and water; add to the onions. Bring to a boil. Reduce heat, cover and simmer 15 minutes. Broil bread

on one side until lightly browned; butter untoasted side and sprinkle each slice with 1 tablespoon cheese. Broil until cheese is melted. Pour soup into a tureen or individual bowls; float a toast slice on top of each serving.

Dessert Crepes with Lemon Souffle Filling

Ingredients:

Dessert Crepes:

- 8 tablespoons butter (1 quarter pound stick)
- ½ cup cold water
- ¼ cup milk
- 2 eggs plus 2 additional egg yolks
- ¾ cup unsifted all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon freshly grated lemon peel
- ¼ teaspoon salt

Lemon Soufle Filling:

- 3 tablespoons unsalted butter
- 5 level tablespoons sifted all-purpose flour
- ½ cup hot milk
- 3 egg yolks
- 4 tablespoons sugar
- 3 tablespoons strained fresh lemon juice
- 1 tablespoon freshly grated lemon peel
- 3 egg whites
- Salt

Preparation:

1. **DESSERT CREPES:** First clarify the butter by melting it in a small, heavy saucepan or skillet over low heat, skimming off the surface foam. Spoon the clear butter on top into a bowl, and discard the milky solids at the bottom of the pan. Then make the batter for the crepes in a blender or by hand with 2 tablespoons of the clarified butter.
2. After the batter has rested for at least 2 hours, cook the crepes in the remaining clarified butter, using a 5 inch cripe pan or heavy skillet with sloping sides. This recipe will make at least 12 crepes. When the crepes are finished, stack them on a plate. Set them aside, covered with plastic wrap.
3. **LEMON SOUFLE FILLING:** Preheat the oven to 400°F. In a heavy 1- to 2- quart saucepan, melt 3 tablespoons of butter over low heat, stir in the flour, then cook, stirring, for 1 to 2 minutes. Remove from the heat and let cool for a moment. Beat in the milk vigorously to blend roux and liquid. Cook, stirring constantly, until the mixture boils and thickens.
4. Immediately scoop into a large bowl and beat in the egg yolks, one at a time. Add 3 tablespoons of the sugar, the lemon juice and finally the lemon peel, stirring thoroughly until all the ingredients are combined. In a separate bowl, beat the egg

whites and a pinch of salt with a whisk or rotary beater until they cling to the beater; add the remaining 1 tablespoon of sugar and beat until the whites form stiff, unwavering peaks. With a rubber spatula, stir an overflowing tablespoon of egg white into the lemon souffle base; then lightly fold in the rest of the egg whites.

5. Carefully separate the crepes and lay them speckled side up on wax paper. Place about 1 tablespoon of the lemon souffle mixture on the top half of each crepe and gently lift the lower half up over it. Then lightly fold the crepes into quarters to make small triangles. Arrange the crepes side by side in a large, shallow, buttered baking dish.

6. Sprinkle each crepe with a little sugar, then bake them on the middle shelf of the oven for 10 minutes, or until they have puffed up and the sugar has melted to a light glaze. Serve the crepes at once, on a heated platter or individual dessert plates.

French Polynesia



Pork and Rice

Ingredients:

- 2 pounds pork butt (or shoulder, or pork steak)
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 2 tablespoons extra virgin olive oil (or canola oil)
- 1 cup celery
- 1 medium green pepper

- 1 small onion
- 1 (15 ounces) can pineapple tidbits (or chunks, drained)
- 1/3 cup ketchup
- 2 teaspoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1 cup juice (from the canned fruit or fruit juice)
- 4 cups cooked rice

Preparation:

1. Cut the pork in 1 inch cubes. Mix the flour, salt and pepper. Coat the pork with the flour mixture using all the flour. Brown in oil in a large pan, slice the celery and onion and slice the peppers into thin strips.
2. Add the vegetables to the pan along with the remaining ingredients. Simmer covered for 30 minutes. Serve over rice or noodles.

Mahi Mahi Style

Ingredients:

- 1 pound mahi mahi fillet
- 1 tablespoon soy sauce
- 1 (8 ounces) can pineapple chunks in juice
- 1 red bell pepper, seeded and thinly sliced
- 1 green bell pepper, seeded and thinly sliced
- 2 teaspoons curry powder
- 1 pinch cinnamon
- 1 pinch ginger
- 1 pinch clove
- non-stick olive oil flavored cooking spray

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Mix together soy sauce, cinnamon, ginger, and cloves. Add to mahi mahi in a ziploc bag and let marinate at room temperature for 30 minutes. Spray non-stick baking pan with cooking spray.
2. Place fish in pan. Drain juice from pineapple, reserve. Combine pineapple juice with curry powder and pour over fish. Add pineapple chunks and pepper slices on top of fish. Wrap pan tightly with foil. Bake for 15 minutes at 350 degrees, then uncover and bake for 5 minutes more, until fish flakes easily with fork.

Coleslaw

Ingredients:

- 3 tablespoons creamy peanut butter
- 2 tablespoons vinegar or 2 tablespoons rice wine vinegar (preferred)
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/2 teaspoon salt

- 1/8 teaspoon Tabasco sauce
- 8 cups shredded purple cabbage or 8 cups green cabbage
- 1/2 cup chopped fresh cilantro
- 1 large red pepper, thinly sliced
- 4 scallions, sliced
- 2 tablespoons sesame seeds

Preparation:

1. In large bowl stir together peanut butter, vinegar, soy sauce, garlic, salt and hot sauce. Stir in cabbage, cilantro, red pepper and scallions. Refrigerate one hour.
2. Heat dry skillet over medium heat. Add sesame seeds; cook, stirring, until lightly browned, about 3- 4 minutes. Remove from skillet, and sprinkle over coleslaw.

Burgers with Pineapple

Ingredients:

- 1 pound lean ground beef
- 1/2 cup diced green bell pepper (or red, or leave out)
- 1/4 cup Lawry teriyaki marinade with pineapple juice (Lawry's, or other brand)
- 1 (5 1/4 ounce) can pineapple slices, drained
- 4 hamburger buns (onion flavored is nice)

Preparation:

1. In bowl, combine ground beef, bell pepper and teriyaki. Let stand 10 - 15 minutes. Shape into 4 patties.
- Grill or broil on both sides to desired doneness. Add pineapple slices to grill or broiler pan and heat just until browned. Serve burgers on buns (toasted if you like) topped with pineapple slices with more Teriyaki sauce for dipping if desired.

Sausage Supper

Ingredients:

- 1 pound fully cooked smoked sausage, cut into 1/2 inch slices
- 1 medium onion, chopped
- 1 medium green pepper, cut into 1 inch chunks
- 1 (14 1/2 ounces) can diced tomatoes, undrained
- 1/2 cup beef broth
- 1 tablespoon brown sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 (20 ounces) can unsweetened pineapple chunks
- 2 tablespoons cornstarch
- hot cooked rice

Preparation:

1. In a skillet, cook the sausage, onion and green pepper until the sausage is

lightly browned; drain. Add tomatoes, broth brown sugar, garlic powder, and pepper. Drain pineapple, reserving juice. Stir pineapple into sausage mixture. 2. Bring to a boil; cook uncovered for 5 minutes. Combine cornstarch and reserved pineapple juice until smooth; gradually add to sausage mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Chicken Salad

Ingredients:

- 2 cups chicken, cooked and diced in small pieces
- 1 1/2 cups celery, diced
- 1 1/2 cups pineapple chunks, white seedless grapes, or a combination of both
- 1/4 cup carrot, shredded
- 1/4 cup toasted almond halve
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 teaspoon curry powder
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- salad greens

Preparation:

1. Combine chicken, celery, pineapple or grapes, carrots and almonds. Stir together the mayonnaise, sour cream, curry powder, lemon juice and salt. Pour over the chicken and toss lightly. Chill for about an hour to allow the flavors to develop before arranging on salad greens and serving.

Flank Steak

Ingredients:

- 1/3 cup pineapple juice
- 1/3 cup low sodium soy sauce
- 1/4 cup green onion, thinly sliced
- 1 tablespoon fresh ginger, minced peeled
- 1 tablespoon honey
- 1 garlic clove, minced
- 1 1/2 pounds flank steaks
- cooking spray

Preparation:

1. Combine first 6 ingredients in a large zip-top bag; add steak to bag. Seal and marinate in refrigerator 3 hours, turning once. Prepare grill. Remove steak from bag, reserving marinade. Place steak on grill rack coated with cooking spray; grill 20 minutes or until desired degree of doneness, turning and basting frequently with the reserved marinade. Let stand 10 minutes before cutting diagonally across the grain into thin slices.

Meatballs

Ingredients:

Meatballs:

- 1 1/2 pounds ground pork
- 1 1/4 pounds ground round
- 2 cups crushed corn flakes cereal
- 1 cup milk
- 2 eggs, beaten
- 3 tablespoons prepared horseradish
- 3 tablespoons Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

Sauce:

- 1 cup ketchup
- 1/2 cup firmly packed brown sugar
- 1/2 cup water
- 1/3 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 teaspoon dry mustard
- 1 (8 ounces) can crushed pineapple, drained

Preparation:

1. Meatballs: Preheat oven to 450 degrees. Combine all ingredients in a large bowl, mixing well. Shape mixture into 1 inch meatballs. Place on a rack in a shallow baking pan. Bake 12 to 15 minutes or until brown.
2. Sauce: Mix together all ingredients except pineapple in a large saucepan over medium-high heat. Bring to a boil; reduce heat to medium and simmer 10 minutes. Stir in pineapple. Spoon meatballs into sauce, stirring until well cooked. Continue to cook 19 to 15 minutes or until heated through. Serve hot.

Chicken

Ingredients:

- 1 whole chicken, cut up
- 1/4 cup soy sauce
- 1/4 cup pineapple juice
- 1/3 cup brown sugar
- 1/2 teaspoon ground ginger
- 1/4 cup vegetable oil

Preparation:

1. Combine all of the ingredients except the chicken in a small bowl. Whisk to combine. Pour over chicken. Marinate, turning occasionally 2-3 hours or

overnight. Prepare a hot fire. Remove chicken from sauce and place skin side down on an oiled grill, reserving sauce.

2. Grill, turning once, until chicken is browned on both sides, about 15 minutes per side, continue grilling, turning and basting frequently with the sauce until chicken is cooked through.

Pork Chops

Ingredients:

- 4 boneless pork chops, 3/4 inches thick
- 1 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (10 3/4 ounces) can condensed golden mushroom soup
- 1 (8 ounces) can pineapple chunks
- 1/4 cup water
- 3 tablespoons soy sauce
- 1 tablespoon honey
- hot cooked rice
- sliced green onion

Preparation:

1. Season pork chops with garlic powder. In a large skillet, cook chops in hot oil until brown on both sides. Add onion, soup, pineapple with juice, water, soy sauce and honey. Bring to a boil. Cook on low heat 10 minutes or until meat juice runs clear. Serve with rice and garnish with green onions over rice or noodles.

Gabon



Baked Bananas Gabon

Ingredients:

- 8 yellow bananas, not overripe
- 1 egg
- 2 tablespoon orange juice
- 1/2 cup bread crumbs
- 1/2 cup vegetable oil
- 3 tablespoon sour cream
- 1 tablespoon brown sugar

Preparation:

1. Slice each banana up into three equal-sized pieces. In a small bowl, beat the egg together with the orange juice. Dip each banana piece in the egg mixture, then roll in the breadcrumbs. Repeat until all the pieces are coated.
2. Heat the oil over a medium flame and fry each banana on all sides until they start to turn a golden color. Transfer to a cookie sheet and bake for 5 minutes. Serve topped with a dollop of sour cream sprinkled with a little brown sugar.

Chicken in Nuts

Ingredients:

- 6 ounces palm base (or substitute palm nuts, almonds or hazelnuts)
- 1 1/2 cups water
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 teaspoon salt
- 1 clove garlic, crushed
- 3 green onions, sliced thinly
- 2 pounds chicken, cut into pieces

Preparation:

1. Put the palm base in a large saucepan over medium heat. If you're using nuts instead of palm base, process the nuts in a food processor with the water until you get a paste, then transfer to the aforementioned saucepan.
2. Add the peppers, salt, garlic and green onions and stir to combine. Now add the chicken to the saucepan. Cover and reduce heat to low. Let simmer for 1 1/2 hours or until tender, adding water if necessary. Serve over rice or noodles.

Beef and Cassava Greens in Peanut Sauce

Ingredients:

- 450 grams beef stewing steak
- 250 milliliters peanut butter
- 1 kilogram cassava greens
- African hot pepper sauce

- salt to taste

Preparation:

1. Shred the greens finely, place in a large pot and just cover with water then bring to a boil. In a separate pot fry the meat in oil then reduce the heat. Add the greens and their cooking water to the meat and simmer for an hour.
2. At the end of this time pour out most of the water before stirring in the peanut butter until smooth. Add hot pepper sauce to taste and season with salt.
3. Serve hot with Chikwangue or FuFu.

Chicken with Coconut and Peanuts

Ingredients:

- 2 small chickens, washed and cut into serving-sized pieces
- 250 milliliters groundnut oil
- 5 onions, chopped
- 4 tomatoes, blanched, peeled and chopped
- 1 coconut
- 5 tablespoon peanut butter
- 1 hot chili, finely chopped
- 8 plantains salt, to taste

Preparation:

1. Heat about 100 milliliters of the oil in a pan, add the chicken pieces, in batches, and fry until nicely browned all over. Remove the chicken pieces with a slotted spoon and set aside. Add the onions and tomatoes to the pan and fry for about 10 minutes, or until the tomatoes break down to a sauce.
2. Return the chicken pieces to the pan and add the coconut juice and enough water to barely cover the ingredients. Bring the mixture to a boil, reduce to a simmer and cook for 15 minutes. At this point stir in the peanut butter and the chili. Bring to a boil, reduce to a simmer and cook for about 50 minutes, or until the chicken is tender and the sauce is thick.
3. Peel the plantains and slice lengthways into three strips. Heat the remaining oil in a pan, add the plantain strips and fry until browned on one side. Flip the plantains over, stir in the coconut flesh and fry until browned. Serve the chicken stew with plain boiled rice and accompanied by the fried bananas and coconut.

Fish and Bitter leaf Stew

Ingredients:

- 1.4 kilograms firm white fish, cut into steaks
- 1 smoked and dried fish
- 1 onion, roughly chopped
- 2 garlic cloves
- 4 tomatoes, sliced into wedges
- 2 bay leaves

- fish sauce to taste
- 4 tablespoon raw, shelled, peanuts, blanched and chopped
- 120 milliliters coconut milk
- 1 bunch bitter leaf
- 1 tablespoon groundnut oil
- 1 teaspoon ginger, minced
- 2 teaspoon garlic, minced
- 2 hot chilies, finely minced

Preparation:

1. Wash the dried and smoked fish thoroughly to remove any sand. Break into pieces and remove as many bones as you can. Take any left-over pieces of fish (fins, bones and heads) and use to make stock. Heat a little oil in a pan, add the onion and fish pieces and fry for a few minutes then stir in the garlic, tomatoes and bay leaves.
2. Pour over enough water to cover, bring to a simmer, cover with a lid and cook for 45 minutes. After this time, take off the heat and strain the stock through a fine-meshed sieve. Heat a little oil in a pan, add the fish steaks and fry until browned all over then take off the heat.
3. In the meantime, place the peanuts in a blender and process finely. Add the coconut milk and process until smooth then pour into a pan, add the flakes of smoked and dried fish, bring to a simmer and cook gently for 30 minutes. Add the bitter leaf and cook until wilted. Using a hand blender (or a food processor) blend the mixture until smooth.
4. Season with the fish sauce, add 500 milliliters of the fish stock, return to a simmer, add the fish steaks and cook for about 15 minutes, or until done through. Take the mixture off the heat and whisk in the groundnut oil then turn into a bowl and scatter the white crab meat over the top. Serve accompanied by fufu.

Rabbit with White Wine

Ingredients:

- 1 rabbit (at least 1.5 kilograms)
- 1.5 liters (2 bottles) dry white wine
- 2 onions, finely chopped
- 1 green bell pepper
- 2 garlic cloves, crushed
- 3 cm length of ginger, grated
- salt and freshly-ground black pepper, to taste
- 1 teaspoon cayenne pepper
- 1 chicken cube
- 2 tablespoons tomato purée
- 2 tablespoons corn flour
- oil for frying

Preparation:

1. Cut the rabbit into pieces then season with the salt, spices, Maggi cube and onions. Mix well, cover and set aside to marinate for 20 minutes. Pour over 1 bottle of wine, cover and set aside to marinate in the refrigerator over night.
2. The following day, turn the mixture into a pan, bring to a simmer, cover and cook for 60 minutes. Remove the rabbit pieces then heat oil in a frying pan, add the rabbit and fry until nicely browned all over. Remove with tongs then add the tomato purée and stir until nicely browned.
3. Strain in the reserved cooked marinade from the rabbit and add the remaining bottle of wine. Bring to a boil and cook briskly for 20 minutes. Mix the cornflour with 60 milliliters water to a smoothly slurry.
4. Whisk into the sauce, bring back to a boil and cook for about 10 minutes, or until thickened. Return the meat to the pan and cook for about 5 minutes more, or until heated through. Serve immediately, accompanied by rice.

Beef with Gabon Chocolate

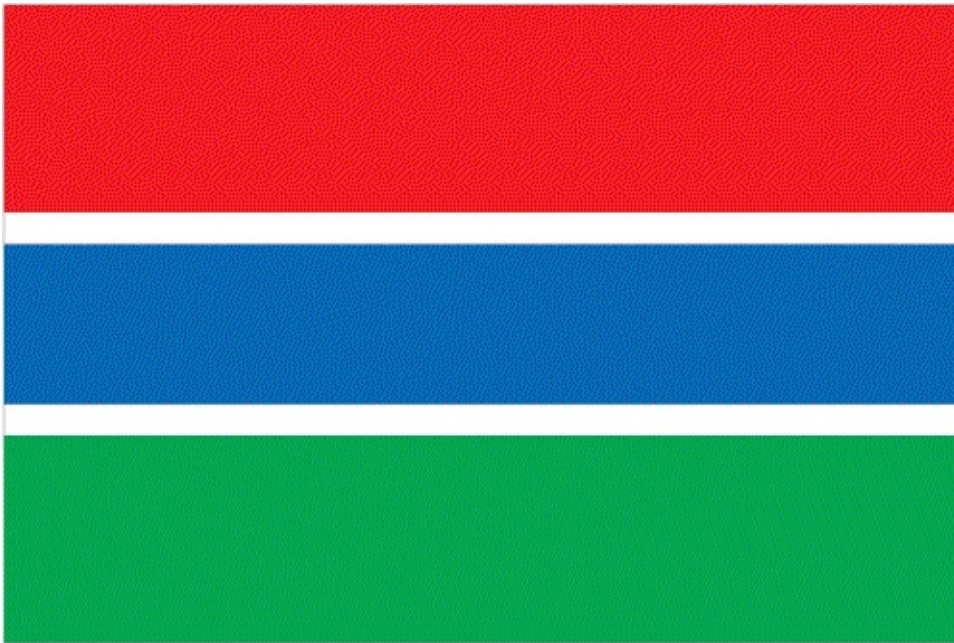
Ingredients:

- 1.4 kilograms beef, sliced into bite-sized pieces
- 4 tablespoons (heaped) Gabon chocolate (ground and heated wild mango kernels)
- 250 milliliters red palm oil
- 2 tomatoes, chopped
- 1 onion, finely chopped
- 2 tablespoon ground and dried prawns (crawfish)
- salt and cayenne pepper, to taste

Preparation:

1. Add the meat to a pot, cover and dry fry until the meat releases its liquid and this liquid evaporates away. Remove the meat then heat half the oil in the pot. When hot add the tomatoes, onion and ground prawns. Cook for a few minutes, stirring constantly then return the meat to the pot.
2. Heat the remaining oil in a frying pan and stir in the Gabon chocolate. Bring to a simmer, stirring frequently then lower the heat, cover the pan and cook for 60 minutes. When the meat is tender and cooked through, turn the Gabon chocolate mixture into a mortar and pound to a smooth paste then stir into the meat mixture.
3. Bring back to a simmer and cook until the sauce reaches the desired thickness and season to taste with salt and cayenne pepper and serve with fufu or pounded yam.

Gambia



Chicken Yassa

Ingredients:

- 2 whole chickens, cut into quarters
- 8 onions cut in rings
- 8 tablespoons lemon juice
- 4 clove minced garlic
- 2 stock cubes
- 2 whole local hot peppers sliced
- 2 tablespoons of mustard
- Salt and pepper to taste

Preparation:

1. Marinate the chicken with lime juice, salt and pepper, mustard, stock cube, chili and onion rings for at least two hours. Remove the chicken from the marinade and grill until golden brown. While the chicken is grilled, remove the onion from the marinade and sauté in large sauce pan.
2. Add the remaining marinade and bring slowly to a boil. Reduce the heat; add the chicken into the sauce, cover and simmer 10 to 15 minutes until chicken is done.

Beef Salad

Ingredients:

- 400 grams slice beef into strips 100 grams
- 3 medium tomatoes, de-seeded and sliced
- 1 medium green pepper cut julienne style
- 2 medium onions thinly sliced
- 1 tablespoon olive oil
- 1 ½ teaspoon lime juice

- Salt and pepper to taste

Preparation:

1. Season and grill the beef to medium. Slice the beef into strips; combine the beef and vegetables and season with lime juice, olive oil, salt and pepper. Serve on a bed of lettuce, garnished with spring onion.

Thick Ebbeh Soup

Ingredients:

- 1 kilogram cassava peeled and cut into chunks
- 200 grams smoked banga fish, bones and flakes removed
- 200 grams smoked catfish bones and flakes removed
- 200 grams prawns on peel
- 100 grams crab cut into halves
- 400 milliliters palm oil
- 100 grams hot whole chili
- 3 tablespoons lime juice
- 50 grams black tamarind
- 3 liters water
- 2 stock cubes
- Salt and pepper to taste

Preparation:

1. Boil the cassava until tender. Remove the cassava; keep the water for further cooking. Pound the cassava in a mortar with pestle.

2. Add the cassava back to the water, simmer, and add the remaining ingredients. Continue to simmer until all ingredients are cooked. Adjust the seasoning as desired and add lime juice to taste. Serve hot

Fish Meatballs Soup

Ingredients:

- 1 liter stock
- Fish bones
- 3 medium onions roughly cut
- 1 leek roughly cut
- 3 bay leaves
- 3 liters water

Fish and peanut dumplings:

- 300 grams fish, minced
- 150 grams peanut butter paste
- 1 medium chili, chopped
- 2 cloves chopped garlic
- Salt and pepper to taste
- 2 medium sliced onions

- 1 ½ liters fish stock
- 1 bundle spring onion

Preparation:

1. Wash and fillet the, remove the bones. Mince the fish in a grinder together with garlic and chili. Add in the peanut butter. Make a fish stock out of the fish bones, strain and keep aside.
2. Shape the mixture into hand-rolled dumplings and steam for 10 minutes. Bring the stock to boil. Season to taste and add the fish balls, sliced onions and boil for 2 minutes. Serve in soup bowls garnished with spring onion.

Beef Stew

Ingredients:

- 2 kilograms beef cut in cubes
- 3 medium onions diced
- 400 grams sliced carrots
- 200 grams green peas
- 3 cloves garlic crush
- Salt and pepper to taste
- 1 stock cube

Preparation:

1. Trim the excess fat from the beef and cut into cube. Boil the beef, onion, garlic until tender. Add carrot and Add peas. Adjust the seasoning to taste, garnish with chopped spring onions

Fried Fish with Bean

Ingredients:

- 1 kilogram black eyed beans
- 1 kilogram fish fillet
- 50 milliliters oil for frying
- Salt to taste

Preparation:

1. Season the fish. Shallow fry both sides of fish. Slice bread into rectangle shape and toast. Serve beans on toasted bread with the fish

Nambeh nyebeh sauce

Ingredients:

- 2 medium onions
- ½ cup vegetable stock
- 1 medium local hot pepper
- 1 bunch spring onion
- 1 clove garlic

Preparation:

1. Sauté the onion until soft and add garlic and spring onions, continuing to sauté and season add water and reduce heat to simmer for 5 to 8 minutes. Serve sauce on the side

Steamed Fish

Ingredients:

- 8 medium whole fish, approximately 200 gramsrams per each serving
- 3 tablespoons lime juice
- 250 gramsrams carrot peeled cut into strips
- 400 gramsrams cabbage steam cut in to quarters
- 200 gramsrams bitter tomato cut in half
- 2 stock cubes
- 3 of hot local chilies-sliced and seedless
- Salt and pepper to taste

Preparation:

1. Wash and clean the fish. Mix the lime juice, chili, stock cube, salt and pepper, pour over the fish, cover and steam in the oven for 10 minutes. Steam the vegetable and keep aside. When the fish is done, serve with steamed vegetable around the fish, pour the juice on top. Serve with rice and garnish with lime wedges.



Gaza Strip



Roast Chicken

Ingredients:

- Chicken, cut into serving pieces - 1 (3-pound)
- Dried sumac (see variations) - 1/4 cup
- Ground cinnamon - 1 teaspoon
- Ground allspice or cloves - 1/2 teaspoon
- Ground nutmeg - 1/4 teaspoon
- Salt and pepper - to season
- Olive oil - 1/4 cup
- Onions, thinly sliced – 3
- Lavash bread - 2 large pieces

Preparation:

1. In a large bowl, mix together the chicken, sumac, spices, salt and pepper. Refrigerate and let marinate for at least 30 minutes, or preferably for several hours. Preheat oven to 350 degrees Fahrenheit. Heat the olive oil in a large skillet over medium-high flame. Add the chicken, a few pieces at a time, and brown on both sides. Remove to a plate and set aside.
2. Add the onions to the skillet and saute, stirring often, until the onions are cooked down and beginning to brown, 15 to 25 minutes.
3. Line the bottom of a baking dish large enough to hold the chicken and onions with a sheet of lavash bread. Spread half the onions over the bread, then place chicken over the onions. Top the chicken with the remaining onions. Cover the whole dish with the remaining sheet of lavash bread, tucking in the sides to seal the chicken in. Sprinkle the lavash bread with water to lightly moisten it.
4. Place the baking dish in the oven and bake for 1 1/2 to 2 hours, or until the chicken is cooked through (an insta-read thermometer inserted into the dish should register around 180°F). If the bread starts to burn, cover it lightly with aluminum foil.
5. Remove the dish from the oven and let it rest about 10 minutes. Remove and discard the top bread and serve the chicken in its dish.

kishik stew

Ingredients:

- 1/2 pounds boneless lamb (shoulder, leg, or shank), trimmed of fat and cut into small 1/2 inch pieces
- 4 discs of kishik, crumbled, or approx. 1 1/2 cups powdered kishik, 1 cup store-bought jarred kishik or other homemade liquid kishik
- 1/2 cup short or medium-grain rice
- 1 cup dried chickpeas, precooked, or one can, rinsed and strained
- 2 teaspoons dill seeds
- 1 teaspoon coarse sea salt
- 5 cloves garlic
- 2 teaspoons dried red pepper flakes
- Olive oil or ghee

Preparation:

1. Basic Spiced Broth: Rinse meat and pat dry with a paper-towel, or set-side in a strainer in the refrigerator for 20 minutes. Heat 2 tablespoons oil in oven and brown meat on all sides, Add two cups of water and allow to boil, skimming off any foam which rises to the surface. Add another 5 cups or so of water, along with 1 chopped onion, and the following (tie in a disposable tea filter for easier disposal later): 1 bay leaf, 1 cinnamon stick, 4 whole allspice berries, 3-4 cardamom pods, 5-6 whole black peppercorns, 1 cloves, 1 sprig rosemary, 1 small piece cracked nutmeg, 1 pebbles of mastic, crushed with a little salt. Bring to a boil, then cover, reduce heat to low, and simmer for approx. 1 1/2 hours or until meat is tender. Pick out whole spices and discard. Set pot aside.

2. Meanwhile, soak kishik discs, if using, in a little water for about 10 minutes or until slightly softened. Blend with soaking water (adding more if necessary) until smooth. Strain to remove any remaining lumps. Set aside. If using powdered kishik, mix in a bowl with enough water to form a thick paste. Next, cook the rice: stir in a pan over medium-high heat with 1 Tablespoon of olive oil for about 30 seconds, then add 1 cup of boiling water. Reduce heat and cover for about 20 minutes or until cooked.

3. Slowly stir diluted kishik into pot with broth and meat. Mix well until smooth. Add chickpeas and rice. Bring to a boil, stirring continuously as mixture begins to thicken. Add more water or broth if necessary, depending on desired consistency (more liquid if you like a thicker stew, less if you prefer a thinner consistency).

4. In a mortar and pestle, crush dill seeds, dried red pepper flakes and salt using a circular motion until fragrant. Stir into stew. Add garlic to same mortar and mash to a paste. Fry mashed garlic in 3 Tablespoon olive oil until golden, then stir into kishik stew, de-glazing pan if necessary. Stir through. Pour kishik stew into individual serving bowls. Garnish with dried red pepper flakes, if desired. Serve at room temperature and assorted pickles and olives.

Falafel-Gaza style

Ingredients:

- 2 cups dry chickpeas, rinsed and soaked in water for 16 hours
- 1 bunch cilantro (roughly 3/4 cup chopped)
- 1 bunch dill (roughly 1/2 cup chopped)
- 1 bunch parsley (roughly 1 cup chopped)
- 7 garlic cloves
- 5 hot green chilies, adjust based on personal preference
- 1 teaspoon each: cumin, coriander, salt, and black pepper
- 1/2 teaspoon nutmeg

Preparation:

1. Set aside for 2 hours, then add immediately before frying: 1 teaspoon baking soda and 2 teaspoon roasted sesame seeds.

2. Shape in small patties (dip hands in a little water if necessary to prevent

sticking) or use a falafel mold, then fry in hot oil. Drain on a paper towel. Serve with tahina sauce and onions sprinkled with 1 teaspoon sumac, sliced tomatoes, chili paste and assorted pickles.

3. Tahina Sauce:

A. Blend together until smooth:

C. 2 teaspoons Tahina

D. 1/2 cup water

E. Juice of two fresh lemons

F. 1 garlic, mashed

G. 1/2 teaspoon salt

Eggplant Stew with chick Peas

Ingredients:

- 2 pounds eggplants, cut into 2 inch cubes or half-circles, depending on variety
- 1 pound lean stew beef
- 1 onion, chopped (roughly 1 cup)
- 5 teaspoons light olive oil, divided
- Assorted whole spices: 3 pieces allspice berries, 1 clove, 4 black pepper berries, 4 cardamom pods, 1 cinnamon stick, 1 bay leaf
- Water as needed (8-10 cups or so)
- 1 14 ounces can chickpeas, drained and rinsed
- 1 6 ounces can tomato paste
- 6 cloves garlic
- 1 teaspoon salt

Preparation:

1. If using larger eggplants, soak in a heavily salted water bath for 15 minutes, or sprinkle with salt and set aside in a colander for 20 minutes until eggplants begin to sweat. Rinse, drain and pat dry. Fry in hot vegetable oil and drain well, or drizzle with olive oil and roast in oven on cookie sheets until browned from bottom, about 30 minutes. Flip pieces over to brown other side or switch your oven to broil for 5 minutes.

2. Meanwhile, rinse meat and pat dry. Heat 3 tablespoons olive oil in a non-stick pan and brown meat. Add onions and sautee together until golden. Fill pot with enough water to cover submerge meat. Bring to a boil, skimming any froth that rises to the surface. Reduce heat to medium low. Add whole spices, tied in a piece of gauze or disposable tea filter if desired, and cover for 1 1/2 hours until meat is fork tender.

3. Strain meat, making sure to reserve broth. Discard whole spices. Return meat and broth to a clean pot and add tomato paste and chickpeas. Bring to a boil. Gently stir in fried or roasted eggplants and let simmer. Meanwhile, make the tiqlaya: Mash garlic and salt in a mortar and pestle. Heat 2 tablespoons olive oil in a small frying pan and add mashed garlic, stirring constantly for 30 seconds to a minute. Add garlic to eggplant stew, de-glazing any leftover garlic scrapings with a

little of the tomato stew. Garnish with chopped parsley or basil, if desired. Serve with bread or white rice.

Sumagiyya

Ingredients:

- 1 1/2 pounds lean stewing meat
- 1 onion, chopped
- 4 tablespoons olive oil
- 1 bay leaf
- 1 sprig Rosemary, if available
- 1 Cinnamon stick
- 5 all spice berries
- 4 cardamom pods
- 1 onion, chopped
- 10 cups chopped chard, any variety
- ½ cup Sumac
- 2 cups boiling water
- 3 heaping tablespoons flour
- 1 tablespoon dill seed
- 5 garlic cloves, mashed
- 1 teaspoon coriander
- 1 teaspoon dried red pepper flakes
- 1 green chili chopped (optional)
- 2 teaspoons salt
- 1 14 ounce can chickpeas, rinsed and drained
- 3 tablespoons Red Tahina, or 2 tablespoons regular Tahina mixed with 1 teaspoon roasted sesame oil.

Preparation:

1. Saute meat and onions with olive oil until lightly browned. Cover meat with water and bring to a boil. Skim any froth that rises to the top. Add whole spices and stir.
2. Lower heat and then cover. Cooking until meat is tender, but not falling apart. Drain meat and reserve broth.
3. Add onion and chard and stir until just wilted. Boil the sumac for 10 minutes, then drain and reserve the liquid. Let cool to room temperature. Add flour to cooled sumac infusion and stir until dissolved. In a zibdiya or mortar and pestle, grind dill seed and dried pepper with salt until fragrant. Add garlic and chilies, if desired, and mash. Set aside.
4. Combine broth and sumac-flour mixture and whisk thoroughly to avoid clumping. Add meat mixture, dill, garlic, chili mixture, and remaining spices. Bring to a boil as you continue to stir, reduce heat to medium, and cook for 15 minutes. Continue to stir throughout until mixture becomes thick. Add 1 tablespoon tahina

and cook for 3 more minutes. Remove from heat and pour into bowls. Cool and serve at room temperature with Arabic bread and chilies.

Musaqaa

Ingredients:

- 2 medium eggplants
- 3 medium potatoes
- 2 large tomatoes
- 1 red onion
- 1 cup oil (olive or vegetable)
- ½ tablespoon oregano
- ½ fresh green chili pepper (if desired)
- salt

Preparation:

1. Peel eggplants and slice lengthwise. Soak in cold salted water. Slice potatoes, tomatoes and onions into thin slices. The onion slices especially should be very thin. If using, also slice the hot pepper in very thin slices. Dry the eggplant slices well and fry them a few at a time in oil until quite golden. Remove from oil and place on paper to drain. For a lighter version, the eggplant slices may be roasted in the oven.

2. In a shallow casserole dish, place one layer of eggplant strips followed by a layer of potatoes, a layer of tomatoes and a scattering of onion slices, as well as a scattering of hot pepper slices (if using). Add salt and oregano and repeat. Add salt and oregano to the final layer and cover casserole with aluminum foil.

3. Bake at 350 degrees Fahrenheit for about 30 minutes, then remove the foil. Bake for another 15 minutes and remove from oven to cool. Dish should be served cooled or at room temperature.

Lentil Soup

Ingredients:

- 1 cup red lentils
- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 4 cloves garlic, roughly chopped
- 2 stalks celery (approximately 1/2 cup)
- 3/4 cup chopped red carrots
- 3/4 cup chopped koosa or other firm squash, such as yellow squash, or equal amount koosa pulp
- 2 vegetable or chicken bullion cubes
- 8 cups water or vegetable or chicken stock, if bullion not used
- 1 teaspoon salt
- 1 teaspoon cumin
- 2 tablespoons chopped parsley

- ½ teaspoon paprika

Preparation:

1. Rinse lentils well and set aside. Sauté onions in olive oil for approximately 5 minutes or until golden brown. Add garlic and sauté' for 2 more minutes. Add remaining vegetables (note: if using frounceen koosa pulp, add later when soup is boiling) and stir 5 more minutes. Add lentils, bullion cubes and water or broth and bring to boil.

2. Reduce heat and simmer, partially covered, for 30 minutes. Stir in cumin and salt and mix well. Cool slightly, then puree till smooth using a hand blender or conventional blender. Strain through food mill or whisk through mesh strainer. Discard solids. Serve garnished with chopped parsley and sprinkled with paprika. Swirl with a spoon.

Zibdiyit Gambari

Ingredients:

- 1 kilogram (2 pounds) peeled fresh shrimp
- 1 1/2 cups chopped yellow onions
- 2 green chili peppers, such as serrano or jalepeño (adjust according to desired hotness)
- 3 tablespoons tomato paste
- 6 tomatoes, peeled and diced, approximately 3 1/2 cups
- 2 tablespoons chopped green dill
- 6 cloves fresh garlic
- 1 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¾ teaspoon ground cardamom
- ½ teaspoon allspice
- ½ teaspoon black pepper
- 1 ½ teaspoon salt, divided
- 1 cup water
- ¼ cup pine-nuts (slivered almonds or cashews may be substituted)
- 2 tablespoons olive oil
- 1 tablespoon sesame seeds
- 2 tablespoons chopped parsley

Preparation:

1. Cook peeled shrimp in a dry pan for about 10 minutes, until liquid has evaporated and shrimp are pink. Skim off any foam that appears. Set shrimp aside. Coarsely chop the hot green pepper and crush it with 1/2 teaspoon of the salt in a mortar. Chop dill and garlic finely and mix together.

2. Toast the pine-nuts and sesame seeds until golden, or fry in olive oil. In the same pan the shrimp were cooked in, sauté onions in olive oil. When onions are transparent, add tomato paste and stir well. Then add tomatoes, spices, crushed chilies, water and the chopped dill and garlic. Stir well and allow to simmer for 10

minutes on low heat. Then add the shrimp and stir together.

3. Pour this mixture from the pan into the zibdiye. If you do not have a zibdiye (likely!) an ovenproof clay, earthenware or glass dish will do. You may also bake in individual ramekins if desired. Cover with sesame seeds, pine-nuts and fry oil and parsley. Bake in oven for 10 minutes covered with aluminum foil, then remove the foil and bake another few minutes until crusty on top. Serve with bread.

Roasted watermelon salad

Ingredients:

- 1 young watermelon (5-7 pounds) or a 3 pound section of the palest part of a mature watermelon, rind on
- 2 medium size globe eggplants, approximately 1.5 pounds
- 1 calabash squash, whole, approximately 1 pound
- 1 pound ripe tomatoes
- 5 hot chilies, such as Serrano or jalapeño, chopped
- ½ cup extra virgin olive oil
- 1 1/2 teaspoon salt

Preparation:

1. Roast whole watermelon over a grill on medium heat until soft to the touch and charred on all sides. If using a wedge, cover tightly with aluminum foil, and proceed with roasting until soft to the touch on all sides. If a grill is unavailable, roast over a gas range, or broil in your oven. Follow same roasting procedure with squash and eggplants (roast them as they are, without foil) until charred on all sides. Set vegetables aside and cool.

2. Meanwhile, in a mortar and pestle, pound the chili peppers together with the salt. Add the tomatoes and continue to mash until mixture is a thick salsa-like consistency. Peel cooled watermelon and vegetables and discard charred skin. Mix together vegetable and melon pulp well, by hand, with chili-tomato mixture in a large bowl until thoroughly combined. Add torn pieces of toasted bread along with olive oil and continue to mix until well-saturated.

3. Drizzle with olive oil and serve with small quartered white onions, olives, and assorted pickled vegetables

Qursa

Ingredients:

- 3 cups flour
- 2/3 cup warm water, more as needed
- ½ teaspoon salt
- 3 tablespoons warmed olive oil, more for drizzling

Preparation:

1. Knead together all ingredients well until dough is elastic and no longer sticky. Form into a ball, then flatten by hand into a 1 inch thick disc.

2. Drizzle both sides with some olive oil. Bake on a grill, preferably wood-fired, or in a frying pan on a stove-top, or in the oven, until well-browned.

Eggplant Dip

Ingredients:

- Eggplant, Italian - 3
- Garlic, minced - 2-3 cloves
- Lemon, juice only - 1
- Tahini (sesame paste) - 2 tablespoons
- Salt - 1 teaspoon

Preparation:

1. Preheat oven to 400 degrees Fahrenheit. Place the eggplant on a baking pan and roast in the oven until cooked through, about 45-60 minutes. The eggplant should collapse when it is removed from the oven and begins to cool.
2. Cut the eggplant in half and remove the pulp. Place the pulp, garlic, lemon juice, tahini and salt in a food processor or blender and process until smooth. Remove to a serving bowl, adjust seasoning and drizzle olive oil over the top. Sprinkle with parsley and serve.

Rice and Eggplant Casserole

Ingredients:

- Olive oil - 1/4 cup
- Eggplant, sliced into 1/4 inch rounds – 1
- Onion, minced – 1
- Ground lamb or beef - 1 pound
- All spice - 1 teaspoon
- Cinnamon - 1/2 teaspoon
- Nutmeg - big pinch
- Salt and pepper - to taste
- Tomato, sliced into 1/4 inch rounds – 1
- Water or stock, well seasoned with salt - 2 cups
- Rice, soaked 1/2 hour in water to cover - 1 1/2 cups

Preparation:

1. Heat the oil in a large skillet over medium heat. Sauté the eggplant slices on each side to lightly brown. Remove to a plate. Add more oil to the skillet if needed and sauté the onions until translucent. Add the ground lamb or beef, allspice, cinnamon, nutmeg, salt and pepper and sauté, breaking up the meat, until cooked through. Season with salt and pepper and drain off excess oil.
2. Grease a 3-quart heavy bottomed saucepan well with olive oil, butter, lard or shortening. Drain the rice. Lay the tomato slices to cover the bottom of the saucepan. Sprinkle about 1/2 cup of the rice over the tomatoes. Spoon the meat mixture over the rice. Lay the eggplant slices to cover the meat and press down

well to compact all the ingredients. Add the rest of the rice and the seasoned water or stock.

3. Bring to a boil over medium-high flame, then quickly reduce heat to low, cover tightly and simmer for 45-50 minutes. Toward the end of the cooking time, check to see if more water needs to be added.

4. Remove from heat and let rest for 15 minutes. Remove lid and invert a serving platter over the saucepan. Turn upside-down and carefully slip the saucepan off the rice. Serve hot.

Spicy Roasted Pepper Dip

Ingredients:

- Red bell peppers – 4
- Walnuts, toasted and chopped - 3/4 cup
- Breadcrumbs - 1/2 cup
- Garlic, crushed - 2-3 cloves
- Lemon juice - 1-2 tablespoons
- Red pepper flakes - 1 tablespoon
- Ground cumin - 1 teaspoon
- Salt and pepper - to taste
- Olive oil - 1/2 cup

Preparation:

1. Place the the whole peppers under a broiler or over a stovetop flame, turning frequently, until the skin on all sides has turned black. Remove to a large bowl and cover tightly with plastic wrap. Set aside to cool for 10 minutes. Once the peppers have cooled, peel off the blackened skin and remove the stems and seeds. Rinse them quickly in running water and pat dry.

2. Chop the peppers roughly and place them, along with all the remaining ingredients except the olive oil into a food processor or blender. Pulse to roughly chop the ingredients. Then slowly pulse in the olive oil. Try not to puree the ingredients too much. You want the dip to have a little texture. Adjust seasoning to taste and serve as a dip or spread with pita wedges, vegetables or kebabs.

Spiced Meat Sandwich

Ingredients:

- Lean lamb or beef, or boneless, skinless chicken, sliced very thinly - 2 pounds
- Garlic, minced - 3 or 4 cloves
- Salt - 2 teaspoons
- Pepper - 1 teaspoon
- Ground allspice - 1 teaspoon
- Ground cardamom - 1 teaspoon
- Ground cloves - 1/2 teaspoon
- Ground nutmeg - 1/2 teaspoon
- Yogurt - 1 cup

- Vinegar or lemon juice - 1/4 cup

Preparation:

1. Mix all the ingredients together in a non-reactive bowl and set aside to marinate for anywhere from 1 hour to overnight. Drain and discard any excess marinade.
2. To Broil: Heat an oven broiler to high. Spread the meat evenly in a single layer on an ovenproof pan. Set 4 to 6 inches under the broiler flame and broil until cooked through, 5 to 8 minutes. Stir halfway through to cook evenly.
3. To Grill: Heat coals or set gas to high heat. Spread the meat in a grill basket and grill until cooked through, 5 to 8 minutes, turning occasionally. Serve the shawarma hot inside folded pita bread with your choice of garnishes (see variations).

Bulgur and Parsley Salad

Ingredients:

- Bulgur - 3/4 cup
- Water - 3 cups
- Flat-leafed parsley, chopped finely - 3 bunches
- Tomatoes, seeded and chopped – 2
- Scallions, finely chopped - 4 to 6
- Lemon juice - 1/2 cup
- Salt and pepper - to taste
- Olive oil - 1/2 cup

Preparation:

1. Place the bulgur in a large bowl and add the water. Set aside to soak for 20 to 30 minutes, then drain. Place the soaked bulgur in a clean rag and squeeze out any excess moisture. Return the bulgur to the bowl.
2. Add the parsley, tomatoes, scallions, lemon juice, salt and pepper and stir together. Set aside for 15 to 20 minutes to allow flavors to mingle. Adjust seasoning and stir in the olive oil. Serve chilled or at room temperature.

Spiced Meatballs

Ingredients:

- Ground lamb or beef, or a mixture of the two - 2 pounds
- Onion, minced – 1
- Fresh parsley or mint, finely chopped - 1/2 bunch
- Ground cumin - 1 tablespoon
- Cinnamon - 2 teaspoons
- All spice (optional) - 1 teaspoon
- Salt and pepper - to season
- Oil - 1/4 cup

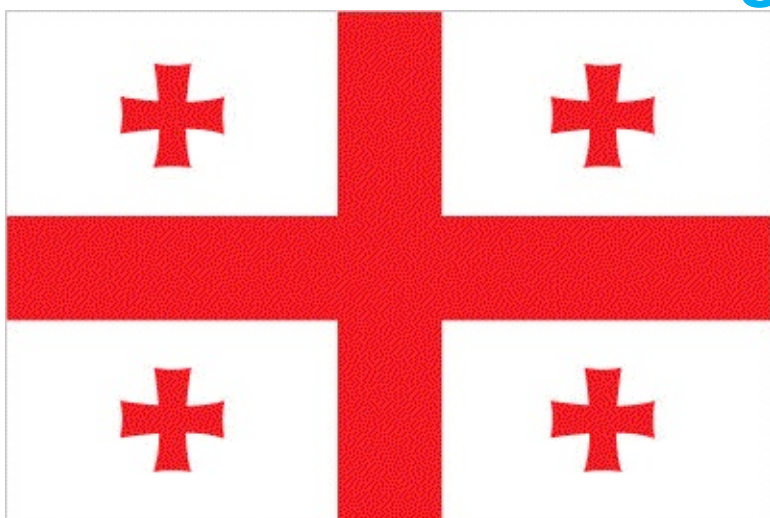
Preparation:

1. Place the ground beef or lamb, onion, herbs, spices, salt and pepper in a large

bowl and knead together well. Wrap in plastic and chill for 1-2 hours to allow the flavors to mingle and make the meat easier to handle.

2. Form the meat mixture into balls, patties or ovals the size of a small egg. Heat the oil in a skillet over medium flame and, working in batches, sauté the meatballs until browned on all sides and cooked through. Browned meatballs can also be finished in a 350°F oven. Serve as is or in pita bread as a sandwich with tzatziki sauce.

Georgia



Corn bread Cake

Ingredients:

- 1 cup sugar or 1/2 cup Splenda sugar substitute, for baking
- 1 cup brown sugar or 1/2 cup Splenda brown sugar blend
- 4 eggs, beaten
- 1 cup vegetable oil
- 1 1/2 cups self-rising flour
- 1 teaspoon vanilla
- 2 cups pecans, chopped very fine

Preparation:

1. Preheat oven to 350 degrees; lightly grease and flour a 9x13 inch baking dish.
2. Stir together sugar, brown sugar, eggs and oil in a medium bowl until smooth. Stir in flour and vanilla; add pecans and stir until evenly mixed. Spoon into prepared pan and bake for 30 to 35 minutes and great to serve with a dollop of whipped cream.

Beets in Cherry Sauce

Ingredients:

- 8 beets, stems trimmed to 1 inch (2 pounds total without the greens)
- olive oil, for coating during roasting (or vegetable oil)
- 2/3 cup dried tart cherry
- 1 1/4 cups water
- 2 tablespoons unsalted butter or 2 tablespoons vegetable oil
- 2 onions, chopped
- 1/4 cup chopped fresh cilantro or 1/4 cup chopped fresh dill
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon salt

Preparation:

1. Preheat oven to 375 degrees Fahrenheit. Coat the beets with the oil and place in a single layer in a baking pan. Roast until tender, about 1 hour. Let cool slightly, then trim, peel, and thinly slice.
2. While the beets are roasting, combine the cherries and water in a small saucepan and bring to a boil. Reduce the heat to low and simmer, uncovered, until very tender, about 20 minutes. Puree in a blender or food processor.
3. Melt the butter in a large skillet over medium heat. Add the onions and saute until soft and translucent, 5-10 minutes. Stir into the cherry puree. Add the cilantro, parsley and salt. Pour the sauce over the beets. Serve warm, or at room temperature.

Chicken with Herbs

Ingredients:

- 2 tablespoons butter
- 1 (3 pounds) chicken, cut into 8 pieces
- 4 medium onions, peeled and chopped
- 8 medium tomatoes, peeled and coarsely chopped
- 3 garlic cloves, peeled and minced
- 1/2 cup chopped mixed fresh herbs (parsley, cilantro, tarragon, basil, dill)
- 1/8 teaspoon hot red pepper flakes
- salt
- Fresh ground black pepper

Preparation:

1. Melt the butter in a large skillet and brown the chicken pieces on all sides. Stir in the chopped onions and cook for 10 minutes, continuing to stir occasionally. Add the prepared tomatoes and cook, covered, for 30 minutes, or until the chicken is done.
2. Stir in the garlic, herbs, hot pepper, and salt and pepper to taste. Cook, covered, 5 minutes longer. Let stand 5 minutes, covered, before serving.

Meatballs with Tahini and Walnut Sauce

Ingredients:

Meatballs:

- 200 gramsrams ground veal
- 200 gramsrams minced chicken
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 50 gramsrams dried sour cherries, chopped
- 50 gramsrams pine nuts, lightly toasted and roughly chopped
- 1/2 teaspoon Hungarian paprika
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground cinnamon
- 1 egg white, lightly whipped
- 1 bunch fresh coriander, finely chopped
- 1 bunch fresh mint, finely chopped
- salt and pepper
- 2 tablespoons vegetable oil

Tahini-walnut sauce:

- 200 gramsrams shelled walnuts
- 3 garlic cloves, peeled and finely chopped
- 150 gramsrams tahini
- 2 large lemons, juice of

Serve:

- crusty bread

Preparation:

1. To make the sauce, toast the walnuts in a large heavy frying pan, stirring over a medium heat for about 5 minutes until the walnuts are golden brown. Remove from the pan and leave to cool. Set aside a few walnuts to use as garnish, then grind the remainder in a food processor.
2. In a medium bowl, combine the garlic, tahini, and lemon juice and season to taste. The paste will be very thick at this stage, so add 4-5 tablespoons of water and beat with a fork until you have the consistency of very thick double cream, adding more water as needed. Add the ground walnuts to the tahini and refrigerate until ready to use.
3. To make the meatballs, combine the minced veal and chicken in a bowl, then add the onion, garlic, sour cherries, pine nuts, paprika, allspice and cinnamon. Mix well, then stir in the beaten egg white. Add the fresh herbs and salt and pepper to taste and mix thoroughly.
4. Shape the mixture into balls the size of golf balls. Heat the oil in a large frying pan. Fry the meatballs a few at a time, turning occasionally, until cooked through and brown on all sides, about 10 minutes per batch. Keep the cooked meatballs warm while you fry the remainder.
5. To serve, garnish the tahini and walnut sauce with the reserved whole walnuts, and serve with the hot meatballs and some crusty bread.

Sweet Potatoes

Ingredients:

- 4 large sweet potatoes (or yams)
- 1/4 cup butter (1/2 stick)
- 1/4 cup molasses
- 1 teaspoon salt

Preparation:

- Preheat oven to 350 degrees Fahrenheit. Peel potatoes and boil until soft (35-40 minutes). Mash and add remaining ingredients. Beat well and place in a buttered casserole. Dot top with butter slices. Bake 35 minutes at 350 degrees Fahrenheit or until brown.

Feast Bread

Ingredients:

Dough:

- 1 cup milk
- 3 tablespoons unsalted butter
- 1 1/2 teaspoons sugar
- 1/2 teaspoon coriander powder
- 1 1/2 teaspoons salt
- 2 teaspoons instant yeast
- 3 1/4 cups unbleached all-purpose flour

Filling:

- 2 cups cheese (Monterey Jack, Sharp Cheddar or Muenster)
- 1 cup ricotta cheese or 1 cup cottage cheese or 1 cup goat cheese
- 2 large eggs
- 2 tablespoons unbleached all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon fresh ground pepper
- 1 teaspoon paprika

Preparation:

1. Dough: Heat the butter and milk in a small saucepan, or in the microwave, till the butter has melted. Put the sugar, coriander and salt in a medium-sized bowl, and pour the hot milk over them, stirring to combine and to dissolve the malt or sugar. Set aside to cool to lukewarm.
2. Add the instant yeast and flour to the milk mixture and stir to form a shaggy mass. Set this rough dough aside for 30 minutes.
3. Knead the dough until it's smooth — in a bread machine set on the dough cycle, about 2 minutes in a food processor, 6 to 8 minutes by electric stand mixer, or 8 to 10 minutes by hand. Put the dough in a greased bowl, turn it over to coat the entire surface, and cover the bowl. Let the dough rise for 1 to 1 1/2 hours, or until it increases in size by at least one-third.

4. Filling: If you have a food processor, use it — it's ideal for this filling. Cube the hard cheese, add the soft cheese, and process until well-mixed but some chunks remain. Add the eggs, flour and seasonings, and pulse just to mix thoroughly. Refrigerate until ready to use. If you don't have a food processor, grate the hard cheese, and beat in the soft cheese and eggs. Continue beating, adding the flour and seasonings. Refrigerate until ready to use.
5. Shaping and Baking: After the dough has risen, turn it out onto a lightly floured surface. Divide the dough in half (you'll be making two loaves), and cut a small (1-ounce) piece of dough off of each half. Round all four pieces of dough into balls, and let them rest, covered, for 15 minutes.
6. Roll each large ball into a 10- to 12 inch circle. Place one circle into a lightly greased small pie tin, 8- or 9 inch round cake pan, or onto a lightly greased or parchment-lined baking sheet. Dollop half of the cheese mixture into the middle of the circle, and pull the dough up around the cheese, folding and pinching it, and "pleating" it into a topknot. Leave a small hole in the very center of the knot, and place the small ball in this hole. Repeat with the remaining dough and filling. Cover the loaves and let them rise for 45 minutes or longer — they'll look puffy, but not doubled in size. If the pleats have opened, pinch them shut.
7. Bake the loaves in a preheated 375°F oven for 15 minutes, then lower the temperature to 350°F and bake for another 20 to 25 minutes. When finished, the loaves will be golden brown, and the middle should feel set. Tent the loaves with aluminum foil after 15 minutes if they seem to be browning too quickly. Remove the loaves from the oven, and allow them to cool for at least 15 minutes before slicing. Slice the bread into wedges, and serve it warm, or at room temperature.

Cheese Bread

Ingredients:

- 2 1/4 teaspoons active dry yeast (a 1/4 ounce package)
- 7 tablespoons warm water
- 1 2/3 cups unbleached all-purpose flour, divided
- 3/4 teaspoon salt
- 1 large egg, lightly beaten
- 1/4 pound havarti cheese, coarsely grated
- 1/4 pound salted mouncezzarella cheese, coarsely grated
- 1 teaspoon unsalted butter, melted

Preparation:

1. Sprinkle yeast over warm water and stir in 1 tablespoon flour. Let stand until creamy, about 5 minutes. (If yeast does not activate, start over with new yeast.)
2. Stir together salt and remaining flour in a large bowl, then stir in egg and yeast mixture to form a dough. Turn out dough onto a well-floured surface and turn to coat with flour, then knead until smooth and elastic, about 5 minutes. Form into a ball and dust with flour. Let dough rest in a bowl, covered with plastic wrap, punching down with a wet fist every hour, at least 2 hours and up to 3.

3. Preheat oven to 500 degrees Fahrenheit with rack in middle. Turn out dough onto floured pizza pan, turning to coat, then flatten with your fingers into a 7 inch disk. Toss together cheeses and press into a compact 3 inch ball with your hands.
4. Place ball in middle of dough, then gather dough up around ball of cheese, squeezing excess dough into a topknot. Press down on topknot with a damp fist to press cheese out from center. Continue to flatten dough and distribute cheese evenly, pressing outward from center, until dough is an 11 inch disk. Cut a 6 inch X through top of dough to expose cheese. Bake until pale golden, 10 to 12 minutes.
6. Brush surface of dough with butter and bake until golden and cooked through, 3 to 5 minutes more. Serve cut into wedges.

Peach Crisp

Ingredients:

- 4 cups sliced fresh peaches
- 1/3 cup white sugar
- 1 tablespoon dark rum, optional

Topping:

- 1 cup rolled oats
- 1/2 cup packed brown sugar
- 1/4 cup flour
- 1/2 teaspoon cinnamon
- 1/4 cup melted butter
- 1 beaten egg

Preparation:

1. Preheat oven to 375 degrees Fahrenheit. Toss the sliced peaches with the white sugar and rum, and place in a 2-quart baking dish. Combine the oats, brown sugar, flour, butter, cinnamon, salt, and mix together with a fork. Add the egg and mix until very well combined. Crumble in small pieces evenly over the peaches and bake for 35 minutes, or until the top is well browned. Best served just warm, and not hot right out of the oven. Serve with vanilla ice cream, or a splash of cold heavy cream.

Germany



Roasted Chicken

Ingredients:

- 1 (3 pounds) whole chicken, giblets removed
- salt and black pepper to taste
- 1 tablespoon onion powder, or to taste
- 1/2 cup margarine, divided
- 1 stalk celery, leaves removed

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tablespoons margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior. Cut the celery into 3 or 4 pieces, and place in the chicken cavity.
2. Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees Fahrenheit. Remove from heat, and baste with melted margarine and drippings. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Bread

Ingredients:

- 1 1/2 ounces compressed fresh yeast
- 1 quart warm water
- 2 tablespoons white sugar
- 4 cups all-purpose flour
- 8 cups white rye flour
- 4 cups all-purpose flour
- 2 tablespoons salt
- 1 teaspoon white sugar
- 2 cups warm water

Preparation:

1. First, make the sourdough starter. Crumble the yeast into a large bowl. Whisk in

1 quart of warm water and 2 tablespoons of sugar until dissolved. The water should be just slightly warmer than body temperature. Gradually whisk in 4 cups of flour, continuing to mix until all lumps are gone. Cover with a dish towel, and let sit for 24 hours at room temperature. After 24 hours, stir well, cover, and let stand another 24 hours. It will be a thin, light-colored sourdough which is then ready to use.

2. In a large bowl, stir together the rye flour, 4 cups of all-purpose flour, salt and sugar. Mix in the sourdough starter using a wooden spoon, then stir in 2 cups of warm water. I transfer the dough to a heavy duty stand mixer to mix the first couple of minutes, then it can't handle the heavy dough and I start using my hands by turning the dough out onto a floured surface. A clean countertop works best. Knead the dough, adding a few tablespoons of water at a time if it is too stiff. Fold the dough over, pull it apart, whatever you can do to get it kneaded up good. Total kneading time should be 15 to 20 minutes to get a smooth dough. Place the dough in a large bowl, cover, and let rise until doubled, 1 to 2 hours.

3. When the dough has risen, scrape it out of the bowl and back onto a floured surface. Knead for about 5 minutes. This is important to activate the gluten. Shape into 1 or 2 long loaves. Place on baking sheets, and let rise for about 1 hour, or until your finger leaves an impression when you poke the bread gently.

4. Preheat the oven to 425 degrees Fahrenheit. Bake the bread for about 45 minutes for 2 loaves, 1 1/2 hours if you made one big loaf. Don't worry if the crust is dark. The bread will be delicious and so will the crust. Cool completely before cutting.

Red Cabbage

Ingredients:

- 2 tablespoons butter
- 5 cups shredded red cabbage
- 1 cup sliced green apples
- 1/3 cup apple cider vinegar
- 3 tablespoons water
- 1/4 cup white sugar
- 2 1/4 teaspoons salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cloves

Preparation:

1. Place butter, cabbage, apples, and sugar into a large pot. Pour in the vinegar and water, and season with salt, pepper, and clove. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer until the cabbage is tender, 1 1/2 to 2 hours.

Potato Salad

Ingredients:

- 3 pounds potatoes, peeled and sliced
- 1/2 cup chopped onion
- 2 teaspoons salt
- 1/2 cup mayonnaise
- 1/4 cup vegetable oil
- 1/2 cup cider vinegar
- 2 tablespoons white sugar
- 2 tablespoons dried parsley
- ground black pepper to taste

Preparation:

1. Bring a large pot of salted water to a boil. Add peeled and cut potatoes; cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl. Add onions. In a large bowl, whisk together the mayonnaise, oil, vinegar, sugar, parsley, salt and pepper. Gently stir in the potatoes and onion. Let stand for 1 hour before serving to enhance flavors.

Beef Short Ribs with Spiced Lemon-and-Caper Sauce

Ingredients:

- ¼ teaspoon ground cloves
- 4 cups cold water
- 3 tablespoons fresh rye bread crumbs, made in a blender from 1 slice fresh dark rye bread
- 2 teaspoons capers, drained and rinsed in cold water
- 2 tablespoons fresh lemon juice
- ½ teaspoon finely grated fresh lemon peel
- 2 pounds beef short ribs, cut into 2 inch pieces
- Salt
- Freshly ground black pepper
- 2 tablespoons lard
- 6 medium-sized onions (about 2 pounds), sliced 1/8 inch thick
- 1 small bay leaf

Preparation:

1. Sprinkle the short ribs with salt and pepper. In a 3- to 4-quart flameproof casserole or Dutch oven, heat the lard over high heat, until it begins to splutter. Add the short ribs and brown them on all sides, regulating the heat so that the ribs brown quickly and evenly without burning. Remove the meat to a platter.

2. Add the onions to the fat remaining in the casserole, and cook, stirring occasionally, for 5 minutes, or until they are soft and transparent but not brown. Add the bay leaf and cloves and pour in the water. Bring to a boil over high heat, scraping in any brown bits clinging to the bottom and sides of the pan.

3. Return the ribs to the casserole, cover and reduce the heat to its lowest point. Simmer for 1½ hours, or until the meat shows no resistance when pierced with the tip of a small, sharp knife. Then transfer the short ribs to a deep heated platter

and cover with foil to keep them warm.

4. Discard the bay leaf, and skim off the fat from the liquid remaining in the casserole. Stir in the bread crumbs, capers, lemon juice and lemon peel, and bring to a boil over high heat. Reduce the heat; simmer uncovered, for a minute or two. Taste for seasoning. The sauce should be quite peppery; add more pepper to taste if necessary. Then pour the sauce over the meat and serve at once.

Pork Chops

Ingredients:

- 2-pound loin of pork, center cut, with the backbone (chine) sawed through but left attached and tied to the loin in 2 or 3 places
- 2 cups dry white wine
- ½ cup white wine vinegar
- 5½ cups cold water
- 1 medium-sized onion, peeled and pierced with 2 whole cloves
- 1 scraped carrot, cut into ¼ inch slices
- 2 celery stalks, including the leaves, coarsely chopped
- 10 parsley sprigs
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 envelopes unflavored gelatin
- 2 egg whites, beaten to a froth
- Garnish as desired with thinly sliced and fancifully cut flowers made from any combination of cooked or raw carrots, drained and rinsed sweet gherkins, drained and rinsed mushrooms, drained and rinsed pickled cauliflower, blanched chive or leek tops, peeled cucumber, peeled and seeded tomato, and whites of hard-cooked eggs

Preparation:

1. In a deep, heavy casserole or a soup pot just large enough to hold the meat comfortably, combine the pork loin, wine, vinegar and 5 cups of cold water. Bring to a boil over high heat, meanwhile skimming off the foam and scum that rise to the surface. Reduce the heat to low and add the onion, carrot, celery, parsley, bay leaf, salt and pepper. Cover the casserole and simmer the pork for 1½ hours, or until it is tender and shows no resistance when pierced with the tip of a sharp knife.

2. Transfer the pork to a plate and let it cool to room temperature. Then cover it with aluminum foil or plastic wrap and refrigerate. (If you plan to use the carrot slices to garnish the chops in the finished dish, reserve them on the plate with the pork loin.) Strain the cooking stock through a fine sieve into a large bowl, discarding the vegetables and herbs. With a large spoon skim the surface of all fat. There should be about 5 cups of stock. If more, boil briskly, uncovered, until reduced to the required amount.

3. Prepare the aspic in the following fashion: Sprinkle the gelatin into the ½ cup of cold water and let it soften for 5 minutes. Then, in a 3- to 4-quart saucepan, combine it with the stock and add the beaten egg whites. Over high heat, bring the stock to a boil, meanwhile stirring constantly with a whisk. When the stock begins to froth and rise, remove the pan from the heat. Let it rest for 5 minutes, then pour it into a large sieve lined with a damp kitchen towel and set over a large bowl. Allow the aspic to drain through without disturbing it at any point, then taste for seasoning (it will probably need more salt) and set it aside. Do not refrigerate.
4. Carefully carve the pork loin into 6 chops about ½ inch thick. Cut the meat and fat away from the bones and trim the chops into neat, symmetrical cutlets. Pour a layer about 1/8 inch thick of the aspic into each of 6 cutlet molds or into a shallow baking dish large enough to hold the cutlets comfortably in one layer. Chill in the refrigerator until firmly set. Decorate the surface of the set aspic with the garnish of your choice and carefully place the chops on top of it.
5. Pour enough liquid aspic into the mold or baking dish to come halfway up the sides of the chops and refrigerate again until the aspic is firm. (This step is necessary to prevent the chops from rising to the surface of the molds when the remaining aspic is added.) When the chops are firmly anchored, cover them completely with liquid aspic and refrigerate for at least 4 hours, until firm. Any remaining aspic may be chilled in a flat pan or dish at the same time and used chopped or cut into decorative shapes as a garnish when the chops are served.
6. To unmold chops from individual molds, run a small, sharp knife around the side of each mold, then dip the bottom into hot water for a few seconds. Wipe the mold dry and turn it out on a chilled serving plate. The chops in the baking dish may be served directly from the dish or you may unmold them in the following fashion: Run a sharp knife around the sides of the dish and dip the bottom in hot water for a few seconds. Place a flat, shallow platter upside down over the dish and, grasping the platter and dish firmly together, invert them. Tap them on a table and the aspic should slide out easily.
7. To make pork cutlets molded in aspic (recipe above), first pour a 1/8 inch film of liquid aspic into the mold and refrigerate until firm. Add the decorations. Now place a cutlet on top and pour in enough liquid aspic to cover it halfway. Refrigerate until set, and then fill the mold with aspic and refrigerate again. When all the layers are firm, the mold is ready to unmold and serve.

Roast Duck with Apple And Bread Stuffing

Ingredients:

- 5 pounds duck
- Salt
- Freshly ground black pepper
- ¾ pound lean ground beef, preferably chuck
- ¾ pound lean ground pork
- 1 egg, lightly beaten
- ½ cup dried bread crumbs

- ½ teaspoon dried marjoram

Preparation:

1. Preheat the oven to 425 degrees Fahrenheit. Wash the duck under cold running water and pat dry inside and out with paper towels. Rub the inside of the duck liberally with salt and pepper. For crisper skin, prick the surface around the thighs, the back, and the lower part of the breast with the tip of a sharp knife.
2. In a large bowl, combine the beef, pork, egg, crumbs, marjoram, 1 teaspoon of salt and a few grindings of pepper. Knead vigorously with both hands until the ingredients are well blended and the mixture is smooth. Then stir in the apples and spoon the stuffing loosely into the cavity. Close the opening by lacing it with skewers or sewing it with heavy thread. Fasten the neck skin to the back of the duck with a skewer and truss the bird securely.
3. Roast the duck, breast side up on a rack set in a large shallow pan, for 20 minutes, until it browns lightly. Pour off the fat from the roasting pan or draw it off with a bupound baster. Then reduce the heat to 350°F, and roast for about 1 hour longer, removing the accumulated fat from the pan occasionally with a bupound baster.
4. To test for doneness, pierce the thigh of the bird with the tip of a small, sharp knife. The juice should spurt out a clear yellow; if it is slightly pink, roast the bird for another 5 to 10 minutes. Transfer the duck to a heated platter and let it rest for 10 minutes before carving. Traditionally the duck is accompanied by red cabbage and dumplings.

Fish with Tomato Sauce And Pickles

Ingredients:

- 4 tablespoons butter
- 2 pounds gray, lemon or petrale sole fillets or 2 pounds flounder fillets, cut into serving pieces
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- 2 medium-sized onions, peeled, thinly sliced and separated into rings
- 3 tablespoons tomato puree
- 1 tablespoon white wine vinegar or cider vinegar
- ½ teaspoon grated fresh horseradish or 1 teaspoon bottled horseradish, thoroughly drained and squeezed dry in a towel
- 2 medium-sized dill pickles, cut lengthwise into thin wedges

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit. With 1 tablespoon of the butter, coat the bottom and sides of a shallow baking dish or casserole large enough to hold the fish in a single layer. Set the dish aside. Spread the fillets on wax paper, sprinkle them with lemon juice and salt, and let the fillets marinate for 10 minutes.
2. In a heavy 8- to 10 inch skillet, melt 2 tablespoons of butter over moderate

heat. When the foam subsides, drop in the onion rings and cook them, turning them frequently, for 5 minutes, or until the rings are soft and transparent but not brown. Arrange the fish fillets side by side in the prepared baking dish. Beat the tomato puree, vinegar and horseradish together in a bowl, and spread the mixture evenly over the fillets. Scatter the onion rings and pickle wedges over the fish.

3. Cut the remaining 1 tablespoon of butter into small pieces and dot the fish with them. Bake in the middle of the oven for about 15 minutes, or until the fillets are opaque and firm to the touch. Do not overcook. Serve at once, directly from the baking dish.

Lamb Chops in Onion Sauce

Ingredients:

- 2 tablespoons butter
- 1½ cups finely chopped onions
- 1 tablespoon flour
- 1½ cups heavy cream
- 1/8 teaspoon ground nutmeg
- ¼ pound boiled or baked smoked ham, chopped fine (about ½ cup)
- 6 shoulder lamb chops, cut ½ inch thick and trimmed of excess fat
- Salt
- Freshly ground black pepper
- 4 tablespoons lard

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. Pat the chops completely dry with paper towels and sprinkle them generously on both sides with salt and pepper. In a heavy 12 inch skillet, melt the lard over high heat until a light haze forms above it. Add the chops and brown them well on each side, regulating the heat so that the meat colors quickly and evenly without burning. Transfer the chops to a shallow, flameproof casserole large enough to hold them in one layer.
2. Discard the fat in the skillet, and in its place add the 2 tablespoons of butter. Melt it over moderate heat, and when the foam subsides add the onions. Cook, stirring occasionally, for 8 to 10 minutes, or until the onions are soft, transparent and light brown. Stir in the flour, mix thoroughly, then gradually pour in the cream, stirring constantly with a whisk.
3. Bring to a boil, continuing to stir until the sauce is smooth and thick. Add the nutmeg and taste for seasoning. Then puree the sauce through a coarse sieve set over a bowl, pressing down hard on the onions with the back of a spoon before discarding them, and stir the chopped ham into the sauce. Spoon the sauce over the lamb chops and bring to a simmer over moderate heat.
4. Cover the casserole tightly and bake in the middle of the oven for 15 minutes, or until the chops are tender. Serve the chops directly from the casserole.

Roasted Smoked Pork Loin

Ingredients:

- 4 whole juniper berries, coarsely crushed with a mortar and pestle or wrapped in a towel and crushed with a rolling pin
- 4 cups cold water
- 2 teaspoons corn starch dissolved in 1 tablespoon cold water
- 2 tablespoons lard
- 1 cup coarsely chopped onions
- 1 cup coarsely chopped carrots
- 3½ to 4 pound smoked pork loin in one piece, with the backbone (chine) sawed through at ½ inch intervals, but left attached and tied to the left attached and tied to the loin in 2 or 3 places

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. In a heavy 8- to 10 inch skillet, melt the lard over moderate heat. Add the onions and carrots and cook over moderate heat, stirring frequently for 8 to 10 minutes, or until the vegetables are soft and light brown. With a rubber spatula, scrape the entire contents of the skillet into a heavy casserole or roasting pan just large enough to hold the pork comfortably.
2. Place the pork loin, fat side up, on top of the vegetables and strew the crushed juniper berries around the pork. Pour in the 4 cups of water and roast uncovered in the middle of the oven, basting occasionally with the cooking juices, for 1½ hours, or until the pork is golden brown.
3. If you prefer to use a meat thermometer, insert it into the pork loin before placing the loin in the casserole. Be sure the tip of the thermometer does not touch any bone. Roast the pork until the thermometer reaches a temperature of 175 degrees Fahrenheit. Cut away the strings and carve the pork into ½ inch-thick chops. Arrange the slices attractively in slightly overlapping layers on a large heated platter. Cover and set aside.
4. Strain the pan juices through a fine sieve set over a bowl, pressing down hard on the vegetables with the back of the spoon before discarding them. Skim as much fat as possible from the surface, then measure the juices. If there is more than 1½ cups, boil briskly over high heat until the juices are reduced to that amount; if there is less, add water. Bring the pan juices to a boil over moderate heat in a small saucepan. Give the cornstarch mixture a quick stir to recombine it and add it to the pan.
5. Cook, stirring constantly, until the sauce clears and thickens slightly. Moisten the meat slices with a few spoonfuls of the sauce and serve the rest in a heated sauceboat. Kasseler Rippenspeer is often served on a mound of either plain or pineapple sauerkraut.



Jollof Rice with Chicken, Beef, and Ham

Ingredients:

- 3 tablespoon groundnut oil
- 1 kilogram of chicken pieces
- 2 tomatoes, chopped
- 2 garlic cloves
- 1/2 teaspoon ground ginger
- 1 bay leaf
- 225 grams ham, cubed cut
- 3 hard-boiled eggs, sliced
- 225 grams beef, cut into chunks
- 2 onions, chopped
- 100 grams tomato paste
- 2 hot chilies, chopped
- 1 teaspoon salt
- 750 milliliters stock 280 grams rice

Preparation:

1. Heat the oil in a large pan or heat-proof casserole. Add the chicken and beef and cook until browned then remove the meat and set aside to keep warm. Lower the heat then add the onion and cook until soft (about 5 minutes) before adding the tomatoes, tomato paste, garlic, chilies, ginger, salt, and bay leaf.
2. Fry for about 10 minutes then add the stock and ham. Bring to a boil, reduce to a simmer and cook for 10 minutes before adding the chicken, beef and rice to the pan. Cover and simmer for 20 minutes, or until the rice is done. Transfer to a serving plate or tray, garnish with the hard-boiled eggs and serve.

Smoked Fish Stew

Ingredients:

- 250 grams onions, thinly sliced
- 60 milliliters vegetable oil

- 450 gramsrams tomatoes, cut into
- 3 cm pieces
- 4 tablespoons tomato paste
- 1/2 teaspoon chili flakes
- 1 liter water
- 900 gramsrams smoked fish, de-boned and skinned

Preparation:

1. In a large saucepan fry the onions in the vegetable oil until just softened then add the tomatoes along with the tomato paste, chili flakes and water. Allow to simmer for 15 minutes then add the smoked fish and simmer for a further 10 minutes. Adjust the seasoning and serve on a bed of rice.

Shrimp with Red Sauce

Ingredients:

- 1/2 medium onion, finely sliced
- 2 large, ripe, tomatoes, chopped
- 1 large red bell pepper, chopped
- 8 scotch bonnet chilies, chopped
- 60 milliliters groundnut oil for frying
- 36 large prawns, cooked
- salt and pepper to season

Preparation:

1. Pound the chilies and bell pepper in a pestle and mortar to form a smooth paste. Add the onion and pound that in as well, followed by the tomatoes. Heat oil in a pan until very hot then spoon the chili mixture into the hot oil and cook for ten minutes, stirring frequently. Spoon the sauce into a serving bowl, allow to cool then season and serve with the prawns as dippers.

Curried Rice with Beef

Ingredients:

- 3 tablespoon groundnut oil or palm oil
- 225 grams beef, cut into chunks
- 1 onion, chopped
- 1/2 teaspoon salt
- 1 tomato, chopped
- 2 tablespoon tomato paste
- 1/2 teaspoon curry powder
- 4 whole hot chilies
- 200 gramsrams rice
- 1 carrot, sliced at an angle
- 1 small white cabbage, cut into eights

Preparation:

1. Heat the oil in a pan, add the beef and fry until browned then add all the remaining ingredients except the rice. Simmer until the vegetables are tender (about 30 minutes) then add the rice and 500 milliliters water. Stir to combine then reduce the heat to a simmer, cover and cook until the rice is tender and all the water has been absorbed (add a little more water if needed). Serve immediately. For a hotter dish mash the chilies into the rice. If you want a milder dish then take the chilies out before serving (or just let your guests mash their own).

Beef and Vegetable Stew

Ingredients:

- 700 grams rolled beef shoulder cut into
- 2 cm cubes
- 500 milliliters water
- 2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 scotch bonnet or habanero chili de-seeded and pounded to a paste
- 600 grams butternut squash pared and cut into 2 cm cubes
- 2 medium tomatoes, chopped
- 300 grams cooked butter beans

Preparation:

1. Add the beef, water, salt, ginger and chili in a casserole dish and bring to the boil. Reduce the heat, cover, and simmer for 90 minutes. Add the squash and cook, covered, for another 30 minutes. Remove the squash and mash then return to the casserole dish along with the tomatoes and beans. Bring back to the boil, then reduce to a simmer, cover and cook for 15 minutes. Serve on a bed of rice.

Ashanti Chicken

Ingredients:

- One whole chicken (about 1.3 kilograms) de-boned
- 450 grams yams (or sweet potatoes) cut into quarters
- 450 grams chicken meat, no bones
- cooking oil for frying
- 1 small onion, chopped
- 1 tomato, chopped
- 1 teaspoon ground Ashanti pepper
- handful of chopped parsley a few mint leaves, chopped
- salt and black pepper to taste

Preparation:

1. Boil the yams (or sweet potatoes) until tender. When tender remove from the cooking water and mash. While the yams are cooking fry the chicken meat (not the whole chicken) in a few tablespoons of oil. When nearly done (about 25 minutes) add the onion and tomato. Reduce the heat and simmer until the chicken

is completely cooked. Add the chicken mixture to the cooked yam then add the Ashanti pepper, parsley, mint, salt and pepper. Mix well to completely incorporate.

2. Stuff the de-boned chicken with the yam mixture then sew the chicken closed with a needle and butcher's twine. Rub with butter, salt and pepper. Place in a large casserole dish with a tight-fitting lid, add a saucer or trivet and enough water to come up to the top of the trivet. Place in an oven pre-heated to 180 degrees Celsius and steam for two hours (top up the water every half hour or so). Once done take the chicken out of the water, baste with butter and place on a roasting dish. Cover in foil, place back in the oven and bake for 40 minutes. Take the cover off the chicken and bake for a further 30 minutes. Serve with rice, accompanied by green tea with mint.

Coconut Rice with Pork

Ingredients:

- 1 teaspoon groundnut oil
- 1/2 teaspoon salt
- 280 gramsrams rice
- 450 gramsrams pork, diced
- 800 milliliters coconut milk

Preparation:

1. Heat the oil in a pan or wok until almost smoking then add the pork and salt. Stir-fry until the meat has browned then add the coconut milk and bring to a boil over medium heat. Add the rice, lower to a simmer, cover and cook for 15 minutes. Stir occasionally and add a little water if the rice begins to stick. Serve immediately.

Chicken Soup

Ingredients:

- 1.5 kilograms chicken
- 200 gramsrams white pea beans
- 200 gramsrams onions, coarsely chopped
- 100 gramsrams green bell pepper, coarsely chopped
- 2 liters water
- 1 tablespoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon red chili flakes
- 400 gramsrams tin whole tomatoes, crushed
- 400 gramsrams aubergine (eggplant) cut into 3 cm dice
- 300 gramsrams okra, topped, tailed and sliced

Preparation:

1. Add the chicken, beans, onions, green bell pepper, salt, pepper and chili flakes to a large casserole dish. Cover and bring to a boil. Reduce to a simmer and cook

until the chicken is done (about 80 minutes). Now add the tomatoes, aubergine and okra. Simmer until the beans are thoroughly cooked and the volume of the soup has reduced by a quarter. Slice the chicken, place the meat in a bowl and spoon the soup over the top. Serve immediately.

Gibraltar



Dionne's Rollitos

Ingredients:

- 1 pound thinly sliced beef
- 1 boiled egg, diced
- 12 small green olives, diced
- 2 slices york ham, diced (substitute prosciutto)
- 1 tablespoon parsley, minced
- 1/4 teaspoon salt
- 1/2 cup breadcrumbs
- cloves garlic, divided
- 1 small red bell pepper, sliced
- 1 small onion, sliced
- 2 eggs, beaten
- White cooking wine

Preparation:

1. Mix the boiled egg with the olives and ham. In a separate bowl, mix two of the garlic cloves with the salt, minced parsley and breadcrumbs. Heat a little oil in a frying pan and saute the onions, peppers and the remaining garlic over low heat.
2. While the vegetables are cooking, slice your meat up into strips about three or four inches wide. Make little balls out of the egg/olive/ham mixture, then dip into the beaten egg and roll in the breadcrumb mixture.
3. Put each ball on one end of a meat strip and then roll up the strip and secure with toothpicks. When all the rolls are done, place them in the pan with the

vegetables (known as “refrito” in Gibraltar) and add a little white wine and the almonds, if using. Let simmer until the meat is cooked to your liking.

Stuffed Leeks

Ingredients:

- 2 slices smoked bacon, chopped
- 1 small onion, chopped
- 3 large leeks
- 1 tablespoon butter
- 2 tablespoons milk
- 1/4 cup shredded cheese (I used cheddar)
- 2 tablespoons flour
- 1 large potato

Preparation:

1. Cut your leeks up into cylinders about two inches in length. Carefully push out the center layers of the leeks, leaving the outer two layers intact. Chop up the center bits of your leeks and saute them with the onions, bacon and butter until soft (note: you'll probably have more leek than you can use). Season with salt and pepper to taste.
2. Mash the potato wedges and add them to the pan with the milk and cheese. Add enough flour to make a sticky paste. Stuff your leek tubes with the filling you just made. Cook at 350 degrees for five or 10 minutes, or until the filling starts to turn a little golden on top.

Calentita

Ingredients:

- 3 cups water
- 1 1/2 cups chickpea flour
- olive oil
- salt and pepper

Preparation:

1. Mix the chickpea flour with the water and salt and pepper. You will get a really thin batter. Let sit for at least two hours, though three is better and overnight is preferable. Preheat your oven to about 435 degrees. Pour the olive oil into the bottom of a shallow oven pan.
2. You want the oil covering the entire surface of the pan by about a millimeter. Put the pan into your oven and let the oil heat (but don't let it start smoking). When the oil is hot, pour in the batter, Reduce the heat to 390 degrees and let bake for one hour or until the top turns a brown-gold color.

Snails Stew

Ingredients:

- 1 pound snail
- 4 tablespoons olive oil
- 4 garlic cloves
- 1 large onion, chopped
- 4 large tomatoes, chopped
- 1 teaspoon ground red pepper
- 2 ounces pitted olives
- 2 ounces roasted almonds
- 2 ounces walnuts
- 2 slices fried bread
- 500 milliliters wine
- salt and pepper
- 1 bunch chopped parsley
- 1 bay leaf

Preparation:

1. Fry all the ingredients except the wine and snails. Remove the bay leaf, add the wine and simmer for 5 minutes. Boil the snails, and throw away the water. Alternately use canned snails. Put all the fried ingredients in a blender and then add the snails.

Chickpea and Spinach Tortilla

Ingredients:

- 8 ounces chickpea flour
- 1/4 pint water
- 1/2 pound spinach, boiled and chopped
- 1 egg white, stiffly whipped
- 1 ounce breadcrumbs
- salt and pepper
- parsley

Preparation:

1. mix all ingredients and fold in the egg white. Spoon into hot oil and fry just like little small omelette.

White Fish Soup

Ingredients:

- 500 gramsrams white fish fillets
- 2 pints water
- 1 onion, chopped
- parsley
- 3 peeled chopped potatoes
- 1/2 pint fish stock
- 1 tablespoon oil

- 250 grams very thin noodles
- salt and pepper
- 1 lemon, zest of, grated

Preparation:

1. Boil fish, drain, but keep the water (removing all bones on the fish and the water).keep water and set aside.

Set the fish aside. Boil all the other ingredients, except lemon. when soft, add the water from the fish. add the lemon. Place the fish in the soup plate, and pour over all the ingredients and water.

Stewed Swordfish

Ingredients:

- 1 1/2 pounds swordfish, cut into strips
- 2 onions, chopped
- parsley
- 1 bay leaf
- salt and pepper
- 50 milliliters white wine
- 20 milliliters olive oil
- 30 milliliters water
- 1/2 pound tomato, peeled and chopped
- 3 potatoes, peeled and diced
- 1/4 pound mushroom, sliced

Preparation:

1. Heat the oil and when its very hot put in the fish. Add salt and pepper, simmer. Add onion, tomatoes. Cook for a few minutes. Add the rest of the ingredients and cook until potatoes are tender.

Tripe Casserole

Ingredients:

- 4 pounds tripe, cubed
- 2 pigs ears, salted (each quartered)
- 1 pound tomato
- 1 pound onion, chopped
- 8 garlic cloves, chopped
- 1 bunch parsley, chopped
- 1 bunch mint, chopped
- 1 tablespoon red pepper
- 1/2 pound sausage, chopped
- 1/2 pound blood sausage, chopped (black pudding)
- 1/2 pound bacon, chopped
- 1 pound chickpeas (soaked overnight)

- salt and pepper

Preparation:

1. Place everything in a casserole, add water (about 1 and half litres) and cook for 3 hours on a low heat. if you can find pigs trotters it is better than ears.

Spinach Pie

Ingredients:

- 3 Bunches Spinach
- 3 Cups Hard Edam Cheese
- 1/4 Cup Breadcrumbs
- 1/2 Cup Oil
- 3 Garlic Cloves
- Salt And Pepper
- 6 Eggs For Mixture
- 4 Eggs In Pie
- Parsley.

Pastry:

- 1/2 Cup of Water
- 1/2 Cup Oil
- Salt

Preparation:

1. Preheat oven to 200 degrees Celsius. Wash the spinach after removing the thick white stalks. Roll up the leaves and cut very fine, place in a bowl with salt and plenty of boiling water to cover. Whilst spinach is in the boiling water make up the pastry.
2. Mix all the pastry ingredients into a ball and set aside for a while. Now drain the spinach very well, squeeze all the water from the spinach and place it in a big bowl, add the beaten eggs, grated cheese and breadcrumbs, salt, pepper, garlic, parsley and the oil. Mix together very well.
3. Line an oven dish with half of the dough. Fill with the spinach mixture and make four wells in the mixture and crack the remaining four eggs sparingly. Cover with the remaining dough, brush the top with a beaten egg. And bake in the preheated oven until pastry is golden brown.

Raisin Fritters

Ingredients:

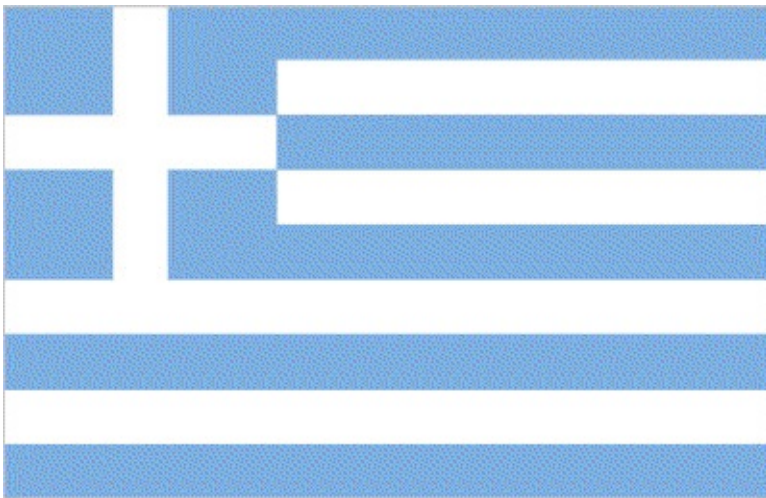
- Half a pound of self raising flour
- Half pint water
- 2 tablespoons sugar
- 1 tot brandy
- Quarter pound raisins
- Cinnamon

- Golden syrup
- Oil to fry

Preparation:

1. Sieve flour into a bowl, add sugar and water and stir. Add brandy and raisins. Mix well. Heat oil in frying pan and add spoonfuls of mixture. Once all mixture is done (tortas/fritters are golden brown), heat syrup and dip each torta in it. Finally sprinkle with cinnamon and serve hot.

Greece



Steamed Mussels with Fennel, Tomatoes, Ouzo, and Cream

Ingredients:

- 1 tablespoon olive oil
- 2 shallots, finely chopped
- 4 cloves garlic, finely chopped
- 1 pound fennel - trimmed, cored and thinly sliced
- 1 large tomato, cubed
- 1/2 cup white wine
- 1/4 cup ouzo
- 1/2 cup heavy cream
- 4 pounds mussels, cleaned
- 1/3 cup fresh basil leaves, torn
- salt to taste

Preparation:

1. Heat olive oil in a medium saucepan over medium heat. Stir in shallots and garlic, and cook until tender. Stir in fennel and tomato, and continue cooking about 5 minutes. Mix white wine, ouzo, and heavy cream into the saucepan, and bring to a boil. Gradually stir in mussels, 1/2 the basil, and salt. Cover saucepan, and

continue cooking about 5 minutes, until the mussels have opened. Garnish with remaining basil to serve.

Souvlaki

Ingredients:

- 1 lemon, juiced
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 4 pounds pork tenderloin, cut into 1 inch cubes
- 2 medium yellow onions, cut into 1 inch pieces
- 2 green bell peppers, cut into 1 inch pieces
- skewers

Preparation:

1. In a large glass bowl, mix together lemon juice, olive oil, soy sauce, oregano, and garlic; add pork, onions, and green peppers, and stir to coat. Cover, and refrigerate for 2 to 3 hours. Preheat grill for medium-high heat. Thread pork, peppers, and onions onto skewers. Lightly oil grate. Cook for 10 to 15 minutes, or to desired doneness, turning skewers frequently for even cooking.

Chicken

Ingredients:

- 2 tablespoons all-purpose flour, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 pound feta cheese, crumbled
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- 6 boneless, skinless chicken breast halves
- 2 tablespoons olive oil
- 1 1/2 cups water
- 1 cube chicken bouillon, crumbled
- 2 cups loosely packed torn fresh spinach leaves
- 1 ripe tomato, chopped

Preparation:

1. On large plate, combine 1 tablespoon flour, salt, and pepper. Set aside. In a small bowl, combine cheese, lemon juice, and oregano. Set aside. With a meat mallet, pound each chicken breast to 1/2 inch thickness. Spread cheese mixture on each chicken breast, leaving 1/2 inch border. Fold chicken breasts in half; secure each with toothpick. Coat chicken breasts with flour mixture.

2. In large skillet, heat oil over medium heat. Cook chicken breasts for 1 to 2

minutes on each side, until golden. In a small bowl, whisk together 1 1/2 cups water, chicken bouillon cube, and remaining flour; pour over chicken breasts in pan. Add spinach and tomato to skillet, and bring to boil. Cover, reduce heat to low, and simmer for 8 to 10 minutes, or until chicken is no longer pink inside. Discard toothpicks before serving.

Garlic Chicken Breast

Ingredients:

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1 lemon, juiced
- 2 teaspoons crushed garlic
- 1 teaspoon salt
- 1 1/2 teaspoons black pepper
- 1/3 teaspoon paprika

Preparation:

1. Cut 3 slits in each chicken breast to allow marinade to penetrate. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, pepper, and paprika for about 30 seconds. Place chicken in a large bowl, and pour marinade over. Using your hands, work marinade into chicken. Cover, and refrigerate overnight. Preheat grill for medium heat, and lightly oil grate. Cook chicken on grill until meat is no longer pink and juices run clear.

Pork Tenderloin

Ingredients:

- 1 1/2 cups fresh lime juice
- 3/4 cup olive oil
- 6 cloves garlic, sliced
- 2 teaspoons salt
- 6 tablespoons dried oregano
- 2 (1 pound) pork tenderloins

Preparation:

1. Place lime juice, olive oil, garlic, salt, and oregano in a large resealable plastic bag. Shake sealed bag until ingredients are well mixed. Taste the marinade for tartness. If too tart, add a little more oil. Not enough zing, add more lime. The garlic and salt flavors should also be up front, yet not overpowering. Place tenderloins in the bag, seal, and turn to coat. Marinate in the refrigerator for 2 to 5 hours. Preheat grill for medium heat. Lightly oil the grill grate, and discard marinade. Grill tenderloins for 20 to 30 minutes, turning once, or to desired doneness.

Pork Chops with Sauerkraut

Ingredients:

- 2 tablespoons butter
- 6 to 8 pork chops, center cut, trimmed
- 2 pounds sauerkraut
- 2 tablespoons tomato paste, diluted in ½ cup water
- 1 tablespoon olive oil
- 1 teaspoon paprika or caraway seeds
- 2 cups water
- Salt and pepper to taste

Preparation:

1. In skillet melt butter and brown pork chops well. Drain sauerkraut and place in a casserole. Add diluted tomato paste, olive oil, and paprika or caraway seeds to sauerkraut. Place chops on top of sauerkraut and add pan drippings. Add water, salt, and pepper. Cover and simmer for about 1 hour, or until chops are very tender.

Roast Lamb with Potatoes

Ingredients:

- One 6 pounds leg of young spring lamb
- 2 to 3 cloves garlic, thinly sliced
- Salt and pepper to taste
- 1½ tablespoons dried oregano
- 4 tablespoons olive oil
- 6 tablespoons fresh lemon juice
- 20 small potatoes, peeled
- 2 tablespoons tomato paste, diluted in ¼ cup water
- 2 cups hot water

Preparation:

1. Preheat oven to 450 degrees Fahrenheit. Wash leg of lamb. Slit with a sharp knife in various places on both sides of lamb. Insert garlic slices in slits. Season with salt, pepper, and ½ tablespoon oregano, and brush with olive oil. Pour lemon juice over lamb and place in roasting pan, fat side up. Roast for about ½ hour.

2. While lamb is browning, combine salt, tomato paste, and water and pour over potatoes. Add to roasting pan; sprinkle with remaining oregano. Lower oven temperature to 350 degrees Fahrenheit. Roast for 1½ hours, turning and basting the potatoes occasionally. Remove to a hot serving platter; slice and serve meat surrounded by potatoes.

Roast Suckling Pig

Ingredients:

- 1 suckling pig, 10 to 12 pounds
- Salt and pepper to taste

- 2 lemons, halved
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 tablespoon rosemary or thyme
- 1 apple

Preparation:

1. Preheat oven to 450 degrees Fahrenheit. Carefully clean a small suckling pig, wash inside and out with cold water, and dry thoroughly. Rub inside and out with salt, pepper, and cut lemons, saving 1 of the lemon halves. Let stand for about 1 hour. Pull front legs of pig forward and tie together. Wedge mouth open with a small piece of wood. Combine olive oil, lemon juice, and thyme; brush pig generously with this mixture.

2. Place pig on a rack in roasting pan and roast for 30 minutes. Reduce temperature to 325 degrees Fahrenheit and continue roasting for about 4 hours, or until thoroughly cooked (185°F on a meat thermometer). Baste often, using lemon half dipped in pan drippings as baster. To serve, untie legs and replace wedge of wood in mouth with a shiny red apple.

Broiled Fish

Ingredients:

- 2 porgies (2 pounds each) or 3-pound sea bass or 2- to 3-pound whole flounder or 3-pound whole red snapper
- Salt to taste
- Olive oil for brushing

Sauce:

- 1 cup olive oil
- ½ teaspoon pepper
- ½ cup fresh lemon juice
- 1 tablespoon chopped fresh or 1 teaspoon dried oregano
- 2 tablespoons thinly sliced onion
- 1 tablespoon chopped parsley

Preparation:

1. Clean, wash, and salt fish. Brush with oil. Barbecue or broil, about 10 minutes on each side. Place fish on serving platter and pour sauce over fish.

2. Sauce: Combine oil, pepper, lemon juice, and oregano, whisk until thick and almost white in color and add sliced onion and parsley.

Beef Onion Stew

Ingredients:

- 3 tablespoons butter
- 3 pounds boneless beef chuck, cut into 2 inch pieces
- 1 cup red wine

- 2 cups tomato sauce
- 4 tablespoons tomato paste
- 1 cup hot water
- 3 tablespoons olive oil
- 3 pounds small white onions, peeled
- 2 tablespoons minced garlic
- 1 teaspoon ground cinnamon
- Dash of dried oregano
- 1 bay leaf, crushed
- Salt and pepper to taste
- ¼ cup minced parsley

Preparation:

1. Melt butter in a heavy casserole or Dutch oven; add meat and brown on all sides. Add ¼ cup wine and simmer for a few minutes. Add tomato sauce and tomato paste diluted in the hot water. Cover and continue to simmer. In a skillet, heat olive oil. Add onions and brown. Transfer to the meat, along with garlic, cinnamon, oregano, bay leaf, salt, and pepper.
2. Cover and simmer over very low heat for 1 to 1½ hours, or until meat is very tender. As the meat cooks, gradually add remaining wine. Sprinkle with parsley before serving.

Greek Mixed Salad

Ingredients:

- 1 medium-sized head romaine, washed, dried, torn into bite-size pieces, and chilled
- 1/3 cup olive oil
- 1 medium-sized cucumber, peeled and thinly sliced
- 2 medium-sized green peppers, cleaned and cut into slivers
- 1 cup sliced red radishes
- 3 tablespoons fresh lemon juice
- ½ teaspoon dried oregano
- Salt, pepper to taste
- ½ cup diced Feta or farmer cheese
- 8 pitted black olives
- 2 large tomatoes, peeled and cut into wedges

Preparation:

1. Put romaine pieces in a salad bowl. Add 2 tablespoons oil and toss lightly to coat romaine. Add cucumber, green peppers, and radishes; toss. Combine remaining oil, lemon juice, oregano, salt, and pepper; toss. Serve at once garnished with cheese, olives, and tomatoes.

Yogurt

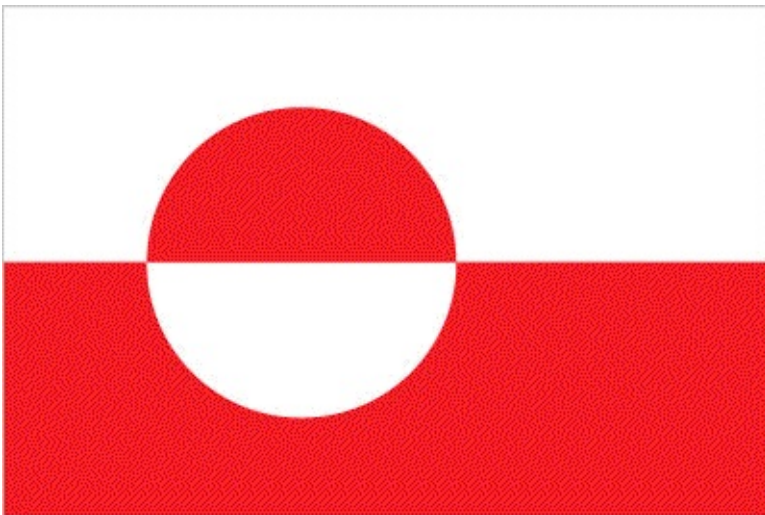
Ingredients:

- 2 quarts whole milk
- 4 tablespoons prepared plain yogurt

Preparation:

1. Bring milk to a boil, stirring so mixture does not stick to bottom of saucepan. Cook for about 30 minutes over medium heat. Stir occasionally. Remove from heat and allow cooling until your little finger can remain in the milk for about 20 seconds. Thin yogurt in a cup with a little of the milk and pour back into the milk. Stir until well blended.
 2. Pour into a large heavy bowl or into individual thick glass containers. Cover well and keep in a warm place for 6 to 8 hours or overnight, until yogurt is set. Cover with a double thickness of paper towels to absorb excess liquid. Refrigerate. Serve chilled. If thicker yogurt is preferred, empty the yogurt into a muslin bag and suspend to allow excess liquid to drain out. Yogurt can be served as a sauce over vegetables or rice, or as desired.
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Greenland



Boiled Cod with Mustard Sauce

Ingredients:

- 1 pound cod filets
- cold water
- 1 teaspoon of salt

Sauce:

- 1/3 cup fish stock
- 1/3 cup potato water
- 1/3 cup milk
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1 tablespoon mustard

- 1 tablespoon chopped parsley
- 3 hard-boiled eggs, chopped
- 2 tablespoon grated horseradish
- 1 tablespoon melted butter

Preparation:

1. Dice up the cod filets and sprinkle with salt. Return to the fridge for 4 or 5 hours, then rinse and transfer to a pot of water. Add 1 teaspoon of salt and then bring the pot to a boil. By the time the water reaches the boiling point the fish should be done.
2. Reserve 1/3 cup of the boiling water for the sauce. You can also use the potato water from the potato salad, so don't pour that away either. Mix together the stock, potato water and milk. In a separate pan, make a roux from the butter and flour. Pour in the stock mixture and bring to a simmer. When the sauce has thickened, add the parsley, hardboiled eggs, horseradish and melted butter. Pour over the fish and serve.

Hot Potato Salad

Ingredients:

- 2 3/4 pound potatoes
- 1/4 cup vegetable oil
- 1 onion, sliced
- 1 1/4 cup chicken stock
- 1 cup vinegar
- 2 tablespoon sugar
- salt and pepper

Preparation:

1. Boil the potatoes in their skins, then peel and cut into cubes. Sauté the onions in the oil, then add the vinegar, stock and sugar. Season with salt and pepper. Reheat the potatoes and add to the onion mixture. Serve hot.

Bread

Ingredients:

- 4 cups whole wheat flour
- 1 1/2 cups lukewarm water
- 4 teaspoon active dry yeast
- 1 teaspoon salt
- 2 teaspoon sugar
- 2 tablespoon butter or margarine
- 1 egg, beaten (for brushing)
- Poppy seeds to taste

Preparation:

1. Dissolve the yeast in the water. Add about a third of the flour, then the rest of the ingredients. Gradually add the remainder of the flour and knead until you get a smooth dough. Place in a warm area and let rise for 30 minutes. Punch down and transfer to two loaf pans. Let rise for another 30 minutes. Brush with the egg wash and sprinkle with poppy seeds. Bake at 395 degrees for 45 minutes or until golden.

Dream Cake

Ingredients:

- 2 cups all-purpose flour
- 1/4 cup butter or margarine
- 1 1/2 cup sugar
- 3 eggs
- 3 teaspoon baking powder
- 1 teaspoon vanilla sugar
- 2 cups milk

Filling:

- 1/2 cup butter or margarine
- 1 1/8 cup coconut
- 1 1/8 cup brown sugar
- 1/4 cup milk

Preparation:

1. Cream the eggs and sugar. When ready, the eggs should make ribbons and be a pale yellow color. Now sift together the flour, baking powder and vanilla sugar and gradually add to the eggs and sugar. Warm the milk and butter and add to the rest of the batter.

2. Line a baking pan with waxed paper and bake at 395 degrees for 20 minutes, or until a toothpick inserted in the middle comes out clean.

3. Meanwhile, combine the ingredients for the filling in a small pan and heat on your stovetop. Spread over the top of the cake and return to the oven for five minutes at 430 degrees.

Pita Bread with Halibut, Prawns and Balsamic Syrup

Ingredients:

- 400 gramsrams halibut
- 200 gramsrams prawns
- 2 tomatoes
- 1 lime, juice of
- 1 1/2 fluid ounces olive oil
- 10 gramsrams sea salt
- black pepper
- mixed salad green, as garnish
- Balsamic syrup

- 100 gramsrams sugar
- 6 fluid ounces balsamic vinegar

Dough:

- 400 gramsrams flour
- 10 gramsrams baking powder
- 30 gramsrams salt
- 1 1/2 fluid ounces olive oil
- water, if required

Preparation:

1. Dough: Mix the flour, baking powder, salt, olive oil and a little water, if required. The dough should then rest for 20 minutes. Form 4 pitas and bake them in the oven for 10 minutes at 250 degrees Celsius or 480 degrees Fahrenheit.

2. Marinate halibut and prawns: Cut the halibut into small pieces and marinate them with the prawns in olive oil, lime juice, sea salt and a little black pepper. (the time was not written so maybe between 10-30 minutes should be good). Balsamic syrup: Boil the balsamic vinegar with the sugar and reduce it down to two thirds of its original volume.

3. Serving: Open the pita breads and put in the fish, prawns and chopped tomatoes. Place the pita in the middle of the plate and pour the balsamic syrup around the pita. Garnish with a little mixed salad.

Raspberry Danish

Ingredients:

- 625 grams strong white flour
- 1 tablespoon salt
- 85 grams sugar
- 30 gramsrams fresh yeast
- Water, to mix
- 500 gramsrams butter, refrigerated
- 425 milliliters thick custard
- 125 milliliters pureed raspberries
- 1 punnet of raspberries
- 100 gramsrams flaked almonds
- 1½ tablespoon apricot jam

Preparation:

1. Put the flour, the sugar, the salt and the diluted yeast in a large bowl and then mix in a little water (slowly) until the dough becomes pliable. Place the dough on a floured surface and knead it well until it feels smooth and elastic and then put the dough back in the fridge for an hour.

2. Put the chilled dough onto a floured surface and roll into a rectangular, then flatten the refrigerated butter into a rectangle and lay it over two-thirds of the dough. Now, bringing the uncovered one-third of the dough into the middle and repeat the process with the covered one-third of the dough, so that you now have

3 layers of dough – put it back into the fridge to chill for another hour.

3. Sprinkle some more flour over your surface and roll out the dough so that you have the same sized rectangle as before. Repeat the folding process, one side on top of the other and put the dough back in the fridge for another hour. You're going to have to do this twice more before you leave the dough, wrapped in cling wrap, over night

4. The next morning the Danish dough is ready to use and begin by rolling it out to about 4mm thick and cut into a 30 cm long x 12 cm wide pieces – if you haven't got enough just cut them smaller – try 20 cm x 15cm pieces. Chop the raspberries into quarters, add to the pureed raspberries and fold in the thick custard.

5. Put this mixture down the middle of each of the long rectangles and fold one side on top of the other lengthways. With a knife cut lines into the dough width ways about 10cm apart all the way along and then brush with egg wash and sprinkle flaked almonds all over the top. Put the dough onto a parchment paper on a tray and leave to rise for an hour, then bake at 200 Celsius for 20 minutes until they are golden brown.

6. Cool the on a wire tray and cut into fingers along the width. Put 1½ tablespoon of apricot jam in a small saucepan with a splash of water and bring up to boil and then brush this onto the Danish pastries before serving.

Thick Soup of Barbecued Caribou

Ingredients:

- 1 kilogram meat (lamb, pork or mutton) cubed
- 2 liters water
- 200 milliliters Arborio rice or barley
- 3 large onions, chopped
- 1 large handful dried wild mushrooms
- 2 large carrots, sliced
- 200 milliliters dried (or fresh) cherries(optional, not traditional)
- 1 large lemon, grated zest only
- 1 teaspoon chopped rosemary leaves
- 1 teaspoon chopped thyme
- 1 teaspoon chopped sage
- Sea salt and freshly ground black pepper to taste

Preparation:

1. Pour the water into a large pot and add the meat (as is), the vegetables, the cherries, the mushrooms, the salt and pepper to taste and the herbs and bring to a simmer, simmering on medium heat until tender (about an hour). Add rice (or the barley) and the lemon zest, check and correct the seasoning and cook until the soup is thick – another 15 – 30 minutes.

Apple and Berry Crumble

Ingredients:

- 4 large cooking apples, peeled and sliced or coarsely chopped
- 500 milliliters raspberries
- 250 milliliters blueberries
- 100 milliliters granulated sugar
- 2 tablespoon butter, grated
- 150 milliliters melted butter
- 100 milliliters brown sugar
- 200 milliliters cake flour, sifted
- ¼ teaspoon bicarbonate of soda
- 180 milliliters quick cooking rolled oats

Preparation:

1. Pre-heat oven to 180 Celsius and grease a oven dish. Combine the sliced apples, the berries, and the granulated sugar and toss them to coat, dot with the grated butter. Mix the melted butter with the brown sugar, the flour, the salt, the bicarbonate of soda and the rolled oats and sprinkle this mixture evenly over the fruit. Bake until fruit is tender and topping is crunchy and golden brown.

Jalapeno-Apricot Pork Loin

Ingredients:

- 2 pounds pork loin
- 1 tablespoon olive oil
- 1 cup canned apricot halves in their syrup
- 2 jalapeno peppers, diced
- 1 tablespoon crushed red pepper flakes, or to taste
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

Preparation:

1. In skillet sear pork loin on all sides in oil, browning the fat side till it has a light brown crust. Place loin in a slow cooker. Season with salt and pepper. Add remaining ingredients plus 1/4 cup water. Cover and cook for several hours or until done. Slice and serve with apricots spooned on top.

Reindeer Steak

Ingredients:

- 400 gramsrams Reindeer Steak, In Strips
- 200 gramsrams Mushrooms, Sliced
- 1/2 Cup Crème Fraîche
- Handful Juniper Berries
- 50 gramsrams Goat Cheese, Cubed
- 50 gramsrams Butter

Preparation:

1. Stir fry the meat in the butter for 3 minutes; add the mushrooms and stir fry

three minutes more. Add the crème fraîche and bring to the boil. Finally add the cheese and the juniper berries and pepper and salt to taste and heat for one minute.

Coffee

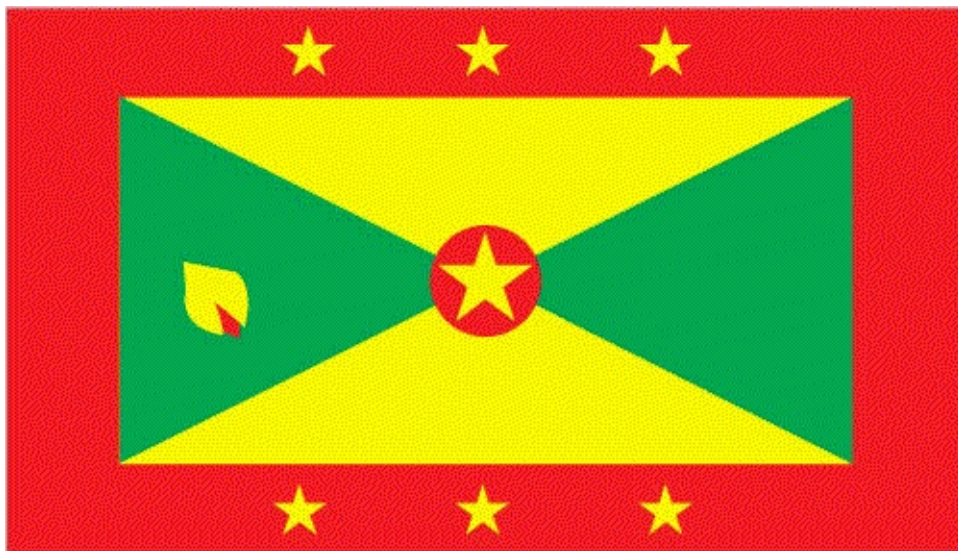
Ingredients:

- 1/3 ounce whiskey
- 1/3 ounce Kahlua
- 1/3 ounce Grand Marnier
- 3 1/3 ounces hot coffee, freshly brewed
- whipped cream

D Preparation:

1. Pour a measure of whisky into a large glass with a stem (Bordeaux). Warm the whisky carefully over a candle or a spirit burner and set it alight. Let it burn for a moment, after which Kahlúa and hot coffee without sugar should be added.
 2. Then carefully pour in a thick layer of gently whipped cream. Finally, add burning Grand Marnier from a large sauce spoon lifted high above the glass – preferably in a dark room so that the blue Grand Marnier flame is clearly visible.
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Grenada



Spicy Nutmeg Chicken

Ingredients:

Nutmeg Syrup:

- 1 cup water
- 1/2 cup dark brown sugar, packed
- 1/2 teaspoon ground cinnamon

- 1/2 teaspoon ground nutmeg
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1/4 teaspoon rum flavoring

Chicken:

- 8 chicken thighs
- 2 garlic cloves, crushed, minced
- 1/4 cup onion, grated
- 1/4 teaspoon salt, to taste
- 1/8 teaspoon pepper, to taste
- 1/4 cup soy sauce
- 1/4 teaspoon pepper sauce
- 1/2 cup nutmeg syrup
- 1/4 teaspoon ground ginger

Preparation:

1. Nutmeg Syrup: In a saucepan, combine the 1 cup of water along with the sugar, cinnamon and nutmeg. Mix thoroughly and bring to a boil, then reduce heat and cook, stirring for 2-3 minutes. In a small container combine cornstarch and water and mix thoroughly, before stirring it into the syrupy mixture, and blending well. Simmer the syrup for another 5 minutes or so until thickened somewhat. Remove from heat and stir in the rum flavoring, then set aside.

2. Chicken: Preheat oven to 400 degrees Fahrenheit. Place chicken thighs in a 13 x9 baking dish. In a small container combine garlic, onion, salt and pepper, mixing well, then spread this mixture over the chicken thighs. Bake thighs for 15 minutes, then remove from oven. While chicken is baking, in a bowl, combine soy sauce, pepper sauce, Nutmeg Syrup and ground ginger, mixing well.

3. After the 15 minutes of baking, remove chicken from the oven and turn the temperature down to 350 degrees Fahrenheit. Baste the thighs with the Nutmeg Syrup mixture and return them to the oven to bake for at least 60 minutes, basting frequently. Serve hot with additional syrup mixture, if desired.

Breadfruit Oil Down

Ingredients:

- 2 pounds salted meat (beef, pig snout, pig tails, etc, you can also use salted ham or salted cod fish)
- 1 (2 -3 pound) breadfruit
- 4 cups coconut milk
- 1/2 cup sliced celery
- 2 sprigs fresh thyme
- 1/2 cup chopped chives
- 1/2 cup pimento pepper (seeded and chopped)
- 1 whole congo hot pepper or 1 whole habanero pepper
- 1 onion, chopped

- 1 garlic clove
- salt

Preparation:

1. Put salted meat into a pot with water. Bring to a boil and drain, repeat three times to remove preserving salt. Cook until almost tender. Drain. Wash and peel the breadfruit, cut into eight sections, remove the center lengthwise of each section, cut into ½ inch slices.
2. Sauté onions and garlic in hot oil until onions are translucent. Add chive thyme and salted meat, hot pepper and 3 cups coconut milk. Cover pot and bring to a boil. Reduce heat and simmer for about 45 minutes until breadfruit is cooked and tender; add more coconut milk if necessary and put salt to taste. (Salt may not be necessary since the salted meat flavours the dish). When cooked liquid should be absorbed and breadfruit mixture will look mushy. Remove pepper before serving.

Roast Pork

Ingredients:

Salad:

- Fresh spinach leaves
- 2 avocados, peeled, pitted, sliced crosswise
- Minced fresh parsley
- Black Bean, Heart of Palm and Corn Salad:
- 1 16-ounce can black beans, rinsed, drained
- 1 10-ounce package frozen corn, thawed, drained
- 1 7 1/2-ounce can hearts of palm, drained, cut into 1/4 inch-thick rounds
- 2 large tomatoes, seeded, diced
- 1/2 red onion, minced
- 1/2 cup chopped fresh cilantro
- 1/4 cup olive oil
- 3 tablespoons fresh lime juice
- 1 teaspoon ground coriander

Roast Pork:

- 3 shallots, chopped
- 2 bay leaves, crumbled
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground allspice
- 3/4 teaspoon ground ginger
- 2 3/4-pound pork tenderloins

Sauce:

- 1 1/2 cups fresh orange juice
- 1/4 cup minced shallots
- 3 tablespoons brown sugar
- 2 tablespoons minced peeled fresh ginger
- 2 bay leaves

- 3/8 teaspoon ground allspice

Preparation:

1. Roast Pork: Preheat oven to 450 degrees Fahrenheit. Combine shallots, bay leaves, salt, allspice and ginger in small bowl. Add generous amount of pepper. Rub mixture into pork. Set on rack in roasting pan, Roast pork until thermometer inserted into centers registers 150 degrees Fahrenheit, about 25 minutes. Cool slightly. (Can be prepared 1 day ahead. Bring pork to room temperature before serving).

2. Sauce: Combine first 6 ingredients in heavy small saucepan. Season with pepper. Simmer until slightly syrupy, about 10 minutes. (Can be prepared 1 day ahead. Cover and refrigerate).

3. Salad: Mix all ingredients in medium bowl. Season salad to taste with salt and pepper. (Salad can be prepared 1 day ahead. Cover and refrigerate). Line platter with spinach. Mound black bean salad in center. Slice pork. Alternate pork and avocado slices around salad. Discard bay leaves from sauce and drizzle sauce over pork and avocado. Sprinkle with parsley.

Oil Down

Ingredients:

- 250 grams salted meat (pig tail, pork, meat or chicken)
- 250 grams salted fish
- 4 cups chopped dasheen (taro leaves, callalou or spinach)
- 2 small breadfruit
- 2 chives
- 2 sprigs of thyme
- 1 whole chili
- 1 stick celery
- 1.5 liters coconut milk
- 1/8 teaspoon salt (may or may not be necessary)
- 1 whole pepper
- dumplings and plantain (optional)

Preparation:

1. Soak fish and meat over night in cold water to remove preserving salt. Drain. Remove the breadfruit core, peel and slice. In a saucepan, put alternate layers of breadfruit, meat and saltfish

2. Tie chili, thyme, chive and add to the pan with celery and coconut milk. Add layer of chopped dasheen. Put dumplings on top layer.

3. Cover tightly and bring to a boil. Reduce heat and simmer about 45 minutes until everything is cooked and tender. When cooked, the liquid should all be absorbed and stew oily

Chicken Wings

Ingredients:

Marinade:

- 1 onion, chopped
- 2/3 cup finely chopped scallion
- 2 garlic cloves
- 1/2 teaspoon dried thyme, crumbled
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground allspice
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon cinnamon
- 1/4 cup minced pickled jalapeño pepper, or to taste (wear rubber gloves)
- 1 teaspoon black pepper
- 6 drops of peppers sauce, or to taste
- 2 tablespoons soy sauce
- 1/4 cup vegetable oil
- 18 chicken wings (about 3 1/4 pounds), the wing tips cut off and reserved for another use

Preparation:

1. Marinade: In a food processor or blender purée the onion, the scallion, the garlic, the thyme, the salt, the allspice, the nutmeg, the cinnamon, the jalapeño, the black pepper, the Tabasco, the soy sauce, and the oil.
2. In a large shallow dish arrange the wings in one layer and spoon the marinade over them, rubbing it in (wear rubber gloves). Let the wings marinate, covered and chilled, turning them once, for at least 1 hour or, preferably, overnight.
3. Arrange the wings in one layer on an oiled rack set over a foil-lined roasting pan, spoon the marinade over them, and bake the wings in the upper third of a preheated 450 degrees Fahrenheit. oven for 30 to 35 minutes, or until they are cooked through.

Pepper Pot

Ingredients:

- 1 pound shin of beef
- 5 leaves of spinach or dasheen leaves
- 2 medium onions
- 2 tablespoon of thyme, 1 clove garlic
- 2 tomatoes
- 1 beef stock cube
- 1pound yam or dasheen
- 8 ounces pumpkin
- 1 chili pepper
- 3 quarts water

Dumplings:

- 12 ounces plain flour

- 4 ounces cornmeal
- 1/2 teaspoon salt
- water to bind

Preparation:

1. Wash and cut meat. Cover with water and boil with the beans for 15-20 minutes. Chop vegetables and add to pan with other ingredients. Cook for 1 hour. To make dumplings mix flour, cornmeal and salt with a little water. Roll into balls with your hands. Drop into the boiling mixture and cook for the final 15 minutes.

Cinnamon Fried Bananas

Ingredients:

- A large, slightly green banana
- 2 level tablespoon cinnamon and sugar (mixed)
- Butter

Preparation:

1. Slice banana into equal slices lengthwise. Fry it in a pan on both sides of each slice and slightly brown. Smother butter thinly on banana. Fry further for a few minutes. Sprinkle cinnamon and sugar on while being fried. Serve with ice cream or cream.

Spicy Chicken and Plantain Kabobs

Ingredients:

Marinade:

- 2 teaspoon onion powder
- 2 teaspoon garlic powder
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon dried thyme
- 1 jalapeno pepper (seeded and finely chopped)
- 2 limes zested and juiced
- 1 cup passion fruit juice
- 2 ripe plantains (peeled and cut into 1 inch thick pieces)
- 4 boneless chicken breasts
- 1 package of bamboo skewers

Preparation:

1. Marinade, combine the ingredients in a non-porous mixing bowl. Mix well, cover and allow to sit for one hour. Cut chicken breast into one inch thick cubes. Place chicken cubes into marinade, cover and allow to sit overnight. Thread chicken cubes and plantain pieces onto the bamboo skewers. Place the remainder of marinade into sauce pan and bring to a boil for about five minutes. Remove the sauce pan from the fire and use the liquid to paste the skewers when grilling. Grill skewers until chicken is white in the center.

Cheddar and Tuna Fish Pie

Ingredients:

- 1 pound potatoes (boil and mash ahead of time) or yams
- 1 pound cold boiled fresh tuna fish
- 1 small lime
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon ground white pepper
- 1 teaspoon sea salt
- 1 white onion, minced
- 1/2 cup grated sharp cheddar cheese
- 1 cup cream
- 2 tomatoes, sliced
- 1 tablespoon real butter
- 1 large egg, beaten
- 3 tablespoons breadcrumbs

Preparation:

1. Preheat the oven to 350 degrees. Grease the bottom of a baking dish. Cover the bottom of the dish with half of the mashed potatoes (or mashed yams). Shred the tuna fish and arrange it on top of the potatoes.
2. Season the fish with juice from the lime. Sprinkle on ¼ cup of the grated cheddar. Top with the spices, salt, and onion. Pour in the cream. Add the tomato slices. Top with the remaining mashed potatoes (or yams).
3. Lightly sprinkle some of the remaining grated cheese on top of the second potato layer. Dot the “pie” with butter and cover it with one beaten egg. Top the pie with breadcrumbs. Bake the pie for 18 to 20 minutes. Garnish with any remaining parsley. Serve your delicious pie warm.

Fish Loaf

Ingredients:

- 1 pound minced fish
- 1 cup soft bread crumbs
- 1 egg (beaten)
- 1 teaspoon lime juice
- 1 teaspoon black pepper
- 3 tablespoons chopped herbs
- 1/2 teaspoon ground clove

Preparation:

1. Combine all ingredients and mix well. Put into greased loaf tin and bake in a moderate oven at 350 degrees for 20-30 minutes. Slice on the diagonal. Serve with a green salad.

Coconut Pineapple Carrot Cake

Ingredients:

- 1 ½ cups granulated sugar
- 4 eggs
- ½ cup coconut milk
- 3 medium carrots (grated)
- 1 cup chopped walnuts
- 1 ½ cup vegetable oil
- 2 cups flour
- 2 ½ teaspoons cinnamon
- 1 cup crushed pineapple

Frosting:

- 1 packet (8 ounces) cream cheese
- 1 teaspoon vanilla essence
- 2 tablespoons carnation evaporated milk
- ½ cup butter

Preparation:

1. Beat sugar, oil and eggs to thoroughly combine in a bowl, mix flour, coconut milk, baking powder, salt and cinnamon slowly, add flour mixture to sugar mixture, stir in carrot, pineapple and walnut. Pour batter into 2 greased 8" layer cake pans and bake in a preheated oven at 350 degrees Fahrenheit for 1 hour or until done. Cool cakes completely.
2. Frosting: Beat cream cheese, butter and vanilla until smooth and fluffy. Add icing sugar and milk gradually, beat until well combined, spread frosting between and on cakes and decorate as desired.

Guam



3 Finadene Sauces

Ingredients:

Soy and vinegar finadene:

- 1 small onion, sliced paper-thin and separated into rings
- 2 -6 jalapenos, thinly sliced
- 1/2 cup soy sauce
- 1/4 cup distilled white vinegar

Coconut finadene:

- 1 cup unsweetened coconut milk
- 4 garlic cloves, minced
- 1 tablespoon fresh ginger, peeled and grated
- 4 tablespoons fresh lemon juice
- coarse salt
- fresh ground black pepper
- 1 small onion, thinly sliced and separated into rings
- 6 jalapenos, thinly sliced

Lemon finadene:

- 1 cup fresh lemon juice
- 1 tablespoon coarse salt (or more to taste)
- 1/2 cup cold water
- 1 small onion, thinly sliced and separated into rings
- 4 garlic cloves, minced
- 6 jalapenos, thinly sliced

Preparation:

1. To make the soy and vinegar finadene: place the onion in a non-reactive bowl. Add remaining ingredients and stir to mix. This will keep, tightly covered, in the refrigerator for several days. To make the coconut finadene: Combine the coconut milk, garlic, ginger, and lemon juice in a non-reactive bowl and stir to mix.
2. Add the onions, jalapenos, salt and pepper. This can be made several hours ahead. To make the lemon finadene: combine the lemon juice, salt and water in a non-reactive bowl. Whisk until the salt dissolves. Stir in remaining ingredients.

Chamorro Shrimp Patties

Ingredients:

- 2 eggs
- 1 (10 ounces) can evaporated milk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder

- 1/2 teaspoon Accent seasoning
- 2 pounds medium raw shrimp, peeled, deveined, and chopped in chunks
- 1 (10 ounces) package frozen mixed vegetables, completely thawed, and drained
- 4 cups vegetable oil, for deep frying

Preparation:

1. In a mixing bowl, beat the eggs with the evaporated milk. Add the flour, baking powder, and the seasonings. Mix until smooth. Add the shrimp and mixed vegetables, combining well. Heat oil in a 12 inches skillet to medium heat.
2. Drop batter by tablespoons and fry until golden brown. Using a bamboo skewer, pierce the center of patty to make sure that skewer comes out clean. A little bit of dough will be on the skewer but as long as it's not runny and still wet looking, it should be done. Drain on paper towels. Serve at room temperature.

Fried Rice

Ingredients:

- 1 pound bacon or SPAM, chopped
- 4 cloves garlic, minced
- 6 green onions, chopped
- 2 carrots, sliced
- 1/2 pound snow peas
- 4 cups cooked white rice
- 1/4 cup soy sauce

Preparation:

1. Cook bacon in a skillet over medium-high heat until crisp. Stir in the garlic, green onions, and carrots; cook for 2 minutes. Add snow peas; cook for 2 more minutes. Stir in the cooked rice, a cup at a time, coating well with the grease. Cook and stir until the rice is hot, then sprinkle with soy sauce.

Chicken turnovers

Ingredients:

Filling:

- Soak 3/4 cup achote seeds in 3 cups warm water to make achote water; set aside (Achiote or annatto)
- Make 3 cups of chicken stock from:
 - 2 chicken thighs, large
 - 2 chicken drumsticks, large
 - 4 cups water
 - 1 teaspoon salt

Preparation:

1. Bring to a boil and then reduce heat to medium and cook for 30 minutes or until

the chicken is cooked thoroughly. Remove the chicken from the broth, debone it and cut it into small pieces. Set aside.

- 1 cup oil
- 2 tablespoon garlic, finely chopped
- 1 cup onion, chopped
- 1 medium-sized bell pepper
- 1½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon MSG (if desired)
- 1½ cups cream of rice
- ⅓ cups green onions, chopped
- 2 hot (chile) peppers

2. Sauté garlic and onions in oil until tender (about 2-3 minutes). Add bell pepper, salt, black pepper and MSG. Cook for 2-3 minutes. Add achote water and chicken stock. Bring water to a boil. Reduce heat to medium low. Add cream of rice, stirring constantly for 8-10 minutes or until rice is cooked. Add green onions and hot pepper. Remove from stove. Let cool.

3. Shell:

- 10 cups masa harina (Mexican flour)
- 1 teaspoon salt
- 3 cups achote water (from ½ cup of achote seeds)
- 3 cups water

4. Place masa harina in a large bowl. Add salt and achote water. Knead the dough until blended and form into 2 inch diameter balls. Press into thin tortillas about 6 inches in diameter. Put one heaping teaspoon of empanada filling on each tortilla and fold. Press along the edges to seal (like turnovers). Heat oil about 2 inches deep in the frying pan about 350 degrees Fahrenheit. Fry empanada for 8 minutes, turning over once or twice.

Chicken with Red Rice

Ingredients:

- 3 cups soy sauce
- 1 ½ cups cane vinegar
- 1 teaspoon. freshly ground black pepper
- 1 small yellow onion, thinly sliced, plus ⅓ cup finely chopped
- 2 ½ pounds. bone-in, skin-on chicken thighs
- 1 cup fresh lemon juice
- 1 cup thinly sliced scallions
- 2 ½ teaspoon. crushed red chile flakes
- 2 ½ cups jasmine rice
- 2 tablespoon. ground annatto seeds (available at The Great American Spice Company)

Preparation:

1. To make the marinade, combine 2 cups soy sauce, vinegar, pepper, sliced onion, and 1 cup water in a large bowl; add chicken and cover bowl with plastic wrap. Refrigerate for at least 8 hours or overnight to marinate. Meanwhile, make the dipping sauce: Stir together remaining soy sauce and chopped onion with lemon juice, scallions, chile flakes, and ½ cup water; set aside.
2. To make the red rice, combine rice, annatto, and 5 cups water in a 4-qt. saucepan over medium-high heat; reduce heat to medium-low and cook, covered, until rice is tender, about 10 to 12 minutes. Remove from the heat and keep rice warm. Build a medium-hot fire in a charcoal grill or heat a gas grill to medium-high. (Alternatively, heat a cast-iron grill pan over medium-high heat.) Cook chicken, turning, until browned, about 8 minutes. Serve with rice and dipping sauce, on the side.

Beef Shish Kebab

Ingredients:

- Trimmed the fat off of the Rib Eye.
- 1/4 inch by about 3 inch pieces slicing across the grain to aid the tenderness of the meat.

Marinade:

- 1 cup Kikkoman Soy Sauce
- 1/2 cup sugar
- 2 inches piece of ginger, peeled and thinly sliced
- 4 cloves of garlic, thinly sliced.

Preparation:

1. Combined these ingredients into a saucepan and brought them all to a boil. This not only blends all the flavors but dissolves the sugar a lot easier. Added the beef cuts to this mixture and allowed this to marinate in the refer about 6 hours. Skewer the meat just prior to putting them on the grill. All skewered and resting in the leftover marinade until the fire is just right. You want a hot fire for kebab grilling so that all the juices are locked in by searing.
2. The grilling took maybe about 4-5 minutes per side. They were juicy and very tender. They were served with white rice or noodles, buttered spinach and corn. Serve hot!

Chicken and Pork Shish Kabobs

Ingredients:

- 1 cup Soy Sauce (Kikkoman)
- 1 cup Table Sugar
- 1 inch piece Fresh Ginger, minced

Preparation:

1. Combine soy sauce and sugar in sauce pan and heat on stove until sugar melts. Allow to cool. Mince up fresh ginger root and place in blender with the soy

or sugar mix. Liquefy this mix in the blender.

2. Skewer your meat strips. Soak overnight in refer or soak overnight without the skewers and skewer before you BBQ. But make sure you soak the skewers in water so that they don't burn.

Guatemala



Pollo Encebollado

Ingredients:

- 2 Teaspoons Yellow Mustard
- 1 Teaspoon Worcestershire Sauce
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1 Teaspoon Thyme
- 3 Pounds Chicken - in large pieces
- 2 Tablespoons Olive Oil
- 3 Large Onions - thinly sliced
- 1/2 Cup Water

Preparation:

1. Combine mustard, worcestershire, salt, pepper and thyme. Rub this mixture over the chicken and let sit for 1 hour. Heat oil in skillet and brown chicken well. Remove and set aside. Fry onions in the same oil until translucent about 5 minutes. Return chicken to skillet, add water and cover the pan. Simmer over moderate heat for 30 minutes. Serve warm with tortillas.

Pepian Negro De Indio

Ingredients:

- 1 Small Onion - thinly sliced
- 4 Cloves Garlic - finely chopped
- 5 Medium Tomatillos – chopped
- 1 Small Tomatoes – chopped
- 2 Flour Tortillas – toasted
- 2 Pounds Beef – cubed
- 5 Cups Water
- 1 Teaspoon Salt
- 1/4 Cup Raw Rice
- 1 Large Guajillo Chile – crumbled
- 1 Medium Chipotle Pepper – crumbled
- 1/2 Cup Cilantro – chopped
- 1 Large Carrot – sliced
- 4 Large Potatoes – sliced
- 1 Cup French Cut Green Beans

Preparation:

1. In a dry skillet, toast the onion, garlic, tomatillos, and tomato for 10 minutes. Cook beef in water with salt for about 1 hour until soft. Add tortillas during this time and cook for 5 minutes to soften. Remove tortillas and set aside. Toast the rice in a dry skillet until dark brown. Grind to a fine powder.

2. Set aside. Toast the dried chilies until light brown and set aside. Prepare a smooth sauce with the onion, garlic, tomatillos, tomato, tortillas, chilies, cilantro, and 1 cup beef broth. Set aside. When beef is almost tender add carrot, potatoes and green beans. Simmer for 10 minutes. Add sauce and ground rice to pot and

simmer for 10 minutes. Serve warm with tortillas.

Arrounce Con Carne Ensopada

Ingredients:

- 1 Pound Beef Chuck Roast – cubed
- 8 Cups Water
- 1 Large Tomato – cubed
- 1 Large Onion - thinly sliced
- 3 Cloves Garlic - thinly sliced
- 1 Large Red Bell Pepper - finely chopped
- 1 Cup Raw Rice
- 2 Tablespoons Mint Leaves - finely chopped
- 1 Teaspoon Salt
- 1/4 Cup Sour Orange Juice

Preparation:

1. Cook beef in water for 1 hour or until tender. Add enough water to the broth to make 8 cups of liquid. Add remaining ingredients. Bring to a boil over moderate heat, reduce heat and simmer for 20 minutes or until rice is tender. Serve hot with tortillas.

Carne Guisada

Ingredients:

- 2 tablespoons Olive Oil
- 2 Pounds Beef Chuck Roast – cubed
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper
- 3 Medium Bay Leaf
- 1/4 Teaspoon Thyme
- 1 Large Guajillo – crumbled
- 1 Stick Cinnamon
- 2 Whole Cloves
- 3 Cups Water
- 1/4 Cup Sour Orange Juice
- 1 Medium Tomato – sliced
- 1 Small Onion – sliced
- 1 Clove Garlic - finely chopped
- 1/4 Cup Bread Crumbs - toasted

Preparation:

1. Heat oil in pan and brown the beef well about 5 minutes. Sprinkle with salt, pepper, bay leaves, thyme, chile, cinnamon and cloves. Stir well, add water and orange juice and bring to a boil.
2. Prepare a smooth sauce in the food processor with the tomato, onion and

garlic. Add this to the beef and simmer for 1 hour. Add crumbs to thicken sauce and simmer over low heat for 10 minutes more. Serve warm with tortillas.

Frijoles Con Carne

Ingredients:

- 2 Cans Red Beans
- 1 Teaspoon Salt
- 5 Medium Tomatillos – chopped
- 2 Small Tomato – chopped
- 2 Cloves Garlic - finely chopped
- 1 Medium Onion - finely chopped
- 1 Pound Pork - cubed

Preparation:

1. Saute tomatillos, tomatoes, garlic and onion in skillet for 5 minutes. Process to a smooth paste with 2 tablespoons of beans. Cook pork in 3 cups water with salt over moderate heat for 1 hour.
2. Drain. In saucepan saute meat until well browned. Add sauce and simmer over moderate heat for 5 minutes. Add beans and simmer for 15 minutes. Serve with tortillas.

Spiced Turkey Stew

Ingredients:

- 4 Large Onions – chopped
- 6 Cloves Garlic – chopped
- 2 Large Tomatoes – chopped
- 1 Large Pasilla Chile – chopped
- 1/2 Teaspoon Achiote
- 6 Large Peppercorns
- 1 Small Red Bell Pepper – chopped
- 10 Cups Water
- 10 Pounds Turkey - in many pieces
- 2 Teaspoons Salt
- 1/2 Cup Mint - finely chopped
- 1/2 Cup Cilantro - finely chopped
- 8 Cloves Garlic - finely chopped

Preparation:

1. Put onion, garlic, tomatoes, chile, achiote, peppercorns and bell pepper in a skillet and fry for 10 minutes. Process this to a smooth paste with 1 cup water. Put turkey, remaining water and salt in a large pan and bring to a boil over moderate heat. Add sauce, mint, cilantro and garlic. Simmer for 1 hour. Serve with tortillas.

Frijole Blanco Con Marrano

Ingredients:

- 1 Can White Beans - with liquid
- 1/2 Teaspoon Salt
- 1 Medium Onion - finely chopped
- 2 Medium Tomatoes – chopped
- 2 Cloves Garlic - finely chopped
- 1/2 Teaspoon Oregano
- 1 Large Guajillo Chile – crumbled
- 1/4 Teaspoon Achiote
- 1/2 Pound Pork – cubed
- 1 Stick Cinnamon

Preparation:

1. Fry onions and tomatoes in a dry skillet over low heat for 10 minutes. Prepare a smooth sauce in the processor with the onion, garlic, tomatoes, oregano, chilies, bean liquid and achiote. Add this and beans to a pot with the pork and cinnamon. Simmer for 30 minutes. Serve warm with tortillas.

Garbanzos En Tomate

Ingredients:

- 1/2 Pound Italian Sausage – sliced
- 3 Slices Bacon – chopped
- 1 Large Onion – chopped
- 3 Cloves Garlic – chopped
- 3 Medium Bay Leaf
- 1/4 Teaspoon Thyme
- 1 Medium Red Bell Pepper - finely chopped
- 1 Tablespoon Olive Oil
- 2 Cans Chickpeas
- Liquid From Chickpeas
- 1 Can Tomato Paste

Preparation:

1. Fry sausage and bacon in skillet over moderate heat until meats are crisp. Remove meat and drain on paper towels. In another skillet, fry onion, garlic, bay leaves, thyme and peppers in oil for 3 minutes. Add chickpeas, sausage and bacon. Fry for 3 minutes. Add tomato paste and liquid from chickpeas. Simmer over low for 15 minutes.

Sopa De Apoundonigas

Ingredients:

- 1 Pound Ground Beef
- 12 Leaves Mint - finely chopped
- 1/4 Cup Cilantro - finely chopped

- 1 Small Onion - finely chopped
- 1 Small Tomato - finely chopped
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper

Soup:

- 4 Cups Beef Broth
- 1 Medium Chayote – julienned
- 1 Large Carrot – julienned
- 1 Small Leek – chopped
- 1/2 Cup Cabbage – shredded
- 1/2 Cup Pasta Shells - or macaroni

Preparation:

1. Mix all the meatball ingredients together and shape into miniature meatballs. Bring broth to a low simmer and add vegetables and then the meatballs. Top them with pasta. Cover and simmer over low for 30 minutes. Serve hot with tortillas.

Pan De Banana Madura

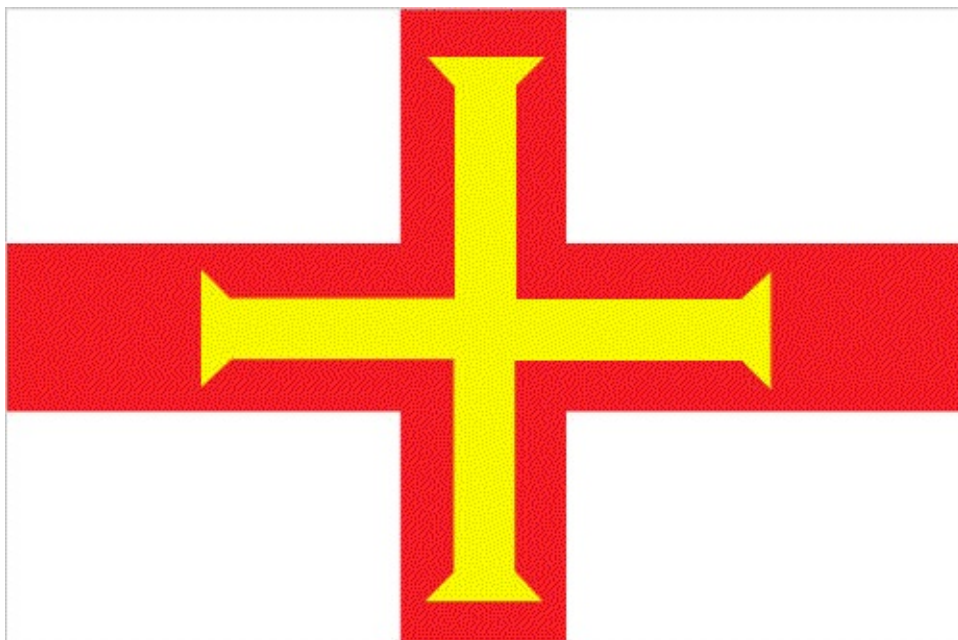
Ingredients:

- 6 Medium Ripe Bananas – peeled
- 1 1/2 Cups Coconut Milk
- 1 Stick Margarine - room Temp.
- 2 Cups Flour
- 1/2 Teaspoon Salt
- 2 Teaspoons Baking Soda
- 1 Teaspoon Nutmeg
- 1/2 Teaspoon Vanilla Extract
- 2 Tablespoons Raisins - optional

Preparation:

1. Process bananas and coconut milk into a smooth paste. Add margarine and combine well. Add flour, salt, baking soda, nutmeg, vanilla and raisins. Mix well. Pour into a 12×16 inch pan and bake for 350 degrees for 30 minutes.

Guernsey



Apple Dessert

Ingredients:

- 250 gramsrams plain flour
- 125 grams suet or 125 grams guernsey butter
- 750 grams apples, peeled cored and chopped
- 250 gramsrams demerara sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon mixed spice
- 1/2 cup water
- 1 teaspoon salt
- 1 egg
- 2 tablespoons demerara sugar

Preparation:

1. Heat oven to 150 Degrees Celsius. Rub the butter or suet into the flour until like breadcrumbs. Add all other dry ingredients, apple and mix well. Add egg and water and again mix well. Place in a 7 inches (18cm) square tin. Sprinkle the 2 tablespoons sugar on top prior to cooking – this makes a crunchier top. Place in oven and bake for 2 hours until golden brown.

Bean Jar

Ingredients:

- 500 gramsrams dried haricot beans
- 1 pork hocks or 1 pork trotter
- 1 beef shank
- 2 carrots
- 1 teaspoon salt

- 1 teaspoon pepper
- 1 onion
- 2 sprigs thyme
- 2 sprigs rosemary
- 2 French baguettes

Preparation:

1. Cover your dried beans in cold water in a pan and soak for 24 hours. Next day, place some of the soaked beans into the bottom of your casserole dish. Dice up your carrots and onions into relatively small pieces. Add some of the diced vegetables to the beans already in your dish.
2. Place both the pork hock and the beef shin on top of the bean and veg mixture. Add the rest of your vegetables and beans on and around the meat in the dish. Tie the herbs together and add to the dish along with salt and pepper (or more according to taste). Add approx a teaspoon of pepper. Cover the contents of your casserole with water.
3. Do not add the salt until the last hour or so of cooking time or your beans may stay too firm. The dish can be cooked on the stove top or in a slow cooker. Depending on which method of cooking you have chosen either bring to the boil on a high heat either in the slow cooker or in your oven, before turning the heat right down to very low.
4. Allow to cook for an absolute minimum of 10 hours, although it can be cooked for up to 24 hours. Every now and again check the dish to make sure the contents are still covered with liquid and top up if necessary. Remove the meat carefully from the dish and then remove the fat and the bones and discard before returning the meat in small shreds or pieces to your casserole dish.
5. Now is the time to add your salt (according to taste), and top up the water for the last time if necessary. Return your casserole to the oven or the slow cooker and leave on for a further hour. Butter slices of your french bread stick and serve the Guernsey Bean Jar in soup bowls or deep dishes along with a spoon and several slices of the bread.

Gache

Ingredients:

- 750 gramsrams whole meal flour
- 250 gramsrams guernsey butter
- 2 eggs
- 125 grams candied orange peel
- 500 gramsrams sultanas (or currants if preferred)
- 125 milliliters guernsey milk
- 60 gramsrams dry yeast
- 1/4 teaspoon salt
- 60 gramsrams dark brown sugar

Preparation:

1. Heat oven to 350 degrees Fahrenheit. Warm the milk and set aside. Cream up the butter with sugar, add eggs then mix with the flour. Add some yeast & a pinch of salt. Make a depression in the dough and pour in the warm milk. Add the rest of the yeast and fruit, mixing & kneading the dough. Leave to rise in a warm room for two hours. Knead again and grease a cake tin. Tip in the gache and cook for one hour in a moderate oven until golden brown.

Biscuits

Ingredients:

- 3 1/2 cups all-purpose flour
- 5 teaspoon active dry yeast
- 2 1/2 teaspoon salt
- 1 stick butter (Guernsey butter is traditional)
- 1 cup warm milk (Guernsey milk is traditional)
- 2 1/2 teaspoon sugar

Preparation:

1. Sift the flour together with the salt. In a separate bowl, cream the butter with the sugar and the yeast. Add the warm milk and let stand for 10 minutes to give the yeast time to become active. Add the flour and knead.
2. Let the dough rise in a warm place for about an hour and a half, then transfer to a floured surface and punch down. Separate into balls or cut with a biscuit cutter. Transfer to a greased baking sheet and let rise in a warm place for another 20 minutes or so. Bake at 400 degrees for 20 minutes or until golden.

Gâche Mélée

Ingredients:

- 1 3/4 cup all-purpose flour
- 2 sticks butter
- 1 1/2 pound apples, peeled, cored and chopped
- 1 cup demerara sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon British mixed spice*
- 1/2 cup water
- 1 teaspoon salt

Preparation:

1. Preheat your oven to 275 degrees. Mix the flour and the butter with your fingers like you would a pastry dough, until the mixture resembles breadcrumbs. Add the rest of the dry ingredients and the apple. Mix until the apples are well-coated. Now stir in the egg and water. Transfer this mixture to a 7 inch square baking pan. Sprinkle with a little extra sugar and then bake for two hours or until golden.

Scallops and Bacon

Ingredients:

- 3 fresh Guernsey Scallops
- 3 rashers of streaky bacon
- Salt and pepper
- Bunch rocket
- A little butter and olive oil mixed

Preparation:

1. Gently melt the oil & butter, being careful not to burn it. Dry the cleaned Scallops, season and pop them into the oil mix. Turn up the heat and cook for about 1/2 a minute on either side. Remove from the heat and roll in the bacon, pinning with a cocktail stick. Return to the pan and cook gently until the bacon is cooked. Serve warm with salad or rocket.

Whiting Pie

Ingredients:

- 57grams (2 ounces) Guernsey whiting fish
- 568 milliliters Guernsey Milk
- 57 grams (2 ounces) plain flour
- 114 grams (4 ounces) butter
- 3 tablespoons chopped parsley
- 1 tablespoon lemon juice
- Some Seasoning
- 900 grams (2 pounds) freshly cooked potatoes
- 142 milliliters Guernsey milk
- 28 grams (1 ounce) butter

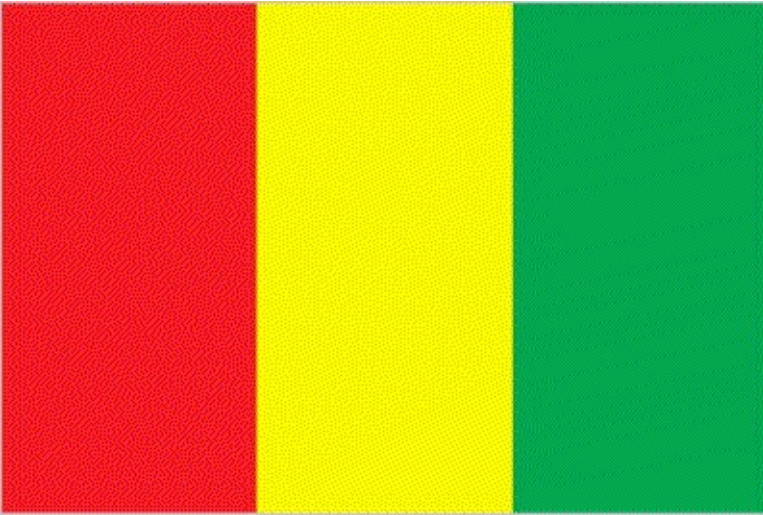
Preparation:

1. Cook fish in ½ pt milk. Pour off cooking liquid and keep to one side. Remove skin and flake fish into fairly large pieces. Make sauce by melting 3ounce butter in a saucepan, stir in the flour, gradually add fish liquid gathered earlier and then the remaining milk.

2. Season with salt and pepper. Add the fish, then pour the mix into a 1.5 liters baking dish, well buttered. Cream the cooked potatoes with butter and 1/4pt milk, adding some freshly grated nutmeg. Spread the creamed potatoes evenly over the fish.

3. Bake at 200 degrees Celsius or 400 degrees Fahrenheit for 30 minutes, until the potato topping is golden. To make extra special add 4ounce peeled prawns or 2ounce chopped fried mushrooms and some sweet corn.

Guinea



Pot-Roasted

Ingredients:

- 2 1/2 pounds guinea fowl
- 8 blood oranges
- 1 whole stalk of celery
- 1 small handful fresh thyme
- sea salt and freshly ground black pepper
- 1 tablespoon olive oil
- 6 cloves of garlic, whole and unpeeled
- 6 tablespoons butter
- 10 sage leaves
- 1 1/2 cups fruity dry white wine
- Gravy

Preparation:

1. Preheat the oven to 425 degrees Fahrenheit. Remove any excess fat from the cavity of each guinea fowl. Wash thoroughly inside and out and pat dry with paper towels. Rub the cavity with a little salt. Cut off the two ends of the oranges, stand them on end and carefully slice off the skin (once you have removed one piece of skin you can see where the flesh meets the skin). Slice the oranges into five or six rounds each. Remove the tougher outside ribs of the celery until you reach the white, dense bupound and slice across thinly.

2. Put in a bowl, mix in the thyme and a small pinch of salt and pepper, then stuff the cavity of each guinea fowl with this filling. Pull the skin at the front of each guinea fowl's cavity forward, to cover the filling, and tightly tie or truss up. Heat a thick-bottomed pan and add the olive oil and the guinea fowl, the skin of which has been rubbed in sea salt and pepper.

3. Cook until lightly golden on all sides, then add the garlic, butter and sage and cook for 3-4 minutes until golden brown. Add the wine at intervals, enough to keep the pan slightly moist at all times. Place in the oven for 45 minutes, checking

every 10-15 minutes and just topping up the wine as necessary. The guinea fowl will be roasted and partially steamed. When cooked, carefully remove from the oven and place upside down on a dish, allowing all the juices and moisture to relax back into the breast meat for at least 5 minutes. While your meat is resting, make the gravy.

4. Remove all the fat from the roasting pan and place the pan on gentle heat. In the bottom of the pan will be your cooked, soft, sweet, whole garlic cloves and some gorgeous sticky stuff—when this gets hot, scoop out the stuffing from the guinea fowl cavity and add to the pan with about 2/3 cup of wine. As the wine boils and steams, scrape all the goodness with a spoon from the bottom of the pan into the liquor. When it has all dissolved, leave to simmer gently. Squash the cooked garlic out of their skins with a spoon (discard the skins); this will also thicken the gravy slightly, as well as give it flavor. Pour any of the juices that have drained out of the rested birds into the pan with the gravy, simmer and season to taste. Serve the guinea fowl with roast potatoes and any simply cooked green vegetable—spinach, kale, bok choy or broccoli.

Traditional Dish

Ingredients:

- 1 pound beef or 1 pound lamb, cut in 1 inch cubes
- 3 tablespoons oil
- 1 large onion, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon thyme
- 3 garlic cloves, minced
- 1 tablespoon parsley, finely chopped
- 1/8 teaspoon ground cloves
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 3 tablespoons creamy peanut butter

Preparation:

1. Brown meat in oil in 10 inches frying pan. Add onion, salt, pepper, thyme, garlic, parsley and clove. Combine tomato sauce and 1 cup water, add to meat mixture and stir well. Dilute peanut butter in remaining cup of water and add to mixture. Cook over medium heat for 1 hour, or until meat is tender. Serve hot over the cooked rice.

Tilapia in Aubergine Sauce

Ingredients:

- 3 kilograms fresh tilapia seasoned salt for dusting
- 10 onions, peeled and sliced into strips
- 2 large aubergines (eggplants), washed, stem ends removed and sliced

lengthways

- 8 carrots, scraped and sliced into rings
- 3 cassava tubers, peeled and sliced into rings
- 5 garlic cloves, crushed
- 5 cm length of ginger, peeled and chopped
- 2 small tins of tomato purée
- 400 grams fresh tomatoes, chopped
- 4 Maggi or Jumbo cubes
- 2 Mamou peppers (habanero-type hot chilies), whole (remove the stems)
- 4 African birds' eye (piri-piri) chilies, chopped
- 500 grams okra
- 1 kilogram rice, well washed
- 300 milliliters red palm oil (for cooking the fish)
- salt and freshly-ground black pepper, to taste

Preparation:

1. Scale, clean and wash the fish thoroughly under plenty of cold running water. Cut the fish into large fillets (or steaks if they are large). Dust the fish with seasoned salt then heat the red palm oil in a pan, add the fish pieces and fry until golden brown all over.
2. Remove the fish from the pan and set aside to keep warm. Remove all but a few tablespoons of the oil from the pan (reserve a further 2 tablespoons for later) then add the onion and strips of aubergine. Fry until the aubergine slices are lightly browned and tender (about 5 minutes) then remove all the pieces of aubergine and set aside. Continue frying the onions for about 2 minutes more, or until nicely browned.
3. Combine the aubergines, fried onions, garlic and ginger in a mortar or food processor and render to a paste. In a bowl, mix together the tomato purée, tomatoes, piri-piri chilies and Maggi cubes. Heat the reserved 2 tablespoons red palm oil in a pot, add the tomato mixture, bring to a simmer and cook for about 8 minutes, or until the tomatoes have broken down and thickened.
4. Pour this mixture into a flame-proof casserole then stir in the cassava, carrots and the aubergine dough. Pour in enough water to cover the ingredients, stir to combine and season to taste with salt and black pepper. Bring the mixture to a boil, reduce to a simmer, cover the pan and cook for about 25 to 30 minutes, or until the vegetables are tender.
5. Add the fish pieces to the pot and cook for 10 minutes. At this point add the whole chilies and continue cooking for 5 minutes more. In the meantime cook the rice and the okra (follow the perfect steamed rice recipe for cooking the rice). The okra is trimmed at its stem end and is traditionally cooked either on top of the rice or in a steamer basket over the rice.
6. Once the rice is tender, mix the okra into the rice then arrange the rice on a serving tray. Spoon over the fish and the sauce and serve immediately.

Chicken Yétissé

Ingredients:

- 1 oven-ready chicken, jointed and cut into serving pieces
- 1 aubergine (eggplant), washed and halved lengthways
- 6 tomatoes, chopped
- 5 onions, peeled and sliced
- 2 carrots, scraped
- 500 grams okra
- 1 piece of cassava, peeled and chopped
- 1 garlic clove, finely chopped
- 2 cm length of fresh ginger, grated
- 1 hot chili, very finely chopped
- 250 milliliters oil
- 1 cube of Maggi shrimp (or fish stock)

Preparation:

1. Heat the oil in a large flame-proof casserole. Add the onion rings and the aubergine halves. Fry gently until the flesh of the aubergine is tender then add the garlic, ginger and chili. In the meantime, add a little oil to a frying pan. Use this to brown the chicken pieces on all sides then remove from the pan and set aside to keep warm.
2. Remove the aubergine from the casserole (stir in 150ml of water in its place). Allow to cool until it can be handled then scoop out and mash the flesh. Add the Maggi shrimp, tomatoes, aubergine pulp, cassava and whole carrots along with the chicken pieces. Stir to combine and season with salt.
3. Cover the pan and simmer gently for 60 minutes. In the meantime, trim the okra. Bring a pan of water to a boil, add the okra and boil for 5 minutes, until soft. Drain them and mash in a bowl. Boil enough rice for your guests. When the rice is cooked mix it with the mashed okra.
4. Arrange the rice on a large serving dish. Set the chicken pieces in the centre and pour over the tomato sauce. Serve hot.

Chicken with Tomato Sauce and Sweet Potatoes

Ingredients:

- 1 prepared chicken (about 1.5 kilograms)
- 4 fresh tomatoes
- 50 grams tomato purée
- 2 large onions, chopped
- 1 bunch of spring onions, washed and cut into generous slices
- 500 grams sweet potatoes, peeled and cut into large chunks
- 2 fresh aubergines (eggplants), peeled and cut into large chunks
- 4 Maggi cubes (or chicken bouillon cubes) juice of
- 1/2 lemon
- 6 garlic cloves, peeled
- 3 bay leaves 1 Scotch bonnet chili

- salt, freshly-ground black pepper and hot chili powder, to taste
- 200 milliliters groundnut oil

Preparation:

1. Cut the chicken into serving-sized portions and season each piece well with lemon juice, salt, black pepper and chili powder. Place in a dish, cover and set aside to marinate for 15 minutes. Heat about 4 tablespoons of the oil in a large pot, add the chicken pieces and fry on all sides until evenly golden brown. In a mortar, mix together the spring onions, tomatoes, garlic, chili, onions with salt, the Maggi cubes and black pepper (plenty of black pepper) and pound to a smooth paste.
2. Once the chicken pieces have cooked, add the onion mixture then stir in the tomato purée. Bring to a simmer, cover and cook over medium heat for 15 minutes. Add 500ml water to the contents of the pot then add the bay leaf and adjust the seasonings to taste. Add the vegetables, bring back to a simmer, cover and cook for about 20 minutes or until the vegetables are tender.
3. Traditionally this is served with steamed white rice blended with okra (the okra is finely sliced, cooked on top of the rice until it breaks down to a paste which is then stirred into the rice before serving).

Smoked Catfish Stew with Vegetables

Ingredients:

- 2 konokoé (smoked catfish)
- 200 milliliters red palm oil
- 1 aubergine (eggplant), stem removed and sliced into rounds
- 3 onions
- 5 garlic cloves
- 3 carrots, peeled and quartered
- 6 okra
- 3 potatoes
- 5 spring onions
- 2 tomatoes, blanched and peeled
- 3 bay leaves
- 2 red Scotch bonnet chilies, stems removed
- 1 Maggi cube
- salt, to taste

Preparation:

1. Wash the catfish then cut into large chunks. Add 1l water to a large pot and bring to a boil. Add the fish, bring to a simmer and cook as you prepare the vegetables. Peel the garlic and onions then halve the chilies and remove the seeds. Combine these ingredients in a food processor with the spring onions and tomatoes then crumble in the Maggi cube.
2. Process until you have a smooth sauce then pour this into a pot and bring to a boil. Add the potatoes, aubergine (eggplant) slices and okra. Stir well to coat in

the sauce then bring to a boil, reduce to a simmer, cover and cook gently for 15 minutes. Now add the red palm oil and season to taste with salt.

3. Continue cooking the sauce mixture for 5 minutes more. Remove the okra, place in a bowl and purée with a wooden spoon then return to the sauce. To serve, arrange the catfish on a bed of rice and pour over the sauce.

Spinach Sauce with Peanuts and Beef Shank

Ingredients:

- 2 kilograms fresh spinach
- 450 grams peanut paste
- 1.5 kilograms beef shank
- 300 grams smoked fish
- 100 grams dried and ground prawns
- 2 onions, chopped
- 1 Maggi cube
- 40 grams powdered okra
- 1 hot chili pepper, chopped
- 250 milliliters red palm oil
- salt, to taste

Preparation:

1. Mix the peanut butter and 500ml warm water to a smooth paste. Pour into a large pot and mix in 2l more warm water. Bring to a boil then cut the beef into bite-sized pieces and season with salt. Bring to a boil and cook until the oil separates from the peanut paste.

2. Reduce to a simmer, cover and cook for 45 minutes, or until the meat is tender. In the meantime, skin the fish and flake the flesh from the bones (discard the bones). Place in a mortar and pound with the onions, chili, powdered okra and Maggi cube. Stir this mixture into the pot, bring back to a simmer and cook for 15 minutes, stirring occasionally. In the meantime, wash the spinach under cold, running, water.

3. Bring a pot of water to a boil, add the spinach and cook for 10 minutes. Drain in a colander then mash the spinach to a paste in a mortar. Stir the spinach paste into the sauce and bring back to a boil. Reduce to a simmer, then cover and cook gently for 60 minutes more. Add the palm oil and cook, stirring constantly, for 10 minutes more. Serve hot, accompanied by maize porridge (pap) or rice.

Green Papaya Salad

Ingredients:

- 2 green papaya
- 2 limes
- 2 garlic cloves
- 2 piri-piri (African birds' eye) chilies
- 1 generous handful of toasted peanuts

- 1 teaspoon fish sauce
- 2 teaspoon brown sugar pinch of salt

Preparation:

1. Cut and trim the papaya then peel. Wash well then either grate or pare with a potato peeler. Coarsely crush the peanuts in a mortar. Set aside then add the chilies and garlic to the mortar.
2. Pound to a paste. Squeeze the lime over the papaya pieces then season with the sugar and fish sauce. Add the peanuts and garlic and chili paste. Toss to combine then divide between four chilled plates and serve immediately.

Fish Kansiyé

Ingredients:

- 500 grams firm fish steaks
- 3 tablespoons groundnut oil
- 1 large onion, chopped
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/8 teaspoon thyme
- 3 garlic cloves, minced
- 2 hot chilies pounded to a paste
- 1 tablespoon parsley, finely chopped
- 2 whole cloves, ground to a powder
- 450 milliliters passata (tomato sauce)
- 100 grams smooth, unsweetened, peanut butter

Preparation:

1. Add the oil to a pan and use to fry the fish until browned on all sides. Remove the fish pieces with a slotted spoon and set aside to keep warm. Add the onion, salt, pepper, thyme, garlic, parsley, cloves and chili paste to the oil remaining in the pan.
2. Fry for a few minutes, until the onion begins to soften then add the passata (tomato sauce) and 250ml water. Stir well to incorporate and bring to a simmer. Meanwhile mix the peanut butter with 250 milliliters water and add this to a mixture.
3. Bring to a simmer and allow to cook, covered, for about 30 or until the sauce has begun to thicken. At this point, add the fried fish to the sauce. Re-cover the pan and cook for about 20 minutes more, or until the fish is done through and flakes easily with a fork. Serve hot on a bed of rice.

Banana Fritters

Ingredients:

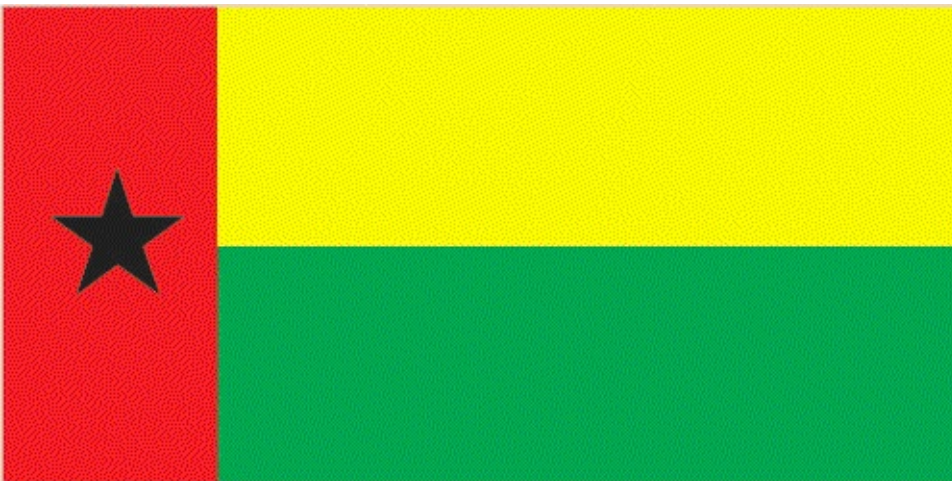
- 6 green (unripe) bananas
- ground cinnamon

- ground ginger and freshly-grated nutmeg, to taste
- salt, to taste
- oil for frying

Preparation:

1. Peel the bananas, place in a pan of boiling water and cook for about 30 minutes, or until tender. Drain the bananas, place in a bowl and crush with the salt then mash to smooth dough out.
 2. Take the banana dough and roll into a round of about 6 cm in diameter then use a sharp knife to slice into disks about 1cm thick.
 3. Heat oil in a pan, add the banana dough pieces and fry for a few minutes or until golden brown on both sides. Drain on kitchen paper and serve with a tomato sauce and fried fish.
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Guinea-Bissau



Fried Fish Balls

Ingredients:

- 4 medium-sized fish
- 500 gramsgrams peanut butter
- 2 ripe tomatoes, blanched, peeled, de-seeded and chopped
- 1 large onion
- 2 garlic cloves
- 2 bay leaves
- salt, to taste
- oil for deep frying

Preparation:

1. Clean, scale and wash the fish then fillet them. Pass the onion, garlic, tomato flesh, bayleaves and salt through a mincer (or chop finely in a food processor). Slice the fish fillets into pieces and add to the food processor, alternating with the

peanut butter. Continue chopping with the motor running until the mixture is smooth and homogeneous. Turn into a bowl and shape into meatballs.

2. Heat oil in a deep pan or deep fryer to 180 degrees Celsius. Add the fish and peanut balls and cook in batches, for about 8 minutes, turning frequently, until nicely browned all over and cooked through. Serve hot, accompanied by rice and a vegetable salad.

Fish Stew

Ingredients:

- 1.5 kilograms white fish cut into fillets
- 3 onions, sliced into rings
- 6 tomatoes, blanched, peeled and sliced
- 1 kilogram potatoes, thinly sliced
- green bananas, quartered
- green bell peppers, de-seeded and sliced
- 250 milliliters oil
- salt
- 2 hot chili peppers

Preparation:

1. Place alternate layers of onions, peppers, potatoes, tomatoes, fish and tomatoes in a saucepan. (Make sure you season the fish with salt and chopped chilies along with a drizzle of oil.)

2. Add enough water to just cover and cook on medium heat. Agitate the pot every now and then to make certain that the contents do not stick to the bottom. Continue cooking until the vegetables are tender and the fish is done (about 35 minutes).

Chicken with Spinach

Ingredients:

- 1 onion
- 1 oven ready chicken
- 2 garlic cloves
- hot chilies, to taste
- 100 milliliters red palm oil
- 1 bunch of spinach (bagique), washed and shredded
- salt, to taste
- 1 bay leaf juice of 1 lemon

Preparation:

1. Wash the chicken then cut into serving-sized pieces. Chop the onion, add to a mortar with the garlic, bay leaf and hot chilies (enough to suit your taste). Season to taste, pound to a paste then mix in the red palm oil. Use this mixture to liberally rub over the chicken then turn the chicken and any remaining palm oil mixture into

a pan.

2. Bring to a boil, reduce to a simmer and mix in a little water if needed. Cook for 15 minutes then add the shredded spinach leaves. Cook for about 20 minutes more, or until the chicken is tender. Turn into a serving dish, sprinkle over the lemon juice and serve with white rice.

Barbecued Goat Meat

Ingredients:

- 1 kilogram goat ribs goat fat
- 1 large onion, sliced into thin wedges
- salt, to taste

Preparation:

1. Cut the goat ribs into pieces and season with the salt. Barbecue the ribs for about 10 minutes per side then place a cast iron skillet on the barbecue. When hot, melt the goat fat, add the onions and the goat ribs and cook for about 6 minutes, or until the onion is golden. Serve hot, accompanied by rice.

Barbecued Chicken

Ingredients:

- 2 onions, peeled and sliced into rings
- 1 whole, oven ready chicken
- 3 garlic cloves
- fresh chili, to taste
- 200 milliliters groundnut oil
- 100 milliliters lemon juice
- salt, to taste

Preparation:

1. Clean and wash the chicken then cut into serving-sized pieces. Combine the onion rings, oil and chopped garlic in a pan. Season to taste with salt and add fresh chili paste to taste. Bring to a simmer, and cook for about 5 minutes or until the onions are soft and lightly coloured. Take off the heat and add the lemon juice.

2. Add the chicken pieces, turn to coat then cover and set aside to marinate for 30 minutes. In the meantime, pre-heat your barbecue. When the chicken has marinated sufficiently place on your barbecue and grill for about 40 minutes, or until cooked through. Serve hot, accompanied by rice.

Pea Soup and Meat

Ingredients:

- 1 kilogram neck of mutton (or lamb), sliced
- 1 small pork shank
- 4 rashers of bacon, cut into strips lengthways
- 1 kilogram dried Split Peas

- 75 grams long grain rice
- 2 large celery sticks, finely chopped
- 2 large potatoes, peeled and coarsely grated
- 2 large carrots, scraped and coarsely grated
- 1 large onion, peeled and finely chopped
- 2 bay leaves
- 2 whole hot chilies, stems removed
- salt and freshly-ground black pepper, to taste 4l water

Preparation:

1. Combine the meats and vegetables in a flame-proof casserole with 2 liters of the water. Bring to a boil, reduce to a simmer, cover and cook for 2 hours. At this point stir in the split peas and the rice with the remaining 2l of the water.
2. Bring back to a simmer, cover and cook for 2 hours (add more water as needed). As they cook the split peas will break down and will thicken the soup. At this point, you will need to stir very frequently to prevent the soup from catching and burning. Do not be tempted to add too much water, or your soup will be too thin.
3. West African style soup, basically a very thick stew intended to be served with fufu or maize pap (porridge). To be truly West African you should mash the chilies into the soup once it's cooked, but for a milder effect take the chilies out before serving.

Chicken with Peanuts and Palm Oil

Ingredients:

- 1 chicken, cut into serving sized pieces
- 1 large onion, chopped
- 2 large tomatoes, diced
- 300 grams peanuts, crushed in a pestle and mortar
- 50 milliliters palm oil
- salt to taste
- 2 red chilies, chopped

Preparation:

1. Season the chicken with salt and chili then set aside. Meanwhile fry the onion in the palm oil and when soft add the chicken and fry until browned. Add the crushed peanuts and tomatoes to the chicken then add enough water to just cover and mix well. Bring the mixture to a boil reduce to a simmer and cook until the chicken is tender (about 40 minutes). Serve on a bed of rice.

Guyana



Cookup Rice

Ingredients:

- 1 scotch bonnet chili pepper
- 6 bone-in chicken pieces, such as breasts, thighs, and drumsticks
- 2 skinless, bone-in chicken breast halves - cut in half
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 cups uncooked long-grain white rice
- 4 cups chicken broth
- 1 (14 ounce) can coconut milk
- 4 sprigs thyme, chopped
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 4 green onions, coarsely chopped
- 1/2 head cabbage, cored and cut into large chunks
- 2 tablespoons butter
- salt and pepper to taste

Preparation:

1. Slice the scotch bonnet chile in half, and chop one half. Reserve both halves. (Chili is very hot, so use gloves when chopping, and avoid touching your eyes, nose, or mouth after chopping.) Cut the chicken pieces into large chunks. Heat the olive oil in a large skillet or Dutch oven over medium heat, and pan-fry the chicken pieces until brown on all sides, about 15 minutes. Stir in chopped chile, onion, and garlic. Cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the rice, and stir to coat with oil. Let the rice fry until it turns slightly opaque but doesn't brown.
2. Pour in the chicken stock, bring to a boil over medium heat, and reduce heat to a simmer. Let the mixture simmer for about 5 minutes, and stir in the coconut milk,

thyme, black-eyed peas, and green onions until well combined. Lay the cabbage chunks on top of the mixture, and place the remaining half chili on top of the cabbage. Cover, and simmer until the rice and cabbage are tender, about 20 minutes. Check occasionally to see if the mixture is getting too dry on the bottom, and add a small amount of water if needed to prevent burning. Before serving, stir in butter, and season to taste with salt and pepper.

Pepper Pot

Ingredients:

- 1 pound stewing beef or 1 pound beef brisket
- 1 pound pork, trotters (or cow's heels) (optional)
- 1/2 pound pigs tail (optional)
- 1/2 cup amerindian seasoning (cassareep)
- 1 red hot peppe
- 1 cinnamon stick (1 in x 1 in)
- 1 ounce suga
- salt
- 2 stalks basi
- 1 bunch fine fresh thyme
- 1 large chopped onion
- 3 chopped garlic cloves

Preparation:

1. Soak pig tails and scald.

Cook cow heel or trotters in covered pan with water to boil. Skim. When half tender add all the other meats hot water to cover. Add all other ingredients and simmer gently for about one hour until meat is tender. Adjust flavor with salt and sugar.

Black Cake

Ingredients:

- 1 pound raisins
- 1/2 pound currants
- 1/4 pound prune
- 1 cup rum
- 1 1/2 pounds brown sugar, packed (3 1/4 cups)
- 1/2 pound butter
- 6 eggs, beaten
- 1/2 pound flour (2 cups)
- 1/2 teaspoon baking powder
- 1 teaspoon mixed spice (nutmeg, cinnamon, cloves, allspice)
- 1/4 pound mixed peel
- 1/4 pound chopped nuts

Icing For Black Cake:

Marzipan:

- 2 egg whites
- 1/2 pound ground almonds (2 cups)
- 1/2 pound icing sugar (confectioner's, 2 cups)
- 1/2 teaspoon almond essence (extract)

Icing:

- 2 egg whites
- 1 pound icing sugar (confectioner's, 4 cups)
- 1 lemon, juice of

Preparation:

1. Cake: Wash and dry fruit. Grind fruit and soak with 3/4 cup of rum. Store, covered, in glass jar to steep for 2 weeks or longer.
2. Caramel, heat 1 pound. of sugar in a heavy bottomed frying pan until melted; simmer until dark brown. Let cool. Cream butter and 1/2 pound (250 grams) sugar well, add beaten eggs a little at a time; add soaked fruits and rum, stirring well, and enough caramel to make it as dark as desired.
3. Add sifted flour with baking powder and mixed spice. Fold in peel and chopped nuts. Pour mixture into baking pan, greased and lined with waxed paper. Bake in a slow oven at 300 degrees Fahrenheit for about 2 to 2 1/2 hours. Sprinkle additional rum over cake immediately after it is baked. Repeat a few times. Allow cake to remain in pan for 2 to 3 days.
4. Marzipan: Beat egg whites to a stiff froth, stir in ground almonds, sugar and almond essence to make a paste. Remove cake from pan, place on a cake plate. Cover top of cake with almond paste. Roll rest of paste thinly to cover sides. Allow to dry 1 day before icing.
5. Icing: Beat egg whites to a froth, add sugar, a little at a time, beating well after each addition. Add lemon juice and sugar and continue to beat until mixture forms peaks. Dip a spatula in hot water and smoother the icing over the almond paste. A second layer may be applied when the first is thoroughly dried.
6. Decorate as desired. If cake is for a wedding choose appropriate colours and decorations. If cake is for Christmas colours chosen may be red and green on white with a Christmas theme.

Farine Marigolds

Ingredients:

- 12 ounces soaked farine
- 1 pound minced beef or flaked fish
- 2 tablespoon chopped eshalot
- 2 tablespoon Chinese sauce
- 2 ounce margarine
- 3 eggs
- 5 pound firm yellow plantains

- farine flour for coating

Preparation:

1. Mix together minced beef (or fish), chopped shallot, soaked farine, salt to taste, Chinese sauce and margarine. Beat the eggs well, then blend with the mixture. Form mixture into small balls using a tablespoon.
2. Slice yellow plantain thinly and wrap around meatballs, fixing toothpicks. Dip in farine and fry in hot fat for 5 minutes until golden brown. Drain well. Remove toothpicks. Serve hot or cold with sweet and sour sauce.

Tilapia in Oil and Vinegar Sauce

Ingredients:

- 2 pound tilapia, cut in slices
- 1 lemon or lime
- ½ pint olive oil
- 2 large onions, cut in rings
- ¼ pint vinegar
- 2 cloves garlic
- ½ green pepper, sliced
- 2 hot peppers
- 2 bay leaves

Preparation:

1. Remove skin from fish. Wash with lime or lemon. Season, and dip lightly in flour. Fry in the olive oil. Remove from pan. Fry onion rings lightly on low heat. Add vinegar, garlic, green pepper, hot peppers, and bay leaves. Add fried fish and cook for about 5 minutes. Serve hot or cold.

Curry Dip

Ingredients:

- ½ pint mayonnaise
- ½ teaspoon curry powder
- 1 tablespoon minced onion
- 1 tablespoon lemon juice
- 2 tablespoon chutney

Preparation:

1. Mix all the ingredients together and put to chill for 2 hours.

Guava Drink

Ingredients:

- 1 pound ripe guavas
- 8 ounce sugar
- 2 pint water

- lemon slices to garnish

Preparation:

1. Cut guavas in quarters and remove seeds. Mash pulp and pass through a sieve. Add sugar and water. Chill and serve cold and garnish with lemon slices.

Cheese Roll

Ingredients:

- 300 gramsrams white flour
- 200 gramsrams or 1/2 pound margarine or lard
- 75 milliliter ice water
- 1 egg (beaten)
- 250 gramsrams cheese
- Pepper powder for taste
- Cumin powder for flavor

Preparation:

1. Grate the cheese. Mix cumin seeds and pepper powder with the cheese. Put the flour and margarine in a bowl and prepare dough. When mixing the flour use ice water. Make the dough into 15-20 balls.

2. Roll the balls in circles. In the circles, sprinkle the grated cheese and roll it. Bake the rolls in hot oven for 20 minutes at 275 degrees Fahrenheit. Take the cheese roll from the oven and apply the beaten eggs on top of the rolls and baked again

Chicken Salad

Ingredients:

- 4 cups cooked, diced chicken
- 1 cup chopped celery
- 1 cup cooked green peas (or canned mixed peas, corn, and carrots)
- 1 small onion, grated
- salt and pepper to taste
- 1 garlic clove, minced
- 2 teaspoon hot pepper sauce
- 1 teaspoon paprika
- 1/2 cup mayonnaise
- 2 tablespoon yogurt or sour cream
- Lettuce
- Parsley for garnish

Preparation:

1. Combine chicken, celery, green peas and onion in a bowl. Add salt, pepper, garlic and pepper sauce. Mix well with mayonnaise and yogurt. Chill thoroughly. Serve on a bed of lettuce and garnish with parsley.

Garlic Pork

Ingredients:

- 3 to 4 pounds pork loin, cut into 1 inch pieces
- 3 cups white vinegar
- 1/2 pound garlic, separated into cloves and peeled
- 4 stalks fresh thyme or 1 teaspoon dried
- 6 to 8 wiri wiri-type peppers (or 2 scotch bonnet-type peppers)
- 2 cups cold water
- 2 teaspoons salt
- 6 cloves
- 1 tablespoon vegetable oil

Preparation:

1. In a large bowl, wash the pork pieces with 1 cup of the vinegar. Lift them from the bowl with 2 large forks; do not use your hands. Place the pork in a large jar or bottle. Place the peeled garlic, thyme, and chilies in a mortar and pound to a paste. Then add the cold water and the remaining 2 cups of vinegar to the garlic mixture. Add the salt and cloves and pour the garlic and vinegar mixture over the pork, making sure that the pork is completely covered.
2. Tightly cover the jar and allow the pork to marinate in a cool place for 3 to 4 days or longer. To cook, place the pork in a heavy skillet and cook until the liquid evaporates. Then add the vegetable oil and fry the pork until it is brown. Serve hot with bread, or over white rice.

Curry and Roti

Ingredients:

- 1 pound Pork or Beef
- 1 cup Flour
- 1 teaspoon Onion Powder
- 1 1/3 cups Heinz Ketchup
- 6 tablespoons Curry Powder

Preparation:

1. Cut meat into small cubes and coat with flour. Sear meat in pan with olive oil. Add water, simmer until tender. Add Ketchup, onion powder, curry and water. Simmer for 45 minutes, stirring as needed. Serve over rice or noodles.

Wanton Soup

Ingredients:

- 20 wonton skins
- Roast pork or chicken cut in strips
- 1 bundle bok choy
- Eschallot, celery
- 1/4 pound carrot or a piece of pumpkin

- 1 teaspoon black pepper
- 2 pints water or chicken stock
- ½ teaspoon shee-yow (soya sauce)
- Salt to taste

Filling:

- Beef, chicken, prawns or pork — minced
- Salt and pepper to taste
- 1 egg (to bind)
- Pinch of vetsin and sugar to taste

Preparation:

1. Put the stock on to boil and then reduce the heat to allow the stock to simmer. Remove excess fat. Chop the meat finely for the filling. Add salt, pepper, sugar, vetsin and egg yolk to bind. Put a teaspoonful on each wanton skin, fold, seal edges securely with the tines of a fork, and then paint with egg white.
2. Drop the folded wantons into the stock and cook for 8 minutes. Add the vegetables, seasoning and chicken or pork cut in strips. Cook for a further 2 minutes. Put the cooked wantons into a tureen. Pour the soup over. Garnish with chopped celery and eschallot.

Vegetable Samoosa

Ingredients:

- ¾ pound yams
- ¾ cup all-purpose flour
- 2 ounce dried fruit
- 2 teaspoon gheera
- ½ cup chopped bora
- 2 tablespoon ghee
- ½ cup cold water

Preparation:

1. Wash, peel, and dice the yams and boil in salted water. Melt the ghee. Sieve the flour, then add the salt and ghee, mixing with fingers (press flour, pick up and drop lumps; they must not break; if they do add more ghee). Add the water and mix into a stiff dough. Knead well with fingers until the dough feels elastic.
2. Break the dough into small walnut-sized pieces, roll out into rounds and press flat. Cover with a damp towel and leave for 15 minutes. Put the dough together again, and knead until it feels stiff inside. Cover with a damp clean towel. Put 2 tablespoonfuls of ghee in pan, add the cooked yams and fry for a short while. Add black pepper to taste, as well as the gheera and chopped dried fruit.
3. Fry until the fat is absorbed and mixture leaves sides of pan. Break the dough into walnut-sized pieces (again!), roll into rounds and press flat. Cover with the damp clean towel, and leave for 15 minutes. Roll out the dough thinly (paper thin) without flour (or with as little flour as possible). Cut each round in half, form a

cone, press some filling into each cone, dampen the edges and seal pastry. Decorate the sealed edges by crimping with a fork. Fry in hot ghee (one inch deep). Drain on brown paper and serve.

Sweet Potato and Pork Pie

Ingredients:

- 1 pound lean pork, cubed
- 1 tablespoon fat
- 3 cups sweet potato, cubed
- 1½ cups fresh or canned pigeon peas
- 4 onions, sliced
- Eschallot and celery
- Salt and pepper to taste
- 2 tablespoon cornflour or arrowroot flour

Topping for Pie:

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 ounce margarine
- ½ cup milk, approximately

Preparation:

1. Cook the pork in hot fat until lightly browned. Add water or stock to cover the pork, cover the saucepan and simmer until the meat is almost tender. Add the sweet potatoes, peas (if fresh), onions, eschallot and celery. If canned or cooked peas are used, add during the last 5 minutes of cooking. Continue cooking until the vegetables are tender. Make a paste of 2 tablespoons of cornflour or arrowroot flour, and a tablespoon of water. Add to the stew, stirring constantly. Add seasoning then pour into a greased pie or casserole dish. Top with biscuit rounds as follows:

2. Topping for Pie: Pre-heat the oven to 425 degrees Fahrenheit. Sift the flour, baking powder and salt together. Rub in the margarine. Gradually mix in the milk, using just enough to make a stiff dough. Turn onto a floured board, and roll out to ¾ inch thickness. Cut into rounds about 2 inches in diameter, and arrange on top of the meat mixture. Bake for about 15 minutes or until biscuits are finished.

Sweet and Sour Chicken

Ingredients:

- One 4 pound chicken
- 1 clove of garlic
- 1 small onion
- 1 teaspoon celery
- 1 teaspoon thyme
- Wirri-wirri peppers

- 1 tablespoon soya sauce
- 1 tablespoon piquante sauce
- 2 tablespoon vinegar
- Salt to taste

Sauce:

- 1 tablespoon dark sugar
- ¼ teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoon vetsin
- 2 tablespoon vinegar
- 2 teaspoon soya sauce
- ¼ pint tomato ketchup
- 1 tablespoon water
- 2 teaspoon (level) cornstarch
- 3 tablespoon Chinese pickle, chopped
- 1 teaspoon Chinese spice
- 1 small onion, chopped

Garnish:

- Eschallot, chopped
- Wirri-wirri peppers, chopped

Preparation:

1. Chop up the garlic, onion, celery, thyme and wirri-wirri peppers. Add the soya sauce, piquante sauce, vinegar and salt to the chopped seasoning. Clean and cut the chicken into neat pieces and soak in mixture overnight or for as long as possible. Dry the chicken using a clean cloth, lightly dust with flour and fry until brown. For the sauce, bring the sugar, salt, black pepper, vetsin, vinegar, soya sauce, tomato ketchup and water to a boil.
2. Stir in the cornstarch, blended with one tablespoon of water and boil for 2 minutes stirring continuously. Add the pickle, spice and onion and heat through. Place the chicken in a casserole dish, add the sauce and bake in a moderate oven for about 40 minutes. Garnish with chopped eschallot and peppers.

Suckling Pig

Ingredients:

- 1 suckling pig, about 20 pound., gutted

Filling:

- 3 pint rice, partially cooked
- 6 tablespoon celery, chopped
- 6 tablespoon parsley, chopped
- 6 tablespoon thyme, thick and fine leaf
- 2 tablespoon sage
- ½ pound onions
- 2 pound pig's liver

- 2 bottles ketchup, medium
- 2 bottles piquante sauce, medium
- 1 pound salted butter
- ½ pound lard
- ½ bottle vinegar
- White pepper
- Wirri-wirri pepper
- Salt to taste

Preparation:

1. Wash the pig thoroughly, de-bone if desired, and season with vinegar, piquante sauce, pepper and salt. Set aside.
2. Stuffing: Clean the liver, and mince/chop finely. Melt the salted butter. Sauté liver, chopped onions, celery, parsley, thyme and sage, and cook for 10 minutes. Add partially cooked rice, stirring constantly, and season to taste with piquante sauce, ketchup, pepper and salt. Add the chopped liver and lard. Continue cooking for a further 10 minutes. Remove from heat and cool slightly.
3. Stuff the prepared pig, making it firm to hold. Sew up, tying the legs firmly in place. Put lard into a suitably sized baking pan and heat until the fat is completely melted. Put the pig into the baking pan, on its belly. Rub all over with salted butter.
4. Put into a hot oven and cook for 6 hours. Lift the pig onto a serving platter, and coat with light orange flavoured glaze. Garnish with sliced orange, chopped lettuce and add a pepper frill around the neck. Insert an orange, rubbed with oil, into the mouth.

Spicy Marinated Chicken in Orange Sauce

Ingredients:

- 4 large onions, thinly sliced
- ½ cup fresh lime juice
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 (3½ pound.) chicken, cut into 8 pieces
- 3 tablespoon vegetable oil
- 1 medium carrot chopped
- 1 medium celery rib, chopped
- 4 garlic cloves, minced
- 1 fresh hot pepper, seeded and minced
- ½ cup chicken broth

Preparation:

1. In a large bowl, combine the onions, lime juice, salt, and pepper. Add chicken and toss to coat well. Cover and refrigerate for at least 3 to 6 hours. Remove the chicken from the marinade and pat it dry with paper towels. Drain the marinade in a colander set over a large bowl, reserving both the liquids and the solids.
2. Heat oil. Cook the chicken over medium-high heat, turning often, until browned

on all sides, about 6 minutes per second. Transfer the chicken to a plate and set it aside. Add the reserved marinated onions and the carrot, celery, garlic, and pepper in a pot and cook over medium heat, stirring often, until the onions have softened, about 8 minutes. Stir in the chicken broth and the reserved marinade. Bring to a boil.

3. Return the chicken to pot, reduce the heat to medium-low and simmer, covered, until the chicken shows no sign of pink at the bone when prodded with the tip of a sharp knife. This should be for 35 to 45 minutes. Serve over hot rice.

Rice with Beef and Vegetables

Ingredients:

- 1 pint rice
- 2½ pint warm water or stock
- 1 teaspoon salt
- 1 tablespoon oil
- 1 onion, chopped
- ½ pound minced beef
- Black pepper
- 1 teaspoon piquante sauce
- 1 teaspoon tomato ketchup
- 20 bora, cut into ½ inch lengths
- 3 tomatoes, cut in chunks
- Pumpkin, diced

Preparation:

1. Bring the water or stock to a boil, and add the salt and the rice. Reduce the heat and leave to cook. Heat the oil and fry the onion lightly. Add the minced beef and fry for two minutes. Add salt, black pepper, piquante sauce, and tomato ketchup to taste. Add about ½ pint water and leave to simmer for about 10 minutes. When the rice is almost tender, add the beans, pumpkin, tomatoes and meat. Mix carefully and complete cooking. Serve hot.

Pork Chops with Stuffing

Ingredients:

- 8 x ½ in thick pork chops
- 4 cups bread crumbs
- 1½ cups pineapple, chopped
- ¼ cup celery, chopped
- 2 medium onions, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup stock or white wine
- 8 slices pineapple

Preparation:

1. Trim the excess fat from the chops. Season with salt and pepper. Brown slowly in a small amount of hot fat. Combine the remaining ingredients and spread on the bottom of a greased casserole dish. Place the browned chops on top of this mixture. Cover with foil and bake in a moderate oven until tender. Remove the foil and place slices of pineapple between pork chops. Leave to cook for a further 15 minutes. Serve hot.

Pork Sausages

Ingredients:

- 2½ pound lean pork
- 1 pint water
- ½ ounce salt
- 1 teaspoon powdered mace
- ½ teaspoon powdered sage
- ¾ pound firm pork fat
- ¾ pound stale bread
- 1 teaspoon white pepper
- ½ teaspoon powdered ginger
- Pig runners

Preparation:

1. Cut the bread into large pieces and soak. Finely mince the lean pork and the fat, and mix well with the seasonings. Squeeze out the water from the bread, then thoroughly mix all the ingredients. Pack into the cleaned runners, using a funnel and a rammer (as when making black pudding). Link the sausages. Use as desired.

Pineapple Duck

Ingredients:

- 1 duck (3½ pound)
- 1½ pound Chinese spice
- 1 tablespoon rum
- 1 teaspoon black pepper
- 1½ teaspoon salt
- 4 cloves garlic
- 2 tablespoon soya sauce
- Small piece of ginger, finely chopped

Sauce:

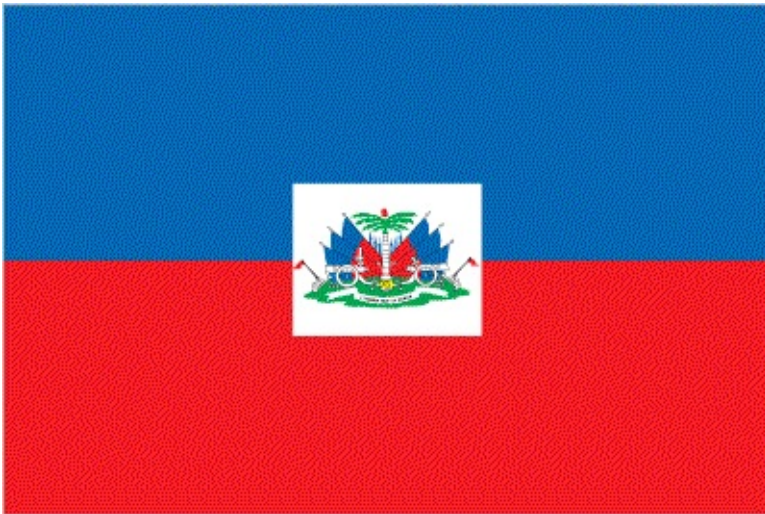
- Pineapple chunks
- 1 tablespoon crushed ginger
- 3 level tablespoon sugar
- 3 tablespoon vinegar
- 2 level tablespoon cornstarch

- 1 teaspoon salt
- ¼ pint water or juice from pineapple chunks

Preparation:

1. Cut the duck into neat pieces and season with ingredients for 15 minutes. Fry the pieces thoroughly, until the meat is tender. Combine the sauce ingredients together and cook gently. Pour over the duck meat. Garnish with pieces of fried pineapple.

Haiti



Chicken in Sauce

Ingredients:

- 1 (4 pounds) fryer, cut into 1/8
- 1 large onion, sliced thin
- 1 scotch bonnet pepper, chopped fine
- 3 garlic cloves, smashed or 3 minced garlic
- ¾ cup tomato sauce
- 3 tablespoons sugar or 3 tablespoons Splenda sugar substitute
- salt, to taste
- 3 limes or -3 lemons
- vegetable oil

Preparation:

1. Wash chicken well & pat dry. Rub each piece with limes/lemons and sprinkle with salt. Heat oil in heavy oven proof pan, preheat oven to 375 degrees Fahrenheit.
2. Fry chicken pieces in hot oil. Meanwhile, in a bowl, combine garlic, sugar, tomato sauce and salt; mix well. After 5 minutes of frying the chicken, add sliced onions and chopped pepper, for 5-7 minutes. Remove pan from heat and drain

excess oil and add the tomato mixture, stirring well.

3. Place the pan in oven & bake uncovered for 20 minutes or until chicken is cooked completely. Transfer chicken to serving platter lined with lettuce and onion rounds and with vegetables. Served and pour sauce over rice or noodles.

Legumes

Ingredients:

- 2 pounds round steaks, trimmed of all fat and cut into 2 inch cubes
- 1/4 cup vegetable oil
- 1 eggplant, chopped into 2 inch cubes
- 1 chayote
- 2 green bell peppers, chopped into 2 inch pieces, divided
- 3 scallions, chopped fine
- 2 garlic cloves, minced
- fresh parsley, chopped
- 1 large head of cabbage, remove outer leaves, core and chop into 2 inch pieces
- 20 ounces frounceen fordhook lima beans
- 12 ounces frounceen string beans, chopped into 2 inch pieces
- 3 peeled and sliced carrots, into 2 inch pieces
- 1 (10 ounce) box frounceen chopped spinach
- 1 bunch watercress, chopped
- 5 Maggi chicken cubes (chicken bouillon soup cubes)
- 3/4 cup tomato paste
- 3 lemons, juice of
- salt, to taste
- fresh ground black pepper, to taste
- garlic powder, to taste
- Haitian spicy vinegar
- seasoning, powder

Preparation:

1. Wash beef with lime juice, & salt; allow to marinate for 10 minutes. Rinse with cold water. Make a paste from green pepper, green onions, parsley, garlic and vinegar; rub it on meat and let marinate for about 30 minutes.

2. Brown beef in small amount of oil. Add tomato paste, seasonings and water to cover the beef. Add chopped green bell pepper and place on top of the beef while it is cooking. Let the beef cook until tender, continually adding tomato paste mixture as needed, so beef does not burn or dry out.

3. After meat is tender, bring a large pot with a medium amount of water to a boil and start placing in the vegetables. First, add the cabbage and eggplant, next add the lima beans and green beans. Add the carrots, and chayottes and allow to steam until somewhat tender, then add spinach and watercress. Pour some oil over the vegetables, add the butter and 1 Maggi cube - continue to let steam till tender.

4. Once tender, add the vegetables to beef mixture and stir everything together. Let cook for another 10-20 minutes. Taste, adjust seasonings if needed.

Beef with tomatoes and peppers

Ingredients:

- Beef shoulder or chuck roast, cubed - 1 pound
- Salt - 2 teaspoons
- Water - to cover
- Oil - 1/4 cup
- Onion, thinly sliced – 1
- Red or green peppers, chopped – 2
- Garlic, minced - 2 to 4 cloves
- Hot chili pepper, minced - 1 to 4
- Tomatoes, seeded and chopped - 2 cups
- Red wine vinegar - 1 tablespoon
- Salt and pepper - to taste

Preparation:

1. Place the beef and salt in a large pot and add enough water just to cover the meat. Bring to a boil over high heat, then reduce heat to low and simmer, uncovered, until the beef is tender and the water is almost completely evaporated, 45 minutes to an hour.
2. While the beef is simmering, heat the oil in a skillet over medium flame. Add the onion, peppers, garlic and chile peppers and sauté until the onions and peppers are wilted. Add the tomatoes, vinegar, salt and pepper. Reduce heat to low and simmer until almost all liquid is evaporated, 20 to 25 minutes. Stir the beef into the onions and peppers and simmer for another 20 to 30 minutes, adding a little water if necessary. Adjust seasoning and serve with rice.

Glazed pork

Ingredients:

- Pork shoulder, cubed - 4 pounds
- Onion, thinly sliced – 1
- Green or red bell pepper, thinly sliced – 1
- Scotch bonnet peppers, chopped (optional) - 1 or 2
- Shallots, thinly sliced - 2 or 3
- Garlic, chopped - 3 or 4 cloves
- Thyme - 2 teaspoons
- Salt - 2 teaspoons
- Pepper - 1 teaspoon
- Oranges – 2
- Limes – 3
- Oil - 1/4 cup

Preparation:

1. Add the pork and all the other ingredients except the oil to a large, non-reactive bowl and mix together well. Refrigerate for 4 to 24 hours to let the meat soak up the marinade. Oven to 375 degrees Fahrenheit. Place the pork and its marinade into a large roasting pan and cover tightly with a lid or aluminum foil. Place in the oven and roast for 1 1/2 to 2 hours, or until the pork is tender.

2. Remove the roasting pan from the oven. Remove any extra liquid in the pan, putting it into a saucepan, and set aside. Add the oil to the pan and stir it into the meat. Return the roasting pan to the oven and let the pork cook for 20 to 30 minutes more, stirring occasionally. Any liquid will evaporate away and the meat will begin to fry in the oil and brown.

3. While the meat is frying in the oven, place the saucepan with the reserved liquid on the top of the stove and boil it down until it is well reduced and thickens. Remove the roasting pan from the oven and mix the reduced sauce into the browned pork. Serve hot with with sos ti-malice, banan peze and a side of pikliz.

Spicy pickled vegetables

Ingredients:

- Cabbage, shredded - 1/2 head
- Carrots, peeled and chopped into small pieces or grated – 2
- Onion, thinly sliced – 1
- Scotch bonnet peppers - 2 to 6
- Garlic cloves - 4 to 6
- Salt - 2 teaspoons
- Peppercorns - 8 to 10
- White or cane vinegar - 3 cups

Preparation:

1. Add all of the ingredients to a large bowl and toss well to mix. Place all of the vegetables into a clean 2-quart glass jar. Pour in enough vinegar to cover the vegetables, tamping them down to remove any air bubbles. Store the pikliz in the refrigerator for at least 24 hours before serving. It will keep in the refrigerator for a month or two.

Rice Pudding

Ingredients:

- Milk - 4 cups
- Short-grain rice —1/2 cup
- Cinnamon stick – 1
- Orange or lemon peel (optional) - 2 strips
- Salt – pinch
- Raisins - 1/4 cup
- Sugar - 1/2 cup
- Butter - 2 tablespoons

- Vanilla - 1 teaspoon

Preparation:

1. Place the milk, rice, cinnamon stick, orange or lemon peel and salt in a medium saucepan and bring to a boil over medium heat. Immediately reduce heat to very low and simmer, stirring often and scraping bottom, for about 45 minutes. Add the raisins and sugar and simmer for another 15 minutes. Stir often to keep from sticking to the bottom of the pot. Remove from heat and stir in the butter and vanilla. Adjust sugar to taste and serve hot or cold, sprinkling the top with some ground cinnamon.

Baked Pork Chops

Ingredients:

- 4 pork chops, 1 inch thick
- ½ cup flour seasoned with salt, pepper, paprika & cumin
- 2 tablespoons vegetable oil
- 4 lemon slices
- ½ cup ketchup
- ½ cup water
- 2 tablespoons brown sugar

Preparation:

1. Dredge pork chops in seasoned flour. Heat oil in a large skillet and sear chops on both sides. Place in a single layer in a baking dish and top each chop with a lemon slice. Combine catsup, water and brown sugar. Pour over chops.

2. Cover and bake at 350 degrees Fahrenheit for 30 minutes. Uncover and bake 30 minutes longer.

Barbecued Sirloin Steak

Ingredients:

- 2 pounds sirloin steak
- ½ cup extra virgin olive oil
- 1 cup ketchup
- 1/3 cup soy sauce
- 2 tablespoons brown sugar
- 1 medium green pepper, chopped
- 1 medium onion, sliced
- Salt and pepper to taste

Preparation:

1. Season steak with salt and pepper. Combine all other ingredients and pour over steak in a glass or plastic dish. Let marinate in refrigerator at least 5 hours or overnight. Broil or grill to desired doneness

Roast Chicken with Two Stuffing

Ingredients:

- 3 tablespoons butter, plus 4 tablespoons butter, softened
- 1 small whole garlic clove, peeled
- 1 cup soft fresh crumbs made from homemade-type white bread trimmed of crusts and pulverized in a blender or finely shredded with a fork
- 4 tablespoons strained fresh lime juice
- 1 tablespoon finely grated fresh lime rind
- 4 tablespoons plus 1 teaspoon dark rum
- 1 teaspoon dark-brown sugar
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground hot red pepper
- 1½ teaspoons salt
- Freshly ground black pepper
- 3 medium-sized ripe bananas
- 4 pounds whole roasting chicken
- 1 cup chicken stock, fresh or canned

Preparation:

1. Preheat the oven to 350°F. In a heavy 6- to 8 inch skillet, melt 3 tablespoons of butter over moderate heat. When the foam begins to subside, drop in the garlic and stir for 10 to 15 seconds. Remove and discard the garlic; add the bread crumbs and stir until they are crisp and brown. Off the heat stir in 3 tablespoons of the lime juice, the lime rind, 1 tablespoon of the rum, the brown sugar, nutmeg, red pepper, 1 teaspoon of the salt and a few grindings of pepper, and taste for seasoning. Set the stuffing aside.
2. Peel and chop the bananas fine, and drop them into a small bowl. Add the remaining tablespoon of lime juice, 1 teaspoon of the rum, the remaining ½ teaspoon of salt, and a few grindings of pepper, and toss the ingredients about with a spoon to combine them thoroughly. Pat the chicken completely dry inside and out with paper towels. Fill the breast cavity with the banana stuffing and close the opening by lacing it with skewers or sewing it with a large needle and heavy white thread.
3. Fill the smaller neck cavity with the bread-crumbs stuffing and skewer or sew the opening shut. Truss the chicken securely and, with a pastry brush, coat it thoroughly with the 4 tablespoons of softened butter. Place the bird on a rack in a shallow roasting pan just large enough to hold it comfortably and roast in the middle of the oven for about 1½ hours, basting occasionally with the juices as they accumulate in the pan.
4. To test for doneness, pierce the thigh of the bird with the point of a small, sharp knife. The juice that trickles out should be pale yellow; if it is tinged with pink, roast the chicken for another 5 to 10 minutes. Transfer the bird to a large, heated platter, cut off and discard the trussing strings, and let the chicken rest for about 5 minutes for easier carving. Meanwhile, skim the fat from the juices in the pan and pour in the cup of stock.
5. Bring to a boil over high heat, stirring and scraping in any brown particles

clinging to the bottom of the pan. Cook the sauce briskly for 2 or 3 minutes, taste for seasoning, and pour it into a small bowl or sauceboat. Just before serving, warm the remaining 3 tablespoons of rum in a small pan over low heat. Ignite the rum with a match and pour it flaming over the chicken.

Crab, Shrimp and Okra Gumbo

Ingredients:

- 1 pound lump crab meat, cooked
- 1 pound shrimp, cooked, peeled and deveined
- 6 tablespoons butter or margarine
- 6 tablespoons flour
- 1 onion, chopped
- 1 green pepper, chopped
- 2 tablespoons green onion, chopped
- 1 garlic clove, minced
- 4 cups chicken broth
- 1 15-ounce can tomato sauce
- 1 tablespoon parsley, chopped
- ½ teaspoon salt
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon cayenne pepper
- 2 drops hot pepper sauce
- 1 pound okra, cut, cooked and drained (or 1 can okra)
- 1 lemon, sliced
- 3 cups cooked rice

Preparation:

1. In a heavy 4 to 5-quart Dutch oven, melt butter; blend in flour. Cook slowly, stirring constantly, over medium heat until medium brown in color, approximately 10 to 15 minutes. Add onions, green peppers, green onions and garlic. Cook, stirring constantly, until lightly browned. Gradually stir in chicken broth.
2. Add tomato sauce, parsley, salt, thyme, cayenne, bay leaf and hot pepper sauce. Bring to a boil; lower heat and simmer 30 minutes. Add okra, lemon slices, crab meat and shrimp. Cover and simmer 5 minutes or until shrimp are pink and tender.
3. Remove and discard lemon slices. Serve by ladling gumbo over mounds of cooked rice in deep soup bowls.

Pork Dish Marinated With Chives

Ingredients:

- 2 pounds pork cut in cubes
- 1 cup chopped onions

- ¼ cup chives, chopped
- ½ cup lime juice
- ¼ cup water
- Pinch of thyme
- ¼ teaspoon salt

Preparation:

1. Put all ingredients in bowl and allow marinating a few hours. Drain. Heat some oil, brown meat, and then add marinade and simmer over low heat 30 minutes covered. Remove lid and increase heat to eliminate any liquid. Serve hot with rice or noodles.

Crawfish Monica

Ingredients:

- 1 pound pasta, cooked, drained and rinsed
- ½ cup butter
- 6 garlic cloves, minced
- 1 cup green onions chopped pound crawfish tails, boiled & peeled OR 1 pound shrimp OR lump crab OR diced conch
- 2 cups half-and-half or one 14-ounce can evaporated milk
- 1 tablespoon Creole seasoning

Preparation:

1. Prepare pasta. Set aside. Melt butter in a large skillet and saute garlic and onions for 3 minutes. Stir in seafood and saute 3 minutes. Add half-and-half and Creole seasoning, stirring constantly until sauce thickens, about 5 minutes. Combine with pasta. Warm over low heat until heated through.

Sliced Banana Fritters

Ingredients:

- 6 bananas, medium ripe & firm
- 1 batch Thin Fritter Batter
- Cooking oil
- Powdered sugar

Preparation:

1. Prepare batter. Slice bananas in half lengthwise. Heat 2 inches of oil in a large skillet to 375 degrees Fahrenheit. Carefully dip banana halves into batter and place into hot oil. Fry a few at a time, turning once, 2 or 3 minutes until golden brown. Drain on absorbent paper. Sprinkle with powdered sugar and serve immediately.

Holy See (Vatican City)



Chunky Barbecued Chicken Salad

Ingredients:

- 1/3 cup barbecue sauce
- 1/3 cup mayonnaise
- 1 canned chipotle chili in adobo, optional
- 2 pounds leftover
- Barbecued or plain grilled chicken
- 1 small red onion
- 1 red bell pepper
- 1/2 cup fresh cilantro sprigs

Preparation:

1. In a large bowl whisk together barbecue sauce and mayonnaise.
2. Wearing rubber gloves, finely chop chipotle and whisk into dressing. Discard bones from chicken and cut meat into 1/2 inch pieces.
3. Finely chop enough onion to measure 1/3 cup. Finely chop bell pepper and cilantro separately and add to dressing with chicken and onion, stirring to combine well. Season salad with salt and pepper.

Stuffed Bresaola

Ingredients:

- 1 pound beef tenderloin

- 1 1/2 tea spoons white wine vinegar
- 1 tea spoon fennel seeds, ground
- 1/2 tea spoon cinnamon
- Salt and pepper to taste
- 1/2 tea spoon lard
- 2 slices prosciutto
- 2 cloves garlic
- 2 egg yolks
- 1/4 cup parmesan cheese
- 1 table spoon parsley, minced
- 1 1/2 tea spoons mint, minced
- 1 tea spoon thyme, minced

Preparation:

1. Cut the beef loin into slices roughly the size of your hand. Flatten with a meat mallet and drizzle with the vinegar.
2. Sprinkle with the ground fennel, cinnamon, salt and pepper. Stack the pieces and let marinate in the fridge for a couple of hours.
3. Now rub the meat pieces with the lard and prosciutto*. In a small bowl, mix the garlic and egg yolks with the cheese, parsley, mint and thyme. Add a little more pepper to taste.
4. Spread this mixture over the beef slices and roll up. Place on a skewer with a piece of bacon and a sage leaf between each roll.
5. Pan cook until medium-rare.

Cato's Cheese Bread (Libum)

Ingredients:

- 1 cup feta cheese, drained and crumbled and packed into a measuring cup (you can also use 1/2 cup feta and 1/2 cup cottage cheese for economy)
- 1/2 cup unbleached all-purpose flour
- 1 egg, beaten
- 6 bay leaves
- 2 tablespoons honey (optional)

Preparation:

1. Put the cheese in a mixing bowl or food processor and mash well until it becomes a smooth, lumpless paste. Add the flour and mix well with the fingers. Add beaten egg and mix. The dough will be sticky.
2. Divide the dough into two equal parts and form two round, flat cakes about 1/2 " thick. Lay each on 3 bay leaves set on a greased baking sheet and back in a preheated oven at 400° for 1 to 1 1/2 hours or until cooked through.
3. Remove the loaves from the oven. You may spread them with honey. Remove the bay leaves before serving.

Cato's Grape Bread (Mustaceus)

Ingredients:

- 4 cups unbleached, all-purpose flour
- ½ cup lard or shortening
- ¼ cup feta cheese crumbled and mashed into a paste
- 1 teaspoon cumin seed, ground
- 1 teaspoon anise seed, ground
- 1 ½ cups grape juice, purple or white
- 1 package dry yeast
- 8 bay leaves

Preparation:

1. Place flour, lard, cheese, cumin, anise and yeast in a large bowl and blend well. Add the grape juice and mix well until the juice is absorbed and evenly distributed. Dough will be damp and sticky, but should have no dry areas. If it does, continue mixing until they go away.
2. Let the dough rest 5 minutes. Sprinkle 1 to 2 tablespoons of flour over the dough and knead on a floured surface for 5 to 10 minutes or until the dough is smooth, elastic and only slightly sticky. Add more flour if needed Let the dough rest 2 minutes.
3. Knead dough for 30 seconds more, return to the bowl, cover with a towel and let rise at room temperature for 3 hours.
4. Sprinkle the top with flour. Punch down and form the dough into four rectangular loaves (4" by 2" by 1 ½ ") Place 2 bay leaves on the bottom of each loaf and lay them leaf-side down on a greased cookie sheet. Cover with a towel and let rise for one hour.
4. Bake in a preheated 400° oven for 35 minutes, until the loaves are brown on top and make a hollow sound when tapped. Remove by leaves and serve when cooled.
5. If you want unleavened bread, leave out the yeast, knead the dough thoroughly and bake at 350 degree for about 2 hours.

The Pope's Fettuccine

Ingredients:

- 3 Table spoons butter
- 1 onion, finely chopped
- 4 ounces prosciutto, diced
- 3 eggs
- 2 Table spoons heavy cream
- 1 1/2 cups parmesan reggiano
- 1 pound cooked fettuccine noodles
- fresh cracked blacked pepper, as desired, but preferably a lot.

Preparation:

1. Whisk together the eggs, heavy cream, and parmesan cheese. Set the mixture

aside.

2. Use the best quality cheese you can afford: it will melt better and make for a creamier pasta dish
3. Boil your noodles, drain, and toss them with a bit of oil or butter to keep them from sticking.
4. Meanwhile, in a large skillet, fry the onion in butter until totally soft.
5. Typically, the onion in this pasta dish doesn't take on color. Be sure to adjust the heat lower so that the onion doesn't take on color as it cooks.
6. Add in the prosciutto and heat it for a few moments until fragrant.
7. Toss hot, drained noodles and turn off the heat.
8. Dump the egg mixture onto the hot noodles and toss thoroughly with fresh cracked pepper (or you can let your guests add their own).
9. As you stir the ingredients together, the eggs will thicken and the cheese will melt, all thanks to the residual heat of the pasta.
10. Finally, be sure to add a lot of pepper.

Pope's Valentine Cookies

Ingredients:

- 1/2 pound butter, softened
- 2 1/2 cups sifted all-purpose flour
- 1 cup sifted confectioners' sugar

Preparation:

1. Preheat oven to 325 degrees F (170 degrees C).
2. Mix butter in a mixer until light, add remaining ingredients.
3. Knead until velvety. Roll one-half of the dough at a time to about 1/4 inch thickness using the smallest amount of flour possible.
4. Cut out and bake on a lightly greased pan for 12 minutes.
5. Finally, cookies will be almost white when cooked.

Honduras



Flour Tortillas with Beans and Cheese

Ingredients:

- Flour tortillas - 8
- Refried beans - 2 cups
- Crumbled queso duro, cotija or feta cheese - 1/2 cup
- Sour cream - 1/4 cup

Preparation:

1. Heat an ungreased griddle, comal or skillet over medium flame. Meanwhile, heat up the refried beans in a saucepan, stirring in a little water.
2. Place a tortilla into the skillet and heat it on both sides to soften it up. Place the tortilla on a serving plate. Smear some refried beans on one half of the tortilla, sprinkle it with some crumbled cheese and drizzle it with a little sour cream. Fold the tortilla in half over the filling. Repeat with the remaining tortillas and serve hot.

Mango Avocado Salsa

Ingredients:

- 1 mango, peeled and diced
- 2 avocados, peeled and chopped
- 1 tomato, diced into very small pieces
- 1/8 red onion, diced
- 1 red pepper, diced into very small pieces
- 1 dash garlic powder
- 1 dash lime juice

Preparation:

1. Cut up the mango avocados, tomato, red onion and red pepper in to the amounts described. For extra flavor, add a dash of garlic powder and/or a dash of lime juice. Then when all the work is done, let it sit in the bowl for about 20 minutes or over night with a plastic wrap over it to keep its flavor. After that, all you have to do is serve it with chips and enjoy!

Chicken Salad Wraps

Ingredients:

- 4 cups chopped cooked chicken
- 2 cups coarsely shredded cabbage
- 1 large tomato, diced
- 3/4 cup salad dressing
- 1 teaspoon hot sauce
- 1 teaspoon salt
- 6 flour tortillas

Preparation:

1. Mix all ingredients together except tortillas. Divide chicken mixture among tortillas; roll up.

Simmered Beef

Ingredients:

- 1 pound bottom round of beef. Trim any excess fat
- 2 teaspoons olive oil
- 1 small chopped onion
- 4 cloves minced garlic
- 1/8 Cup white flour
- 1 can (15 ounces) stewed tomatoes
- 1 can (7 ounces) diced green chilis
- 1 jalapeño - diced
- 1/4 Cup water
- 1/4 Cup red wine
- 1/2 teaspoon oregano
- 1/2 teaspoon cumin
- Salt to taste.

Preparation:

1. Cut meat into 1 inch pieces. Brown meat in olive oil. Add onion and garlic, cooking until soft. Sprinkle the flour over the browned meat; cook 2 minutes. Then, add remaining ingredients. Stir. Cover and simmer on very low for 1 to 1.5 hours, checking and adding water/wine as needed. Stir occasionally. To serve, garnish with sour cream or plain, unsweetened yogurt on tortillas/tacos with cheese, lettuce, diced tomatoes, your favorite finishing.

Mixed Greens with Sweet Potatoes and Feta Cheese

Ingredients:

- 3/4 pound sweet potatoes, peeled and cut into 1/4 to 1/2 inch dice
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon balsamic vinegar
- 3 cloves of garlic
- 1/2 t of Dijon mustard
- 1/4 C of buttermilk
- 10 ounces of fresh greens
- 4 ounces fresh feta cheese

Preparation:

1. Steam the sweet potato for 5-8 minutes. Just tender. Remove and drain on paper towels. Get the steamed potatoes very dry. Heat 2 t of olive oil in medium skillet over medium heat. Add potatoes, shaking pan often for 15 minutes. Remove when crisp and drain again on paper towels. Mix together the lime juice,

balsamic vinegar, garlic, mustard, salt pepper, and remaining olive oil and buttermilk. Whisk in a blender. Place greens and cheese in a salad bowl and toss with the dressing. Top the salad with the sweet potatoes. Serve with tortillas.

Tortillas

Ingredients:

- 1 cup of masa mix
- 3/4 cup of water

Preparation:

1. Mix for 2 minutes or until you have a solid ball. Add only a little at a time until the right consistency occurs. Divide into 8 pieces. Moisten a kitchen towel and keep it over the dough during the entire time. Place one piece of the dough on your tortilla press between pieces of wax paper. Press firmly and peel the tortilla off the press. Toss the tortillas onto an ungreased iron griddle, turning just as they begin to burn. Keep tortillas warmed under a kitchen towel while others are cooking.

Grilled Steak

Ingredients:

- Flank or skirt steak - 2 to 3 pounds
- Onions, thinly sliced - 1 to 2
- Oranges, juice only - 2 to 3
- Salt and pepper - to season
- Oil - 1/4 cup

Preparation:

1. In a large stainless steel or glass bowl, mix the meat with the onions, orange juice, salt, pepper and oil. Cover and marinate at least 1 hour, or better yet overnight. Start a good fire in your grill, preferably with mesquite charcoal. Remove the meat from its marinade, pat dry and grill over hot flame until the first side is well browned, from 5-7 minutes. Turn the meat over and grill on the other side until cooked to desired doneness. Remove to a clean platter. Slice meat into thin strips across the grain and serve as a topping for tostadas or as a filling for tacos or burritos.

Conch Soup

Ingredients:

- 1 pound of conch
- 2 shredded coconuts
- 3 green bananas
- 2 carrots
- 2 pounds of yucca - it is better if you use yellow yucca

- 2 garlic teeth
- 2 large onions - yellow or white
- 2 green peppers
- 2 bouillon cubes
- 1/2 cup of coriander - small leaf
- 1/2 cup of coriander - broad leaf
- 1/8 cup of margarine
- 1 cup of coconut milk

Preparation:

1. Cut up the onions, garlic, green peppers. Peel and cube all vegetables (except the bananas) and fast fry them in the margarine. Add the bouillon cubes and the coriander. Liquefy together the meat and the milk of the coconuts, sift the mixture - you may need to add some water to get it all out. Should end with approximately 3/4 liter of coconut milk.

2. Add this to the fast fried vegetables, let it simmer around 15 to 20 minutes. Add the bananas and simmer for another 7 minutes or until the bananas are soft. Add the conch, peeled, and cut in small pieces; let it simmer for five more minutes.

Plantain Pancakes

Ingredients:

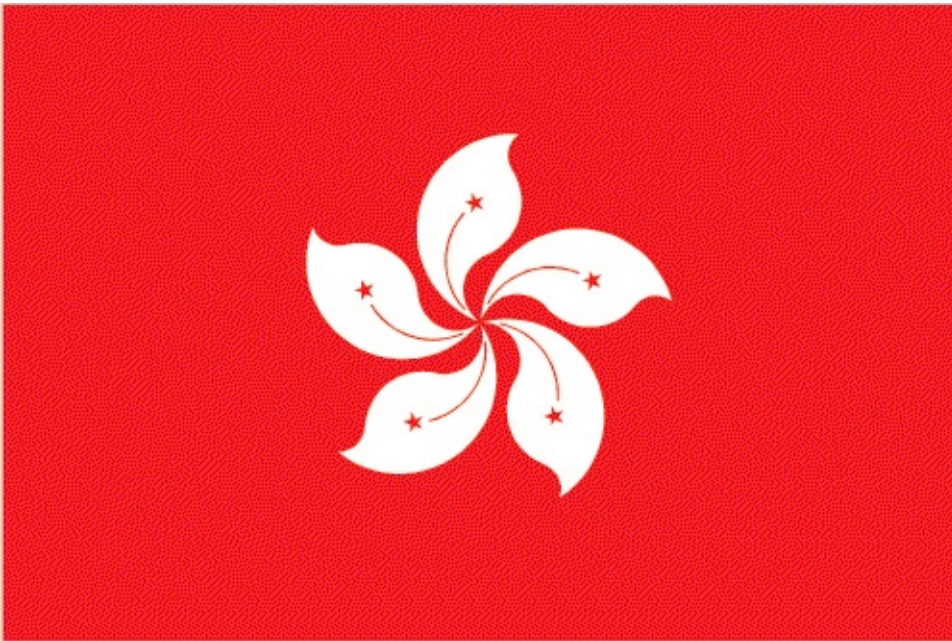
- 3 very ripe plantains
- 3 tablespoon flour
- 4 tablespoon melted butter
- 2/3 cup cooked white beans
- 2/3 cup shortening

Preparation:

1. Boil and mash plantains; add flour and butter and mix thoroughly. Fry the beans in 1 tablespoon shortening for about 5 minutes. Heat remaining shortening in another frying pan, add plantain mixture, 1 tablespoon at a time, and spread with a fork so that it will take the shape of a small pancake. Fry the "pancakes" for about 5 minutes, place a teaspoon of the fried beans on each and fold. Fry the stuffed pancakes, covered, three minutes on each side or until brown.



Hong Kong



Vegetable Style

Ingredients:

- 2 cups mixed vegetables
- 1 capsicum , chopped into big pieces
- 2 teaspoon finely chopped ginger (adrak)
- 1 teaspoon finely chopped garlic (lehsun)
- 3 to 4 whole dry kashmiri red chilies , broken into pieces
- 2 tablespoon soy sauce
- 2 teaspoon vinegar
- 2 teaspoon chili sauce
- 1 1/2 cups clear vegetable stock or water
- 2 tablespoon cornflour mixed with 1/4 cup water
- pinch of sugar
- 2 tablespoon oil
- salt and freshly ground black pepper powder to taste

Preparation:

1. Heat the oil in a wok or frying pan on a high flame. Add the vegetables, capsicum, ginger, garlic, dry red chilies and stir-fry over a high flame for 2 minutes. Add the soya sauce, vinegar, chili sauce, sugar, salt and pepper and mix well.

Add the corn flour paste and stock and simmer for some time, till the sauce thickens. Serve hot.

Chow Mein

Ingredients:

- 3 ounces thin egg noodles (1-2 packages regardless of ounce, steamed)
- 3/4 cup corn oil or 3/4 cup vegetable oil
- 1 cup marinated beef (or pork, chicken, shrimp, etc)
- 1 sliced round onion
- 1 minced garlic clove
- 4 celery ribs (diced)
- bean sprouts
- 1 (16 ounce) can chicken stock
- 8 3/4 ounces sliced button mushrooms (small can)
- 8 3/4 ounces sliced bamboo shoots (small can)
- 8 3/4 ounces sliced water chestnuts (small can)
- 2 tablespoons cornstarch
- 1 pinch baking soda
- 1/2 teaspoon sherry wine
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil

Preparation:

1. Marinate selected meat(s) with 1 teaspoon of corn starch, 1/2 teaspoon of sherry, 1/2 teaspoon of soy sauce, garlic, and a pinch of baking soda. Set aside for 15 minutes or longer. Heat wok or large pot with 1 cup corn or vegetable oil until smoking. Pan fry fresh noodles until crispy golden brown and set aside in a serving container or platter.
2. Sear meat(s) and set aside with noodles for later. Add a little oil to the wok (approx. 2 tablespoons) and stir fry veggies except for the bean sprouts. Mix chicken stock with corn starch to thicken sauce and add rest of the ingredients. Either mix noodles with the thickened sauce or serve over the fried noodles (Hong Kong Style).
3. Flavor with sesame oil and garnish with cilantro for presentation. Noodles are available as packaged fresh thin “steamed” egg noodles in Asian markets not to be confused with the thin “egg noodle balls” for won ton soups.

The latter tends to get goeey and starchy when using lower heat temperature home stoves.

Shrimp Casserole with Korean Sweet Potato Noodles

Ingredients:

- 80 gramsrams Korean sweet potato noodles
- 5 shallots, skinned and halved
- 2 sprigs coriander, chopped
- few pieces lettuce, optional

- 1 teaspoon white wine
- 2 tablespoon cooking oil
- 1 tablespoon corn starch paste

Broth:

- 1 cup stock
- 1 teaspoon oyster sauce
- 1/4 teaspoon salt, or to taste
- 1/2 teaspoon fish sauce
- 1/2 teaspoon soy sauce

Marinades for shrimps:

- 1/4 teaspoon salt
- pinch of ground white pepper

Preparation:

1. Soak sweet potato noodles in cold water for about half an hour, or until soft. Drain, scissor them into sections if too long. Rinse thawed shrimps, trim off feet and sharp end of the shrimp heads by using a scissor. To devein a shrimp, scissor (or use a knife to cut) its shell along the back from the head end to the tail end. Then, use the tip of your knife (or a toothpick) to take out the black vein that runs along the center of the back.
2. Rinse the deveined shrimps under cold running water to remove further dirt. Pat dry. Marinade shrimps for about half an hour (better to keep them in fridge). Heat wok (or skillet) over medium heat with oil, sauté shallots until brown and fragrant. Gently lay shrimps flat in wok. As the down sides turn pink, about a minute, flip and fry the other side the same way.
3. Cook till shrimps are just opaque, about 1 to 2 minutes on each side when you shall also smell their aromas float, sprinkle wine. Dish up shrimps when done, leave shallots and any excess oil in wok (you may lower heat to avoid rushing or burning). Add in coriander, stir well broth and pour in. Bring it to a boil. Drop noodles into the broth. While they simmer again, transfer to a casserole, add in shrimps. Give them a brief boil, about half to one minute, then thicken with well-mixed corn starch paste. Stir well. Add lettuce toward the end if using. Serve hot.

Easy Hot and Sour Sweet Potato Noodles

Ingredients:

- 200 grams sweet potato noodles
- 2 teaspoon cooking oil
- 2 tablespoon roasted peanuts, coarsely ground
- 2 sprigs green onions, thinly sliced

Hot and sour sauce:

- 4 teaspoon soy sauce
- 4 teaspoon Chinese black vinegar

- 2 teaspoon sugar
- 3 teaspoon sesame oil
- 2 teaspoon finely chopped garlic
- 2 dried red chili peppers, coarsely chopped
- 2 teaspoon Sichuan peppercorn powder, freshly ground preferred
- pinch of salt to taste

Preparation:

1. In a bowl, mix sauce ingredients, whisking well. Divide into 2 bowls. Set aside. Cook sweet potato noodles according to instructions (to avoid noodles sticking together, add cooking oil to the water for boiling). Drain noodles. If the instructions suggest that the noodles should be slightly tender, not cooked through, then you may want to cook them for about half minute more. Divide the hot noodles into the 2 bowls, dress them well with the sauce, and top each portion with green onions and roasted peanuts.

Tofu Steak with Spicy Mussel Sauce

Ingredients:

- 400 grams firm tofu
- 6 mussels, I used frounceen ones, each measuring about 5cm each in length
- 1/4 carrot
- 6 cloves garlic, finely chopped
- 1 knob ginger, about half of thumb size, finely chopped
- 1 tablespoon cooking oil
- 1 sprig green onion, thinly sliced

Sauce:

- 3/4 tablespoon Korean chili sauce
- 1 teaspoon soy sauce
- 1 teaspoon sugar
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 3/4 cup water
- salt to taste
- 2 teaspoon corn starch paste

Preparation:

1. Thoroughly thaw mussels, de-bread if any. Wash and pat dry. If they don't smell fresh (the clean ocean smell) enough, blanch them in boiling water for a few seconds. Drain and pat dry. Don't buy or use mussels that smell fishy.

2. To chop the mussels, lay them flat on chopping board, slice each horizontally into two equal pieces. Cut the sliced mussels length-way into thin strips, then

rotate them 90 degrees, lining up evenly, and chop, resembling about 1/3cm dices. Collect any juices leached from the mussels.

3. Peel and cut carrot into similar size of chopped mussels. Mix chili sauce, soy sauce, sugar, vinegar, sesame oil and any liquid collected from the chopped mussels with 1/2 cup of water; set aside. Slice tofu into about 1 cm slices, prepare (salt, bolt dry) and pan-fry them. Dish up.

4. Heat oil in wok over medium heat, sauté garlic and ginger until fragrant and lightly brown. Toss in carrots and mussels, stir-frying constantly, again until lightly brown, about 1-2 minutes.

Pour in chili sauce mixture, stirring well. Bring it to a boil, add salt to taste, thicken with corn starch paste to your desired consistency (or add remaining water if required). If you prefer to have the tofu (fried or not fried) completely coated in the sauce, do it (simmer them together) before the salt is added and the sauce is thickened. Arrange fried tofu on dish and pour sauce over it. Garnish with green onion. Serve hot.

Grilled Squid with Teriyaki Sauce

Ingredients:

- 1 squid or 230 gramsrams

Teriyaki Sauce:

- 2 teaspoon brown sugar

- 4 teaspoon cooking wine

- 2 tablespoon sake

- 2 tablespoon soy sauce

Thickening:

- 1/2 teaspoon corn starch mixed with 2 teaspoon water

Marinades for squid:

- 1 teaspoon grated ginger

- 1/4 teaspoon salt

Preparation:

1. Cleaning: Tear apart the head of squid from its body. Chop off the beak and eye portion but reserve the tentacles. Discard the transparent bone inside. To make washing the inner part easy, also cut off 2 to 3 cm length (but reserve it for grilling as well) from the base part of the body. Tear off the thin membrane from the body tube and tentacles. Wash, rinse the squid under running water until clean. Drain dry

2. Before grilling: Massage the squid with marinades and let it stand for about 15 minutes

Bring about 3 to 4 cups of water in a pan to a boil (sufficient for submerging the whole squid). Briefly blanch the squid including the tentacles for 10 to 15 seconds,

after which you shall find the meat contracted and the squid body turn into a relatively firmer tube. Dish up quickly in order not to over-boil it. Pat dry. Slice the body crosswise, about 1.5 cm apart, but having the cuts about halfway through so that the rings are still attached.

3. Preparing teriyaki sauce: In a saucepan, combine all ingredients (except thickening) for teriyaki sauce. Over low heat, simmer, and gently stir with a spatula until sugar dissolved. Then thicken with thickener and remove from heat.

4. Grilling: Preheat oven on grill to 350 degree Fahrenheit. Brush about half of the teriyaki sauce all over the squid. Lightly oil an oven-safe dish, arrange squid and tentacles on it. After grilled for 5 minutes, take out dish and glaze the squid with another layer of sauce. Return to oven and grill for another 5 minutes, or till done. Dish up and serve hot.

Cabbage Stir Fried with Beef

Ingredients:

- 100 grams thinly sliced beef
- 2 flat tablespoon cabbage kimchi
- 1 clove garlic, finely chopped

Marinades for beef:

- 1 teaspoon kimchi sauce
- 1/4 teaspoon soy sauce
- 1/4 teaspoon corn starch
- 1/4 teaspoon oil
- 1/2 teaspoon oil for frying

Preparation:

1. Marinade beef first with soy sauce and kimchi sauce, then add corn starch and oil for sealing the flavor and juice of the meat. Mix well. Heat wok over medium heat, add oil. When heated, sauté garlic until slightly brown, toss in beef. As it is half done, add in cabbage kimchi, stir well till beef is done. Serve hot.

Shrimps in Tomato Soup

Ingredients:

- 6 shrimps or 180 grams
- 2 tomatoes or 250 grams, quartered
- 3 heads of shallot, thinly sliced
- 1 head of fresh galangal, sliced
- 2 stalks of lemon grass, crashed and sliced (remove any bruised outer bupounds)
- 2 bird's eye chilies, sliced

- 4 lemon leaves, make some cuts on them
- 2 teaspoon oil
- 3 cups water

Marinades for shrimps:

- 1/8 teaspoon salt

1/8 teaspoon ground white pepper

1/8 teaspoon corn starch

Seasonings:

- 1 1/2 teaspoon fish sauce
- 1/2 teaspoon chili paste
- juice of 1 lime
- salt to taste

Preparation:

1. Defrost shrimps, rinse, peel, devein them but with tails intact. Marinades them for about 15 minutes. Reserve heads and shells of shrimps. Over moderate heat, heat 2 tea spoons of oil in a saucepan, sauté shallots, tomatoes, shrimps' heads, shells till fragrant, 1 to 2 minutes. Pour in 3 cups of water, add in sliced galangal and lemon grasses, bring it to a boil. Turn to low heat, let the stock simmer for about 15 minutes, Pick out all shrimp's heads, shells and discard them. Add in peeled and marinated shrimps, lemon leaves, chilies and seasonings (except salt). Turn heat to medium and let the soup boil for another 3 minutes. Add salt to taste. Serve hot.

Pork Sauce Rice

Ingredients:

- 200 gramsrams ground pork
- 2-3 cloves garlic, finely chopped
- 2-3 cloves shallot, finely sliced
- 1 teaspoon finely chopped ginger
- 1 tablespoon cooking oil (I used rice barn oil)
- 1 sprig spring onion, finely sliced
- 2 bowls cooked rice

Sauce:

- 1 teaspoon dark soy sauce
- 1 teaspoon light soy sauce
- 1 teaspoon rice wine
- 1 tablespoon rock sugar
- 1 cup water

Marinades for pork:

- 1/4 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1/4 teaspoon corn flour
- 1 teaspoon oil

Preparation:

1. Marinade pork. Add salt and ground white pepper first before coating it with corn flour and oil; leave for 15 to 30 minutes. Heat 1 table spoon of oil in a pan over low to medium flame. Sauté garlic, ginger, shallot until fragrant. Add in marinated ground pork and stir fry. When the meat turns lightly brown, mix in ingredients for sauce. Even out the pork, cover and simmer for 8 to 10 minutes. As sauce is reduced to 1 to 2 table spoons, sprinkle in sliced spring onion and mix well. Check taste, dish up the meat sauce including any residual oil in the pan and serve hot with rice.

Fried Fish Cake

Ingredients:

- 200 grams white fish fillet
- 1/2 teaspoon corn starch or potato starch
- 1/4 teaspoon sea salt
- 2 teaspoon water
- 2 sprigs coriander, finely chopped
- 2 lime leaves, roll up and shred like this
- 2 tablespoon cooking oil
- 1-2 red chilies, thinly sliced, optional

Seasonings:

- 1/4 teaspoon fish sauce
- 1/2 teaspoon brown or shaved palm sugar
- 1 tablespoon red curry paste
- 1/8 teaspoon ground white pepper

Preparation:

1. Defrost fish fillet, skin (if any), clean, pat dry, cut into chunks. In a food processor, add corn starch, sea salt, water and process fish fillets until smooth, about half to one minute. You may need to stop the processor once or twice to scrape down the meat to process thoroughly. Transfer to a big bowl. Using a wooden spoon, stir the fish paste in one direction until the lumps are bouncy. It is important to do the stirring in one direction, about 10 minutes, or the meat won't turn bouncy.

2. Add in seasonings, chopped corianders, shredded lime leaves and mix well. Using two greased spoons, form heaping tablespoonful of fish paste and flatten

into thick discs. Heat pan and oil over medium heat, when the oil looks slightly wavy, regulate flame to low. Lay fish paste onto the pan one by one.

3. Do not move patties until the downsides turn golden browned, about 3 minutes. Then, lift and flip patties, brown the other sides until done. Red curry pastes differ in saltiness, so you may want to sample frying one small patty before doing the whole batch. To increase hotness, add one or more sliced red chilies to your liking. Serve hot with chili sauce, or Thai hot and sour sauce.

Braised Pork Spare Ribs with Taro and Coconut Sauce

Ingredients:

- 200 grams pork spare ribs, diced
- 300 grams taro
- 3 shallots, thinly sliced
- 4 sprigs spring (green) onion, cut into ~3 cm length
- 1/3 teaspoon salt, for marinading taro
- 2 tablespoon oil

Sauce:

- 250 milliliters coconut milk
- 1 1/2 cup water
- 1/3 teaspoon salt
- 1/8 teaspoon ground white pepper

Marinades for pork:

- 1/3 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon ground white pepper
- 1/4 teaspoon yellow wine
- 1/4 teaspoon corn starch
- 1/4 teaspoon ginger juice

Preparation:

1. Wash pork ribs clean, pat dry, and marinade for no less than 15 minutes. Peel taro, wash it clean, pat dry and cut into slices, about 3/4 cm thick. Heat oil in wok over medium heat, pan-fry sliced taro until turned slightly golden, 2 to 3 minutes for each side. Transfer taro to a dish, marinade with salt and set aside; saute shallot and fry spare ribs for 1 to 2 minutes until they are lightly seared.

2. When pork is seared, drop in spring onions (reserve some for garnishing). Pour in 1 1/2 cup water and about 1/3 of the the can of coconut milk. Stir well and bring it to a simmer. Cover wok and turn heat to the lowest. Put in reserved taro, remaining coconut milk, salt and ground white pepper. Gently stir and turn to assemble well.

3. Transfer all in ingredients, including the sauce, in wok to a pot for serving. Over

a moderate heat, let the sauce simmer, bubble and reduce for a minute or so. Garnish with green onion. Serve hot.

Three Cup Chicken

Ingredients:

- 3 chicken drumstick or 300 gramsrams
- 5-6 sprigs spring onion, sectioned, white part only (reserve some for garnishing)
- 5-6 cloves garlic, skinned and lightly crushed
- a piece of ginger, 3 cm length, skinned and sliced

Sauce:

- 2 tablespoon rice wine
- 2 tablespoon dark soy sauce
- 2 tablespoon black sesame oil
- 10 gramsrams rock sugar

Preparation:

1. Thoroughly thaw chicken drumsticks if they are frounceen. Wash and pat dry. Chop them into chunks.

Over low to medium flame, heat sesame oil in pot. Briefly sauté ginger slices and garlic until lightly browned, about 1 to 2 minutes. Drop in spring onions, followed by chicken pieces, then keep stir-frying for about a minute, or until the meat no longer looks pale. Add wine, soy sauce and rock sugar; stir-well and bring to a simmer.

2. Switch to low flame, cover, cook for 10 to 15 minutes or until the chicken meat are tender. You may want to check once or twice in between to flip and turn the chicken pieces, making sure there is no sticking and the sauce does not get dried. If the sauce gets too thick, add 1-2 spoons of water.

3. The resulting sauce should be thick enough that it clings well to chunks of the meat. In case your sauce is rather runny, simmer the chicken a bit longer. Or, if you actually like a thinner sauce, you may need to add a pinch of salt to supplement the taste of diluted dark soy sauce. Serve hot.

Chicken Curry with Onions

Ingredients:

- 4 chicken drumsticks 500 gramsrams
- 2 potatoes or 400 gramsrams
- 1 carrot or 200 gramsrams

Curry sauce:

- 1 tablespoon oil

- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1 teaspoon paprika powder
- 1 red onion, diced or 200 grams
- 2 pcs bird eye red chili, finely chopped
- 5-6pcs shallot, finely chopped
- 1 tablespoon ginger, grated
- 1 tablespoon garlic, finely chop
- 1 tablespoon palm sugar or brown sugar
- 1/2 cup coconut milk
- 1 cup water
- celery or 100 grams, finely chopped
- 1 tablespoon flour
- 3 tablespoon water for thickening

Seasonings/marinades for chicken and potatoes:

- 1 teaspoon salt for each
- few droplets of oil
- pinch of ground white pepper

Preparation:

1. Chop onion, garlic, shallot, and ginger as specified. Cut chicken, potatoes and carrots into about ~1 1/2cm chunks and apply marinades/seasonings to the first two. Heat one table spoon of oil over low to medium heat. First sauté curry, turmeric, paprika powder then followed by stir-frying together chopped shallot, garlic, onion until fragrant and slightly brown.
2. Add in coconut milk, chili and ginger. Keep stirring for a while to bring out the flavor of coconut. Pour in sugar and the cup of water, cover, brings to boil. Now it is time to put in carrot, potatoes and chicken drumsticks, and simmer for about 15 minutes. Add salt to taste. Thicken with flour paste and garnish with celery.

Stewed Beef Shank

Ingredients:

- 500 grams beef shank
- 2 tablespoon dark soy sauce
- 1 tablespoon light soy sauce
- 1 teaspoon cooking wine (I use Shaoxing wine)
- 1 teaspoon ground white pepper
- 30 grams rock sugar or brown sugar
- 2 sprigs spring onion (cut into 5 cm long)
- 6 slices ginger

Preparation:

1. Rinse shank and vertically cut it into 2 portions of similar diameter (~6-8cm), just to ensure that it will be stewed evenly. Add spring onion and 3 slices of ginger into 3 cups of water and bring it to boil. Scald shank in it for ~2 minutes (scalding with the ginger and spring onion will help remove the raw smell of beef). Drain water and set shank aside. Mix all remaining ingredients with 2 cups of water in a pot and bring all of them to boil. Then, transfer the scalded beef into pot, and cover. Stew it over low heat for ~1 hour; or until there is only 1/3 to 1/2 cup of sauce left. Dish up shank after cool and chill it with the sauce in fridge overnight. Slice the chilled shank, pour sauce on top and drizzle some sesame oil to taste.

Hungary



Goulash

Ingredients:

- 1/3 cup vegetable oil
- 3 onions, sliced
- 2 tablespoons Hungarian sweet paprika
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 3 pounds beef stew meat, cut into 1 1/2 inch cubes
- 1 (6 ounce) can tomato paste
- 1 1/2 cups water
- 1 clove garlic, minced
- 1 teaspoon salt

Preparation:

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside. In a medium bowl, combine

paprika, 2 teaspoons salt and pepper. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining 1 teaspoon salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

Mushroom Soup

Ingredients:

- 4 tablespoons unsalted butter
- 2 cups chopped onions
- 1 pound fresh mushrooms, sliced
- 2 teaspoons dried dill weed
- 1 tablespoon paprika
- 1 tablespoon soy sauce
- 2 cups chicken broth
- 1 cup milk
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ground black pepper to taste
- 2 teaspoons lemon juice
- 1/4 cup chopped fresh parsley
- 1/2 cup sour cream

Preparation:

1. Melt the butter in a large pot over medium heat. Saute the onions in the butter for 5 minutes. Add the mushrooms and saute for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover, and simmer for 15 minutes.

2. In a separate small bowl, whisk the milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally. Finally, stir in the salt, ground black pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil. Serve immediately.

Chicken Paprikas

Ingredients:

- 2 tablespoons bacon grease
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 3/4 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 3 tablespoons paprika
- 1 (2 to 3 pound) whole chicken, cut into pieces
- 1 cup water
- 1 (14.5 ounce) can diced tomatoes

- 2 tablespoons all-purpose flour
- 1 (8 ounce) container sour cream

Preparation:

1. Heat bacon grease in a large skillet over medium heat. Add onion, garlic, salt, red pepper flakes and paprika. Stir together and saute until onion is translucent. Add chicken pieces and pour water over all. Cook over medium heat for 1 hour, adding more water if necessary.
2. Stir in tomatoes, reserving liquid. Stir liquid into a medium bowl with flour and sour cream; mix until well blended, then slowly add mixture to chicken, stirring constantly. Cook until mixture is thick.

Authentic Goulash

Ingredients:

- 2 tablespoons butter
- 2 large onions, diced
- 2 pounds flank steak
- 1/8 teaspoon caraway seed
- 1/4 teaspoon dried marjoram
- 1 clove garlic, minced
- 5 tablespoons paprika
- 2 cups water
- 4 large potatoes, peeled and cubed
- salt and pepper to taste

Preparation:

1. Melt butter in a large soup pot over medium high heat. Saute onions until soft, then add beef and brown. Stir in caraway seed, marjoram, garlic and paprika.
2. Pour water over all, lower heat to low and simmer for 2 1/2 hours. Add potatoes and cook until tender, another 45 minutes to 1 hour.
3. Season with salt and pepper to taste and serve.

Flourless Hazelnut Cake

Ingredients:

- 12 ounces hazelnuts
- 2 teaspoons baking powder
- 6 egg yolks
- 5/8 cup white sugar
- 6 egg whites
- 1 pint heavy whipping cream
- 1/8 cup chopped hazelnuts, for garnish

Preparation:

1. Preheat the oven to 325 degrees Fahrenheit or 165 degrees Celsius. Grease and flour a 9 inches spring form pan. Grind hazelnuts until very fine. Add baking

powder and set aside. In a large bowl, whip the egg yolks with the sugar until pale yellow in color. Beat in the ground hazelnut mixture.

2. In a separate CLEAN bowl, with a CLEAN whisk, whip the egg whites until stiff. Quickly fold 1/3 of the egg whites into the yolk mixture, then add the remaining whites and fold in until no streaks remain. Pour into a 9 inch spring form. Bake in preheated oven for 60 to 75 minutes, or until top of cake springs back when lightly tapped. Cool on wire rack.

3. When cake is cool, slice horizontally into 3 layers. Whip the cream until stiff, and spread generously between layers, on top and on the sides of the cake. Sprinkle chopped hazelnuts on top for decoration.

Pork Chops

Ingredients:

- 4 pork chops
- salt and pepper to taste
- 1/4 cup all-purpose flour
- 1 cup sour cream
- 1/4 cup dry sherry
- 1/4 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon paprika
- 1 bay leaf

Preparation:

1. Season pork chops with salt and pepper to taste. Dredge seasoned chops in flour. Heat oil in a large skillet and brown season chops in oil (covering skillet with lid if desired). Pour off fat.

2. In a medium bowl combine the sour cream, sherry, ketchup, Worcestershire sauce, paprika and bay leaf. Mix together and pour mixture over chops in skillet. Cover and let simmer gently over low heat for about 1 hour, or until chops are tender and cooked through. An instant-read thermometer inserted into the center of a chop should read 145 degrees Fahrenheit or 63 degrees Celsius.

Veal With Mushrooms

Ingredients:

- 1½ pound lean veal fillet
- Lard for frying
- ¼ pound mushrooms
- ½ ounces flour
- 1 tablespoon chopped parsley
- ½ pint stock
- Salt and pepper
- Creamed potatoes or boiled rice

Preparation:

1. Trim the meat if required, slice it thinly, and beat to make it tender. Fry quickly on both sides in hot lard, and then keep it hot. Slice and fry the mushrooms, sprinkle in the flour and parsley, and add the stock, mixing well.
2. Season, bring to the boil, add the meat, and cook gently until tender - about 20-30 minutes. Serve with a border of creamed potatoes or rice.

Beef Strips with Onions, Mushrooms and Peppers

Ingredients:

- 3 tablespoons lard
- 3 pounds fillet of beef, cut into ¼-by-¼-by-3 inch strips
- 1 cup thinly sliced onions
- ¼ teaspoon finely chopped garlic
- 1 teaspoon sweet Hungarian paprika
- ½ cup chopped mushrooms (1/8 pound)
- 2 large green peppers with seeds and ribs removed, cut into strips 1/8 inch wide and 2½ inches long

Preparation:

1. Heat 2 tablespoons of the lard in a heavy 10 inch skillet over high heat until a light haze forms over it. Add the meat strips and toss them about for 3 to 5 minutes, or until they are browned on all sides. Remove the meat to a platter and add the remaining tablespoon of lard to the skillet. Turn the heat to medium and add the onions and garlic. Cook for 8 to 10 minutes, or until the onions are lightly colored.
2. Off the heat, stir in the paprika, continuing to stir until the onions are well coated. Return the meat to the skillet and gently stir in the mushrooms and peppers. Place the pan on high heat, and when it begins to sizzle, turn the heat to its lowest point and cover the pan tightly. Simmer for 25 to 30 minutes, or until the meat shows no resistance when pierced with the point of a sharp knife. Taste for seasoning. Served with rice or noodles and sour pickles.

Chicken in Sour Cream

Ingredients:

- 3 whole chicken breasts
- Bouquet Garni
- ½ teaspoon salt
- Pepper to taste
- 2 teaspoons paprika
- ¼ teaspoon powdered sage
- 2 tablespoons flour
- 1 cup chicken broth
- 1 cup sour cream

Bouquet Garni:

- Parsley (3 to 4 sprigs)
- ½ bay leaf, crumbled
- ½ teaspoon thyme leaves
- ½ small onion, sliced
- ½ stalk celery
- 1 clove garlic

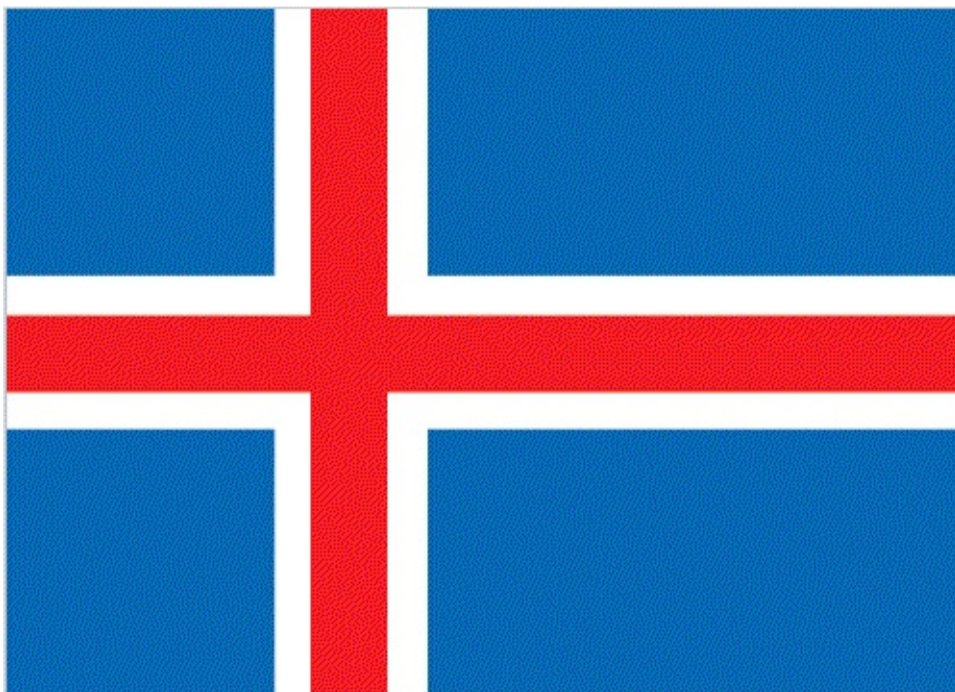
Preparation:

1. Cut the chicken breasts into 6 halves and bone (optional). Put the chicken skin-side down in a rectangular baking dish big enough to hold it in a single layer. Tuck the Bouquet Garni in the center of the chicken. Mix the salt, pepper, paprika, sage, and flour. Gradually stir in the chicken broth. Pour over the chicken. Cover with wax paper or plastic wrap and cook in the microwave oven for 10 minutes.

2. Turn the chicken over, making certain the thicker parts are along the outer edge of the cooking dish. Cover again and continue cooking until the chicken is tender (about 10 minutes more). Do not overcook. Discard the Bouquet Garni. Gently stir in the sour cream to blend. Reheat 1 minute more.

3. Bouquet Garni: Tie all ingredients in a piece of clean cheesecloth.

Iceland



Almond Cake Dessert

Ingredients:

- 1 cup butter
- 1 cup sugar

- 4 eggs (separated)
- 1 teaspoon vanilla
- 1 cup almonds (blanched and finely ground)
- 1 cup flour (sifted)
- 1/2 teaspoon baking powder
- 1/2 cup strawberry jam
- 1 cup heavy cream (whipped and sweetened to taste)

Preparation:

1. Set oven temp at 350 degrees Fahrenheit. Cream butter and gradually add sugar. Beat in egg yolks (1 at a time), beating well after ea addition. Stir in vanilla and almonds. Sift together the flour & baking powder and gradually add to batter. Beat egg whites till stiff (but not dry); fold into batter.
2. Bake in three 8 inch buttered & floured layer pans for about 30 minutes or till golden brown. Cool at least 5 minutes before removing from pans. Spread strawberry jam between cooled layers and cover top and sides with swirls of whipped cream. Serve immediately and watch as it disappears.

Trout with Apples and Toasted Hazelnuts

Ingredients:

- 1/3 cup whole hazelnuts
- 5 tablespoons butter or margarine, divided
- 1 large Red Delicious apple, cored and cut into 16 wedges
- 2 butterflied rainbow trout fillets (about 8 ounces each)
- Salt and black pepper
- 3 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1 tablespoon snipped fresh chives
- Lemon slices and fresh chives (optional)

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. To toast hazelnuts, spread in single layer on baking sheet. Bake 8 to 10 minutes or until skins split. Wrap hazelnuts in kitchen towel; set aside 5 minutes to cool slightly. Rub nuts in towel to remove as much of the papery skins as possible. Process hazelnuts in food processor until coarsely chopped; set aside.
2. Melt 3 tablespoons butter in medium skillet over medium-high heat. Add apple; cook 4 to 5 minutes or until crisp-tender. Remove from skillet with slotted spoon; set aside. Rinse trout and pat dry with paper towels. Sprinkle fish with salt and pepper, then coat in flour. Place fish in skillet.
3. Cook 4 minutes or until golden and fish flakes easily when tested with fork, turning halfway through cooking time. Return apple to skillet. Reduce heat to low and keep warm. Melt remaining 2 tablespoons butter in small saucepan over low heat. Stir in lemon juice, chives, and hazelnuts. To serve, sprinkle fish and apple with hazelnut mixture. Garnish with lemon slices and chives.

Boiled Dinner

Ingredients:

- 1 3½-pound fresh beef brisket
- 2 12-ounce bottles lager beer
- 2 cups water (or enough to just cover)
- 2 bay leaves
- 10 black peppercorns
- ½ cup chopped parsley
- 2 teaspoons salt
- 2 tablespoons butter or olive oil
- 3 cloves garlic, peeled and sliced
- 2 cups chopped and rinsed leeks (white parts only)
- 1 medium yellow onion, peeled and sliced
- ¾ pound large carrots cut into large pieces
- ¾ pound small red potatoes
- 1 pound turnips, peeled and quartered
- 2 pounds green cabbage cut in sixths (secure with toothpicks)
- Salt and freshly ground black pepper to taste

Preparation:

1. Place 10 quart stove-top covered casserole on the burner and add the beef, beer, water, bay leaves, peppercorns, parsley, and salt. Heat a frying pan and add the butter or olive oil. Saute the garlic, leeks, and yellow onion for a few minutes and add to the casserole.
2. Cover the pot and simmer gently for 3½ hours, or until the meat is very tender. (This will normally take about 1 hour per pound of brisket.). In the last 25 minutes of cooking, add the carrots and red potatoes. In the last 15 minutes of cooking, add the turnips, cabbage, salt, and pepper.
3. If the vegetables are not done to your liking, cook them longer, but do not overcook. Remove the toothpicks from the cabbage before serving.

Harvest Pot Roast with Sweet Potatoes

Ingredients:

- 1 envelope Onion Soup Mix
- 1½ cups water
- ¼ cup soy sauce
- 2 tablespoons firmly packed dark brown sugar
- 1 teaspoon ground ginger (optional)
- 1 (3 pounds) boneless pot roast (rump, chuck, or round)
- 4 large sweet potatoes, peeled, if desired, and cut into large chunks
- 3 tablespoons water
- 2 tablespoons all-purpose flour

Preparation:

1. Preheat oven to 325 degrees Fahrenheit. In the oven or 5-quart heavy oven proof saucepan, combine soup mix, water, soy sauce, brown sugar, and ginger; add roast. Cover and bake 1 hour 45 minutes. Add potatoes, and bake covered an additional 45 minutes or until beef and potatoes are tender.
2. Remove roast and potatoes to serving platter and keep warm; reserve juices. In small cup, with wire whisk, blend water and flour. In same Dutch oven, add flour mixture to reserved juices. Bring to a boil over high heat. Boil, stirring at least every 2 minutes. Serve with roast and potatoes, rice or noodles.

Boiled Cabbage with Smoked Pork Butt

Ingredients:

- 2 pounds smoked boneless pork butt, in 1 piece
- 3 quarts boiling water
- ½ cup firmly packed light brown sugar
- ¼ cup fine soft bread crumbs
- 1 teaspoon dry mustard
- 1 medium green cabbage, 3 - 3½ pounds
- 1 tablespoon corn syrup or molasses
- 1 medium yellow onion, peeled and studded with 4 whole cloves
- 1 Salt and freshly ground black pepper to taste

Preparation:

1. Place the meat in an 8-quart pot. Add the boiling water, cover, and simmer for 1½ hours. Mix the brown sugar, bread crumbs, and mustard, and set aside.
2. Remove any limp outer leaves from the cabbage and then cut it into slim wedges. Do not remove the core or the cabbage wedges will fall apart. (Insert toothpicks at strategic points along the cabbage wedges if they won't hold together.) When the smoked pork butt has cooked for 1½ hours, preheat the oven to 350°F. Remove the pork butt from the kettle and set aside, reserving the cooking liquid.
3. Pierce the pork butt in several places with a sharp fork. With a pastry brush, coat the top and sides of the meat with corn syrup. Pat the crumb mixture firmly on the top and sides of the meat. Place it in a shallow baking pan and bake uncovered for 25 to 30 minutes.
4. Blanch the cabbage and onion in the reserved broth until the cabbage is just tender, about 5 minutes. Discard the onion. Add salt and pepper if desired. Slice the pork butt and serve with the cabbage.

Beef Stew with Bacon, Onion, and Sweet Potatoes

Ingredients:

- 1 pound beef stew meat (1 inch chunks)
- 1 can (about 14 ounces) beef broth
- 2 medium sweet potatoes, peeled, cut into 2 inch chunks
- 1 large onion, cut into 1½ inch chunks

- 2 slices thick-cut bacon, diced
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons cornstarch
- 2 tablespoons water

Preparation:

1. Coat slow cooker with nonstick cooking spray. Combine all ingredients except cornstarch and water in slow cooker; mix well. Cover; cook on Low 7 to 8 hours or on High 4 to 5 hours or until meat and vegetables are tender.
2. With slotted spoon, transfer beef and vegetables to serving bowl; cover with foil to keep warm. Turn slow cooker to HIGH. Combine cornstarch and water until smooth. Stir into juices; cover and cook 15 minutes or until thickened. Spoon sauce over beef and vegetables.

Lamb Stew

Ingredients:

- ½ pound thickly sliced bacon, diced
- 6 pounds boneless lamb shoulder, cut into 2 inch pieces
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ cup all-purpose flour
- 2 cloves garlic, peeled and finely chopped
- 1 large yellow onion, peeled and finely chopped
- ½ cup water
- 4 cups Beef Stock or use canned
- 2 teaspoons sugar
- 4 cups carrots cut into 1 inch pieces
- 2 large yellow onions, peeled and sliced
- 3 pounds potatoes, peeled, quartered, and cut into ½ inch pieces
- 1 teaspoon dried thyme, whole
- 1 bay leaf
- ½ cup dry white wine

Garnish:

- Chopped parsley

Preparation:

1. Using a large frying pan, saute the bacon. Reserve the fat and the bacon. In a large mixing bowl place the lamb, salt, pepper, and flour. Toss to coat the meat evenly. Reheat the frying pan. In batches, toss the meat in the flour to coat evenly, and then brown in the reserved bacon fat.
2. If you run out of fat, use a little oil. Transfer the browned meat to a 10-quart stovetop casserole, leaving about ¼ cup of fat in the frying pan. Add the garlic and yellow onion to the pan and saute until the onion begins to color a bit. Deglaze the

frying pan with $\frac{1}{2}$ cup of water and add the garlic-onion mixture to the casserole, along with the reserved bacon pieces, Beef Stock, and sugar. Cover and simmer for $1\frac{1}{2}$ hours, or until tender.

3. Add the remaining ingredients to the pot and simmer, about 20 minutes until the vegetables are tender. Check pepper before serving. Top with the parsley garnish before serving.

Sweet and Sour Cabbage with Apples and Caraway Seeds

Ingredients:

- 4 cups shredded red cabbage
- 1 large tart apple, peeled, quartered, cored, and cut crosswise into $\frac{1}{4}$ inch-thick slices
- $\frac{1}{4}$ cup packed light brown sugar
- $\frac{1}{4}$ cup cider vinegar
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon caraway seeds
- Dash black pepper

Preparation:

1. Combine cabbage, apple, brown sugar, vinegar, water, salt, caraway seeds, and pepper in large saucepan. Cook, covered, over medium heat 10 minutes. Stir mixture. Reduce heat to medium-low. Cook, covered, 15 to 20 minutes or until cabbage is crisp-tender and apple is tender. Serve warm or chilled.

Boiled Fish

Ingredients:

- 1 kilogram (2 pounds) Haddock or Cod Fillets, skinned
- 1.5 liters (3 pints) Water
- 2 tablespoons Salt

Preparation:

1. The fish fillets are cut into pieces, and placed in boiling water, to which the salt has been added. Turn the heat off after 3-5 minutes, but let the fish remain in the boiling water for about 10 minutes more. Arrange the fish pieces on a serving dish with green lettuce and potatoes around the fish pieces. Serve with melted butter or a fish sauce.

India



Chicken Tikka Masala

Ingredients:

- 1 cup yogurt
- 1 tablespoon lemon juice
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons cayenne pepper
- 2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 4 teaspoons salt, or to taste
- 3 boneless skinless chicken breasts, cut into bite-size pieces
- 4 long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 teaspoons salt, or to taste
- 1 (8 ounce) can tomato sauce
- 1 cup heavy cream
- 1/4 cup chopped fresh cilantro

Preparation:

1. In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour. Preheat a grill for high heat. Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side
2. Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving

platter, and garnish with fresh cilantro.

Butter Chicken

Ingredients:

- 1 tablespoon peanut oil
- 1 shallot, finely chopped
- 1/4 white onion, chopped
- 2 tablespoons butter
- 2 teaspoons lemon juice
- 1 tablespoon ginger garlic paste
- 1 teaspoon garam masala
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 bay leaf
- 1/4 cup plain yogurt
- 1 cup half-and-half
- 1 cup tomato puree
- 1/4 teaspoon cayenne pepper, or to taste
- 1 pinch salt
- 1 pinch black pepper
- 1 tablespoon peanut oil
- 1 pound boneless, skinless chicken thighs, cut into bite-size pieces
- 1 teaspoon garam masala
- 1 pinch cayenne pepper
- 1 tablespoon cornstarch
- 1/4 cup water

Preparation:

1. Heat 1 tablespoon oil in a large saucepan over medium high heat. Saute shallot and onion until soft and translucent. Stir in butter, lemon juice, ginger-garlic paste, 1 teaspoon garam masala, chili powder, cumin and bay leaf. Cook, stirring, for 1 minute. Add tomato sauce, and cook for 2 minutes, stirring frequently. Stir in half-and-half and yogurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt pepper. Remove from heat and set aside.

2. Heat 1 tablespoon oil in a large heavy skillet over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat, and season with 1 teaspoon garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Stir cooked chicken into sauce. Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened.

Chicken Curry

Ingredients:

- 3 tablespoons olive oil

- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- 1 bay leaf
- 1/2 teaspoon grated fresh ginger root
- 1/2 teaspoon white sugar
- salt to taste
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 tablespoon tomato paste
- 1 cup plain yogurt
- 3/4 cup coconut milk
- 1/2 lemon, juiced
- 1/2 teaspoon cayenne pepper

Preparation:

1. Heat olive oil in a skillet over medium heat. Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes. Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer 5 more minutes.

Vegetarian Korma

Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1 small onion, diced
- 1 teaspoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 potatoes, cubed
- 4 carrots, cubed
- 1 fresh jalapeno pepper, seeded and sliced
- 3 tablespoons ground unsalted cashews
- 1 (4 ounce) can tomato sauce
- 2 teaspoons salt
- 1 1/2 tablespoons curry powder
- 1 cup frozen green peas
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 cup heavy cream
- 1 bunch fresh cilantro for garnish

Preparation:

1. Heat the oil in a skillet over medium heat. Stir in the onion, and cook until

tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, jalapeno, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender. Stir peas, green bell pepper, red bell pepper, and cream into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with cilantro to serve.

Tandoori Chicken

Ingredients:

- 2 pounds chicken, cut into pieces
- 1 teaspoon salt
- 1 lemon, juiced
- 1 1/4 cups plain yogurt
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger root
- 2 teaspoons garam masala
- 1 teaspoon cayenne pepper
- 1 teaspoon yellow food coloring
- 1 teaspoon red food coloring
- 2 teaspoons finely chopped cilantro
- 1 lemon, cut into wedges

Preparation:

1. Remove skin from chicken pieces, and cut slits into them lengthwise. Place in a shallow dish. Sprinkle both sides of chicken with salt and lemon juice. Set aside 20 minutes. In a medium bowl, combine yogurt, onion, garlic, ginger, garam masala, and cayenne pepper. Mix until smooth. Stir in yellow and red food coloring.
2. Spread yogurt mixture over chicken. Cover, and refrigerate for 6 to 24 hours (the longer the better). Preheat an outdoor grill for medium high heat, and lightly oil grate. Cook chicken on grill until no longer pink and juices run clear. Garnish with cilantro and lemon wedges.

Lamb Curry

Ingredients:

- 1 cup water
- 1½ pounds boneless lamb for stew cut in 1 inch pieces
- ½ cup diced onion
- 1½ cups sliced tart apples
- 1½ tablespoons curry powder
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon allspice

- 1 to 2 cups milk
- ¼ cup lard or drippings
- 6 tablespoons enriched flour
- 2 teaspoons salt
- Few grains red pepper
- 3 cups cooked rice
- Curry accompaniments: shredded coconut, peanuts, chutney, raisins

Preparation:

1. Add water to lamb; cover tightly and cook slowly on top of range, or in preheated 300°F oven until meat is almost done, about 1 hour. Add onion, apples and spices; continue cooking until meat is tender and onion are done, about 20 minutes. Drain.
2. Add enough milk to cooking liquid to make 3 cups; make white sauce from lard or drippings, flour, cooking liquid and milk. Add white sauce to lamb mixture; cook slowly until heated through. Serve on hot rice with accompaniments of shredded coconut, chopped peanuts, chutney or raisins.

Sour Curry with Pork

Ingredients:

- 2 pounds lean pork, cubed
- ½ cup vinegar
- 4 medium onions, chopped
- 1 teaspoon minced garlic
- 1 tablespoon minced ginger root (or 1½ teaspoon powdered)
- 1 tablespoon mustard seed
- 1 teaspoon ground turmeric
- ¼ teaspoon cayenne
- ¼ cup salad oil
- 1 cup chicken bouillon
- 6 medium potatoes, quartered

Preparation:

1. Marinate the meat with the vinegar, onions, garlic and seasonings for 2 hours or more. Place the meat in a covered casserole and add the oil and bouillon. Cook, covered, in the microwave oven 10 minutes, stirring once or twice.
2. Add the potatoes and continue cooking until the potatoes are done (about 20 to 25 minutes), stirring from time-to-time. When the potatoes are tender, remove from the oven and let stand 10 minutes before serving.

Baked Fish with Coriander Masala

Ingredients:

- 4 pounds sole or flounder, cleaned but with head and tail left on, or substitute any other 4- pound firm, white whole fish

- 1 teaspoon salt
- 2 tablespoons vegetable oil

Masala:

- 3 tablespoons finely chopped garlic
- 3 dried hot red chilies, each about 1½ inches long, washed and seeded
- 1 inch cube of fresh ginger root, scraped and coarsely chopped
- 2 tablespoons finely chopped fresh coriander (cilantro)
- 1 tablespoon coriander seed
- 1 teaspoon jaggery, or brown sugar combined with molasses
- 1 teaspoon turmeric
- ½ teaspoon black mustard seeds
- ½ teaspoon fenugreek seeds
- 1 tablespoon salt
- ½ cup fresh lemon juice
- ½ cup vegetable oil
- 2 cups finely chopped onions
- 1 cup finely chopped fresh tomatoes
- ½ teaspoon garam masala
- 2 tablespoons finely chopped fresh coriander (cilantro)

Preparation:

1. Wash the fish under cold running water and pat it completely dry inside and out with paper towels. Sprinkle 1 teaspoon of salt inside the fish and let it marinate for 15 to 20 minutes. Preheat the oven to 400 degrees Fahrenheit. With a pastry brush, spread the 2 tablespoons of oil evenly over the bottom and sides of a shallow baking-and-serving dish large enough to hold the fish comfortably. Set aside.

2. Masala:

A. To make the masala, combine the garlic, chilies, ginger root, 2 tablespoons of fresh coriander, coriander seeds, jaggery, turmeric, mustard seeds, fenugreek seeds, 1 tablespoon of salt and the lemon juice in the jar of an electric blender.

B. Blend at high speed for 30 seconds, then turn off the machine and scrape down the sides of the jar with a rubber spatula. Blend again until the mixture becomes a smooth puree.

3. In a heavy 8- to 10 inch skillet, heat ½ cup of vegetable oil over moderate heat until a light haze forms above it. Add the onions and, stirring constantly, fry for 7 or 8 minutes, until they are soft and golden brown. Watch carefully for any signs of burning and regulate the heat accordingly.

4. Add the masala and cook, stirring constantly, for about 10 minutes, or until most of the liquid has evaporated and the mixture is thick enough to draw away from the sides of the pan in a solid mass. Stir in the tomatoes and garam masala and remove from the heat.

5. Coat one side of the fish with 1 cup of the masala mixture, smoothing and spreading it evenly with a spatula or the back of a spoon. Turn the fish over and place it coated side down in the prepared baking dish. Fill the cavity of the fish

with 1½ cups of the masala, then close the opening with skewers or by sewing it with heavy thread.

6. Spread the remaining masala over the top of the fish and cover the dish tightly with its lid or with aluminum foil.

7. Bake in the middle of the oven for about 25 minutes, or until the fish is firm when pressed lightly with a finger. Uncover and slide the fish under the broiler for 1 or 2 minutes to brown it lightly. Sprinkle with 2 tablespoons of fresh coriander and serve the fish at once, directly from its baking dish.

Bali Beef Casserole

Ingredients:

- 1½ pounds ground beef
- 1½ teaspoons salt
- 1 teaspoon curry powder
- 1½ cups cooked rice
- ½ cup minced onion
- 1 clove garlic, minced
- 1 can (16 ounces) tomatoes
- 2 teaspoons original Worcestershire sauce

Preparation:

1. Cook ground beef until lightly browned; pour off drippings. Combine beef with remaining ingredients; place in a 2-quart casserole. Cover casserole and bake in a preheated 350°F oven 30 minutes.

Rice with Potatoes, Coriander and Mint

Ingredients:

- ½ teaspoon saffron threads
- 2 tablespoons plus 2 cups boiling water
- 2 cups imported basmati rice or other uncooked long-grain white rice, washed and drained (see Kesar Chaval)
- ½ cup melted ghee
- 4 whole cloves
- 1 inch piece of stick cinnamon
- 2 medium-sized boiling potatoes (about ½ pound), peeled and cut into ½ inch cubes
- 2 tablespoons coarsely cut fresh mint leaves
- 2 tablespoons scraped, finely chopped fresh ginger root
- ½ cup unflavored yoghurt
- 1 teaspoon salt
- ¼ cup finely chopped fresh coriander
- 2 tablespoons finely chopped onions

Preparation:

1. Place the saffron and 2 tablespoons of the boiling water in a bowl, and soak for 10 minutes. Meanwhile, combine the rice and 3 cups of cold water in a saucepan and bring to a boil over high heat. Stirring often, boil briskly, uncovered,

2. In a heavy 4-quart casserole, heat 4 tablespoons of the ghee over moderate heat until a drop of water flicked into it splutters instantly. Add the cloves and cinnamon and stir for 30 seconds, then add the potatoes and, turning them constantly, fry for 5 to 6 minutes, or until they are golden brown.

3. Remove the casserole from the heat and sprinkle the potatoes with the mint and 1 tablespoon of the ginger. Spread half the rice on top, smoothing it flat. Combine the yoghurt and salt with the saffron and its soaking liquid, and pour half of it over the rice. Sprinkle the yoghurt-covered rice with the remaining 1

tablespoon of ginger, the coriander and onions, then spread the rest of the rice over the top and pour in the remaining yoghurt mixture.

4. Carefully and slowly pour the rest of the melted ghee and the remaining 2 cups of boiling water down the sides of the casserole. Bring to a boil, cover tightly, and cook over high heat for 15 minutes, or until the rice is tender and has absorbed all the liquid in the casserole. To unmold and serve the rice, run a long, sharp knife around the inside edges of the casserole. Place a heated serving plate upside down over the casserole and, grasping plate and casserole firmly together, invert them. Rap the plate on a table and the rice should slide out easily. Serve immediately.

Naan

Ingredients:

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1/4 cup white sugar
- 3 tablespoons milk
- 1 egg, beaten
- 2 teaspoons salt
- 4 1/2 cups bread flour
- 2 teaspoons minced garlic (optional)
- 1/4 cup butter, melted

Preparation:

1. In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oil bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.

2. Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes. During the second rising, preheat grill to high heat.

3. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.

Pork Chops

Ingredients:

- 2 tablespoons vegetable oil
- 4 (4 ounce) pork chops
- 3/4 cup apricot nectar

- 1 teaspoon curry powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Preparation:

1. Heat oil in a large skillet over medium-high heat. Brown the chops in the hot skillet, turning once. In a measuring cup, mix together apricot nectar, curry powder, garlic powder, and salt. Pour over chops, and reduce heat to medium-low. Simmer uncovered for 20 minutes, or until meat is done.

Beef and Spinach Curry

Ingredients:

- 2 tablespoons ghee (clarified butter)
- 2 cloves garlic, crushed
- 1 large onion, finely sliced
- 2 serrano peppers, thinly sliced
- 2 whole cloves, bruised
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- 1/2 teaspoon chile powder
- 1 teaspoon turmeric
- 1 1/2 teaspoons ground cumin
- 1 1/2 pounds beef tenderloin, cubed
- 1 teaspoon salt
- 1 cup chopped tomatoes
- 2/3 cup coconut milk
- 1 (10 ounce) bag spinach
- 1 teaspoon lemon juice

Preparation:

1. Heat the ghee in a large saucepan over medium heat. Stir in the garlic and onion, and cook until softened, about 5 minutes. Add the serrano, and continue to cook for another 3 minutes. Season with the cloves, garam masala, coriander, chili powder, turmeric, and cumin, cook for 2 to 3 more minutes to release the flavor.

2. Stir in the beef and salt, cook for 3 minutes more. Add the tomatoes, coconut milk, and spinach. Bring to a simmer, then cover, and cook for 20 minutes, stirring occasionally. Uncover, then stir in the lemon juice, and cook for 10 more minutes, stirring frequently, until the sauce has thickened.

Coconut Tofu Keema

Ingredients:

- 1/4 cup olive oil
- 4 cloves garlic, pressed

- 1 medium onions, minced
- 1 (14 ounce) package extra firm tofu, diced
- 1 (16 ounce) can coconut milk
- 1 tablespoon ground cumin
- 1 teaspoon curry powder
- 1 1/2 teaspoons ground ginger
- 1 teaspoon salt
- 1 tablespoon red pepper paste
- 6 cups tomato sauce
- 1 1/2 cups frozen peas, thawed
- 1 1/2 cups chopped carrot

Preparation:

1. Heat olive oil in a large saucepan over medium heat. Stir in garlic, onion, and tofu; cover, and cook, stirring occasionally for 5 to 10 minutes. Stir in coconut milk, cumin, curry powder, ginger, salt, and red pepper paste; bring to a simmer. Stir in tomato sauce, peas, and carrots; simmer, covered, about 30 minutes.

Indonesia



Ginger Chicken

Ingredients:

- 9 chicken pieces, skin on (I have use drums and thighs, all breasts, or wings, all delicious. Cooking times are for bone-in)
- 1 cup honey
- 3/4 cup soy sauce
- 1/2 cup finely minced ginger

- 1/2 cup minced garlic

Preparation:

1. Heat honey, soy sauce, garlic and ginger in small saucepan on medium heat for five minutes. Place chicken, skin side down, in appropriately sized casserole. Pour marinade over chicken and refrigerate overnight or for at LEAST 4 hours. Preheat oven to 350. Cook chicken, covered, for 30 minutes.
2. Uncover, turn chicken pieces over, increase heat to 375, and cook for 30-40 minutes longer, basting occasionally. Make sure that the sauce does not cover chicken, and only reaches about halfway up. This will let the skin get crispy and gorgeously dark. Serve with rice or noodles.

Cucumber Salad

Ingredients:

- 2 cucumbers
- 2 teaspoons brown sugar
- 1 teaspoon sambal oelek, chili paste
- 2 teaspoons lime juice
- 3/4 green onion, finely chopped
- salt
- white pepper

Preparation:

1. Peel the cucumbers, cut in half and remove the seeds. Half them again and slice them up in approximately 1/2 inch pieces. Mix with all the other ingredients, cover and put in the fridge for at least an hour. Take it out of the fridge and taste, if you want to, add more lime juice, sugar or sambal oelek.

Pork

Ingredients:

- 3 pounds boneless pork loin
- 1/4 cup peanut butter
- 1/4 teaspoon salt
- 1 teaspoon crushed hot red pepper flakes
- 1/2 teaspoon ground coriander
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 2 cloves garlic, minced or pressed
- 2 green onions, minced (optional)
- 1/2 cup chicken broth (any broth is fine)

Preparation:

1. 3 pound piece of boneless pork loin and cut it into chops and then cut the chops in half and then pound each half until thin. Combine the marinade ingredients and pour over pork. Thoroughly coat all pieces of meat.

2. Marinate for several hours. When ready to cook, thread pork onto skewers and cook on heated grill over moderate heat for 12-14 minutes, turning once. So be sure not to overcook it or it will be dry.

Fried Rice

Ingredients:

- 2 cups uncooked long-grain white rice
- 2 eggs, beaten
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- 8 ounces boneless skinless chicken thighs, cut into 1/2 inch strips
- 6 ounces raw shrimp, peeled
- 2 tablespoons vegetable oil
- 2 tablespoons chopped garlic
- 1 medium onion, finely chopped
- 2 teaspoons finely chopped fresh gingerroot
- 1 tablespoon dried shrimp paste
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon chili bean sauce or 1 -2 teaspoon sambal oelek
- 1 tablespoon oyster sauce
- 1 tablespoon ketjap manis or 1 tablespoon dark soy sauce

Garnish:

- 3 tablespoons finely chopped spring onions
- 1/2 cup fresh cilantro leaves, chopped

Preparation:

1. Boil rice in plenty of salted water until cooked. Rinse, drain and spread the rice to cool. Do this at least two hours ahead, or preferably, leave overnight in the fridge. Combine eggs with sesame oil and salt, and put aside (see below).
2. Heat wok or large frying pan over heat until hot. Add oil, and wait until it is very hot and slightly smoking. Add the onions, ginger, shrimp paste, garlic, and pepper, and stir-fry for 2 minutes, squashing the shrimp paste as you go. Then add chicken and shrimp and stir-fry for a further 2 minutes. Add rice and continue to stir-fry for 3 minutes.
3. Now add the chili bean sauce or sambal oelek, oyster sauce and ketjap manis/dark soy sauce and continue to stir-fry for 2 minutes. Finally, add egg mixture and continue to stir-fry for another minute. Alternatively make 2 thin omelettes from the egg mixture ahead of time and cut into strips. These can then be used as garnish on the finished dish. Turn onto large serving platter and garnish with the spring onion and fresh cilantro, and serve hot.

Chicken

Ingredients:

Chicken and Marinade:

- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 4 chicken breasts, skinned, boned and cut into 1 inch pieces
- 2 tablespoons olive oil
- Spicy Peanut Sauce
- 1/4 cup chopped green onion (including tops)
- 2 tablespoons olive oil
- 1/2 cup peanut butter (preferably creamy type)
- 2 cups water
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/8 teaspoon dried cayenne pepper

Preparation:

1. Combine soy sauce, sugar, lemon juice, garlic powder and pepper. Add chicken and marinate 30 minutes. Skewer pieces on wooden skewers if desired, and brush with oil. Broil 3 inches from heat for 5 minutes. Can also be cooked on preheated grill pan or stir fried, if you prefer. Meanwhile, prepare spicy peanut sauce. Saute green onion in the oil until limp.

2. Remove from heat and add peanut butter. Gradually stir in water, then add remaining ingredients. Cook over medium heat, stirring constantly, until it comes to a boil. Reduce heat and simmer, uncovered, for 5 minutes, until the sauce is thickened enough to coat a spoon. Stir occasionally while simmering. Serve chicken with the spicy peanut sauce for dipping. May also be served over hot cooked rice or noodles.

Banana Fritters

Ingredients:

- 2 large over-ripe bananas, peeled (about 10 ounces or 300 grams)
- 1 tablespoon sugar
- 1/4 teaspoon salt (optional)
- 1 tablespoon flour
- 1/4 cup coconut cream
- oil, for deep-frying

Preparation:

1. In a mixing bowl, mash the bananas with the sugar, salt (if using), flour and coconut cream into a sticky, slightly moist batter. Heat the oil in a wok or large saucepan until very hot (365 degrees).

2. Using very moist fingers, pinch about 1 heaped tablespoons of the batter, roll it into a ball and gently lower it into the hot oil. Deep-fry for 3 to 5 minutes, turning occasionally, until crispy and golden brown on all sides. Do not overcrowd the pan with the batter or temperature of the oil will drop. Remove from the hot oil and drain on paper towels. Transfer to a serving platter and serve warm with ice cream or a bit of coconut cream on top.

Sweet Sticky Rice Dumplings

Ingredients:

- 500 grams sticky rice, washed, soaked in water overnight, rinsed
- 500 milliliters water
- banana leaf
- coconut
- 225 coconut, grated
- 1/4 teaspoon salt
- palm sugar syrup
- 300 grams palm sugar
- 3 tablespoons granulated sugar
- 125 milliliters water

Preparation:

1. Sticky rice dumplings: Take 2 pieces of banana leaves, make like a triangular shape, put in 1 tablespoon of sticky rice, close it and secure with ropes or toothpick. Boil in water for 3 hours until well cooked. Rinsed and remove the leaves. set aside and let cool.
2. Coconut: Mixed the grated coconut with salt. Steam for 10 minutes. Palm sugar syrup: Put to boil all of the ingredients until it became a thick sugar syrup. Roll the sticky rice dumplings into the grated coconut. Arrange in small plates and pour over the syrup.

Pork Satay

Ingredients:

- 2 garlic cloves
- 1/2 cup chopped green onion
- 1 tablespoon gingerroot, fresh or 1 teaspoon ginger, dry
- 1 cup peanuts, roasted salted
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1/2 cup soy sauce
- 2 teaspoons coriander seeds, crushed
- 1 teaspoon red pepper flakes
- 1/2 cup chicken broth
- 1/2 cup butter, melted
- 1 1/2 pounds pork tenderloin, cut into 1 inch pieces

- skewer

Preparation:

1. In a food processor, process garlic, green onions, ginger, peanuts, lemon juice, honey, soy sauce, coriander, and red pepper flakes. Puree until almost smooth. Pour in broth and butter and mix again. Place pork cubes in large resealable bag and pour mixture over meat. Marinate in the fridge for 6 hours or overnight.
2. Preheat grill to medium heat. Remove pork cubes from bag and thread onto skewers. In small saucepan, boil the marinade for 5 minutes. Reserve a small amount for basting and set the remainder aside to serve as a dipping sauce.
3. Lightly oil preheated grill. Grill for 10-15 minutes, or until well-browned, turning and brushing frequently with cooked marinade. Serve with dipping sauce.

Sesame Noodles

Ingredients:

- 1/4 cup peanut butter (your choice, creamy or crunchy)
- 2 tablespoons soy sauce
- 2 tablespoons water
- 1 1/2 tablespoons cider vinegar
- 1 tablespoon sesame oil
- 1/2 teaspoon sugar
- 1/8 teaspoon cayenne pepper (more if you wish!)
- 2 green onions or 2 scallions, sliced with tops
- 8 ounces soba noodles or 8 ounces linguine, cooked and at room temperature

Preparation:

1. In a medium bowl, combine the peanut butter, soy sauce and water; whisk until completely smooth (if you use crunchy peanut butter, it won't get entirely smooth). Add the vinegar, sesame oil, sugar and cayenne and whisk until thoroughly blended. Add green onions to the noodles, then mix in the sauce; toss to coat well. It is now ready to serve!

Beef Noodle Curry

Ingredients:

- 1 pound steak, cut into 1 inch cubes
- 1 onion, finely sliced
- 2 garlic cloves, sliced
- 1 tablespoon oil
- 1 tablespoon curry powder
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 2 cups coconut milk
- 1 cup sliced green beans
- 1/4 pound noodles

- 1 cup shredded cabbage

Preparation:

1. Heat the oil and brown the onions and garlic. Add the curry powder and coriander, cook for 2 minutes. Add the meat and brown it on all sides, add the coconut milk, cover and simmer for 40 minutes. Add the beans and noodles, cook for 10 minutes, add the cabbage and cook for 5 minutes. Serve.

Grilled Chicken

Ingredients:

- 1/2 cup orange juice
- 1/4 cup peanut butter
- 1 tablespoon curry powder
- 1 pound boneless skinless chicken breast, cut into strips
- 1 medium bell pepper, cut into 1/2 inch strips (Use a red or orange for added color and appeal.)
- 1/2 cup shredded coconut, toasted
- 1/2 cup golden raisin
- cooked rice

Preparation:

1. Put the orange juice, peanut butter and curry powder in blender container; blend until smooth. Place the chicken strips in a medium bowl, pour the orange juice mixture all and stir to combine. Cover the chicken and place in refrigerator for 1 hour. Remove the chicken from the marinade; discarding marinade.

2. Spray a grill pan with nonstick cooking spray; place chicken strips on top along with bell pepper strips and cook over medium coals 10 to 15 minutes, turning frequently, until pepper is tender and chicken is no longer pink in center. Spoon cooked chicken on top of rice and garnish with coconut and raisins.

Roast Lamb

Ingredients:

- 1 1/2 kilograms lamb shoulder (roast)
- 1 lemon, juice of
- 2 tablespoons dark soy sauce
- 4 drops Tabasco sauce
- 1 tablespoon oil
- 2 garlic cloves, chopped
- 1 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 1/4 cup brown sugar
- 2 tablespoons smooth peanut butter
- 1/4 cup water

Preparation:

1. Tie roast if necessary. Combine lamb with the next eight ingredients. I use a large zip lock bag for this. Marinate at least 1/2 hour, or overnight. Take roast from marinade.

2. Heat marinade in a saucepan with the peanut butter and water until thick and bubbly to make the glaze. Roast meat at 170 degrees Celsius for 1 to 1 1/2 hours, until cooked to your liking, brushing with glaze during last 10 minutes.

Prawns with chili paste and coconut milk

Ingredients:

- 1 1/2 pounds large shrimp, cleaned and deveined
- 1 onion, chopped
- 2 tablespoon sambal oelek (chili paste)
- 4 garlic cloves
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 8 candlenuts (you can substitute large macademia)
- 1 teaspoon fish, paste (fish sauce can be substituted)
- 1 teaspoon ground galangal
- 2 tablespoons ground nut oil
- 2 kaffir lime leaves
- 2 bay leaves
- 2 cups thick coconut milk
- salt, to taste
- sugar, to taste

Preparation:

1. Put the following into your food-processor: onion, sambal, garlic, cumin, coriander, candle nuts, fish paste, galangal and process until you have a paste. Heat the oil and fry the paste for approx 5 minutes, then add the lime leaves and the bay leaves. Add the coconut milk and bring to the boil, then simmer for 15-20 minutes. Add the prawns and cook until they turn pink, do not overcook them. Taste the sauce and add salt and sugar to your liking.

Crock Pot Beef or Pork

Ingredients:

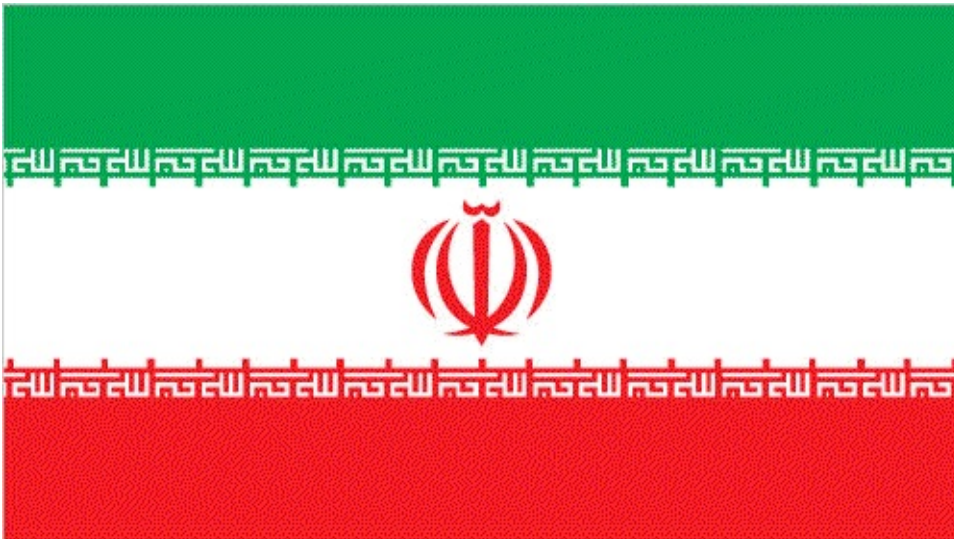
- 2 pounds stewing beef or 2 pounds pork, 1 inch cubes
- 2 tablespoons vegetable oil or 2 tablespoons peanut oil
- 6 large garlic cloves
- 2 large onions, roughly chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 piece peeled gingerroot, approximately 2 inches
- 1/2 cup ketjap manis (sweet soy)
- 1/2 cup vegetable stock or 1/2 cup chicken stock or 1/2 cup beef stock

- 2 green chilies, deseeded and roughly chopped
- 1 tablespoon sambal oelek
- 2 kaffir lime leaves (fresh or dried)

Preparation:

1. Put all ingredients in your food-processor except the meat, oil and the lime leaves. Process until almost like a paste. Heat the oil in a large frying pan and fry the onion mixture on medium heat for approx 5 minutes. Turn up the heat and add the meat, stir and fry for another 5 minutes. Transfer to the crock pot, add the lime leaves and cook on low for 6 to 8 hours, depending on your crock pot. When done taste and add more sambal if desired.

Iran



Ground Lamb Kebabs

Ingredients:

- 1 pound ground lamb
- 1 onion, grated
- 1 egg
- 1 teaspoon salt (to taste)
- 1/2 teaspoon pepper (to taste)
- 1/4 teaspoon cinnamon
- wooden skewer

Preparation:

1. Soak wooden skewers in warm water for 20-30 minutes prior to preparing food. Place meat in a large bowl; add the onion, egg, salt, pepper, and cinnamon. Beat with a spoon until well mixed and the meat turn lighter in color. Take a handful of the mixture and form it around the skewer to approximately 6 inches long and 1

inch in diameter to make an elongated patty (it helps to oil hands, and lay out some wax paper to work on).

2. If your meat is too wet to work with, as sometimes happens with too much onion or wet meat, it can help to just shape the kebabs on a piece of non-stick foil and grill them that way, on the foil, turning the kebab over as it cooks and comes together.

3. Set kebabs aside on wax paper on another plate until ready to grill. Grill kebabs over hot coals or under broiler until cooked through, turning once. Serve with lemon wedges, and chelou (rice) with a sprinkling of sumak seasoning.

Barley Soup

Ingredients:

- 1 cup dried barley
- 1/2 cup dry green lentils or 1/2 cup red lentil
- 6 cups water
- 2 medium onions, chopped
- 2 tablespoons olive oil or 2 tablespoons sunflower oil
- 1 tablespoon dried mint or 1 tablespoon parsley
- 1 teaspoon turmeric
- 1/2 teaspoon ground black pepper

Preparation:

1. Put everything into a pot and then bring to a gentle boil. Simmer for 1 1/4 hours, stirring occasionally. Variations: Fry the onions in the oil before putting them in the pot. Add 1 cup of cooked chick peas or red kidney beans a few min before serving.

Basmati Rice Pilaf

Ingredients:

- 4 tablespoons butter
- 1 small onion, chopped
- 2 tablespoons fresh minced garlic (optional)
- 1/2 cup slivered almonds
- 1 1/2 cups uncooked basmati rice
- 1/2-3/4 cup raisins
- 2 teaspoons turmeric (can use more to taste)
- 1/4 teaspoon cinnamon
- 1 teaspoon salt (or to taste)
- 3 cups low sodium chicken broth
- salt and pepper

Preparation:

1. Melt butter in a skillet over medium heat; add in onions and almonds, saute for 6-7 minutes or until the onion are tender and the almonds are golden, adding in

the fresh garlic the last 2-3 minutes of sautéing. Stir in rice, raisins, turmeric, cinnamon, salt and broth; bring to a boil; cover and reduce heat. Simmer for about 20-25 minutes or until rice is tender. Season with black pepper.

Tomato and Cucumber Salad

Ingredients:

- 1 large cucumber
- 1 large tomato
- 1 large onion
- parsley
- salt
- 1/4 cup lemon juice (can be adjusted to your taste)
- 1 -2 tablespoon olive oil

Preparation:

1. Chop all the vegetables (tomato, cucumber and onion) finely. Mix chopped vegetables with parsley, lemon juice and olive oil.

Onion Soup

Ingredients:

- 3 tablespoons olive oil
- 5 large onions, peeled and thinly sliced
- sea salt and black pepper
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon fenugreek seeds
- 1/2 teaspoon dried mint
- 2 tablespoons plain flour
- 700 milliliters vegetables or 700 ml chicken stock
- 1 cinnamon stick
- 1 lemon, juice of
- 1 teaspoon caster sugar
- 3 flat leaf parsley sprigs, coriander

Preparation:

1. Heat 2 tablespoons olive oil, the onions and some seasoning. Cover and seat for 12-15 minutes until the onions are soft, lifting the lid and stirring occasionally. Add the spices, dried mint and remaining oil, then stir in the flour, cook, stirring frequently, for 3-5 minutes. Gradually pour in stock, whisking as you do so to prevent any lumps forming.

2. When it has all been added, drop in the cinnamon stick and simmer over a low heat, partially covered with the lid, for 30-40 minutes. Stir in the lemon juice and sugar, then taste and adjust the seasoning. Discard the cinnamon stick. Ladle the soup into warm bowls and scatter over the herbs to serve.

Chicken with Rice

Ingredients:

- 3 pounds broiler-fryer chickens, cut up
- salt and pepper
- 1/4 cup butter or 1/4 cup ghee
- 1 large onion, chopped
- 1/2 cup dried apricot, chopped
- 1/2 cup raisins, sultanas
- 1/2 teaspoon cinnamon
- 1/4 cup water
- 1/2 teaspoon saffron thread
- 2 tablespoons water
- 4 cups cooked rice

Preparation:

1. Season the chicken pieces with salt and pepper. Using half the Ghee or butter brown the chicken, set aside. Fry the onion until transparent in the remaining butter/ghee, add apricots and raisins cook 5 minutes. Stir in the cinnamon then add the 1/4 cup water to lift the browned sediment. Place half the cooked rice in an oven proof dish placing the chicken on top.
2. Spread the apricot mixture over the chicken and top with remaining rice. Cover the dish tightly and bake in 350 oven for 45 minutes or until the chicken is cooked and tender. While the chicken is cooking mix the saffron with 2 tablespoons boiling water, leave to steep. Just before serving sprinkle saffron liquid over the top of the casserole , stir gently mixing the chicken, rice and saffron. Serve heaped on a platter.

Polo Chicken

Ingredients:

- 500 grams basmati rice
- 1 medium onion
- 5 tablespoons margarine or 5 tablespoons oil
- 1 large roasting chicken, jointed
- salt and black pepper
- 1 tablespoon raisins (or more)
- 150 grams apricots, dried
- 1 teaspoon cinnamon, ground

Preparation:

1. Fry the onion in 3 tablespoon of margarine or oil until golden, add the chicken pieces and brown on all sides. Season to taste with salt and pepper, add raisins and apricots, and continue to cook for a minute or two longer, turning the fruit in the fat. Sprinkle with cinnamon, cover with water and simmer gently, covered, until the chicken is very tender and the sauce reduced.

2. Bone the chicken if you like. Wash and cook the rice, but do not steam it. It should be just partially cooked. Put 2 tablespoons melted margarine or oil at the bottom of a large heavy saucepan. Spread half of the partly cooked rice over this, cover with the chicken pieces, pour the rich fruity sauce over them and cover with the remaining rice.

3. Cover the pan with a cloth, put the lid on tightly, and steam over a very low heat for 20 to 30 minutes. The cloth will capture the steam rising from the rice and help to make it fluffy. Serve all mixed together.

Green Stew

Ingredients:

- 2 pounds boneless lamb stewing meat (cut into 3/4 inch cubes) or 2 pounds boneless beef roast (cut into 3/4 inches cubes)
 - 1 large onion, finely chopped
 - 1/3 cup cooking oil
 - 1 teaspoon turmeric
 - 1 1/2 cups water
 - 6 dried limes or 1/2 cup fresh lime juice
 - 3/4 cup kidney bean (canned is fine)
 - 1 large potato, diced (optional)
 - salt
 - black pepper
 - 1 cup green onion, finely chopped
 - 1 1/2 cups spinach, finely chopped
 - 1/2 cup parsley, finely chopped
 - 1/4 cup cilantro, finely chopped (optional)
 - 1/4 cup garlic chives, finely chopped (tareh)
- 1/4 cup fenugreek seeds, finely chopped (also called shanbelileh) (optional)

Preparation:

1. Trim meat and cut into 3/4 inch cubes. Fry onion over medium heat in half of the oil until golden. Add turmeric and fry for 2 more minutes. Increase heat, add meat cubes and stir over high heat until meat changes color and begins to turn brown.

2. Reduce heat. Add water, drained kidney beans, salt and pepper to taste. Cover and simmer gently for about an hour or until meat is tender. Fry potatoes over high heat in the remaining oil until lightly browned.

3. Add to sauce, leaving oil in the pan. Cover and simmer for 10 minutes. Add prepared vegetables to frying pan and fry over medium heat until wilted. Add to sauce, then add dried limes (or lime juice), cover and simmer for an additional 10-15 minutes. Adjust seasoning and serve with white rice.

Chicken with Turmeric, Saffron and Lemon Juice

Ingredients:

- 10 chicken drumsticks (you can use any chicken, but it is best made with chicken legs)
- 1 large onion
- 1 teaspoon turmeric
- 1/2 cup water
- 1 tablespoon saffron mixed with water
- 1/2 cup lemon juice

Preparation:

1. Rough chop the onion and place in a large pot. Add chicken on top. Season with salt and pepper. Add turmeric. Add 1/2 cup of water.
2. Cover and cook for 30 minutes, or until chicken is cooked all the way through. 10 minutes into the cooking, give the whole pot a stir to allow the turmeric to coat the chicken and onions. If you choose to use fresh lemon juice, squeeze your lemons now. When the chicken is done, remove it from the pot and keep warm.
3. Add saffron mixed with water and lemon juice to the water remaining in your pot. Adjust seasonings if needed. With a hand or regular blender, process the juice and onion until nice and smooth. Let reduce for a few minutes on low heat until the sauce thickens, about 10 minutes. Arrange your chicken in a platter and pour the sauce over the chicken. Serve with rice.

Lamb With Rice

Ingredients:

- 1 pound shoulder lamb, cut into 1 inch cubes
- 2/3 cup chopped onion
- 1 cup raw rice
- 1 teaspoon cinnamon
- 1/2 cup chopped tomato
- 1/2 cup pine nuts
- Salt and pepper to taste
- 1 1/2 cups water

Preparation:

1. Put the lamb and onions in a covered casserole and cook 10 minutes, stirring occasionally. Add the rice, tomato, nuts, and seasonings. Stir in the water. Cook, covered, 15 to 20 minutes or until the rice is tender and the liquid is absorbed, stirring occasionally.
2. More water may be added if all the liquid is absorbed and the rice is not yet tender. Let stand 5 minutes, and then serve.

Meatball

Ingredients:

Soup Base:

- 1 lamb bone with a little meat on it

- 1 onion, sliced
- 1 clove garlic, sliced
- 1 carrot, sliced
- Salt and pepper to taste
- ¼ teaspoon rosemary
- 2 quarts water
- 2 egg yolks
- Juice of one lemon

Stuffing Meat Ball:

- 1 large onion, chopped
- 3 tablespoons butter
- 3 tablespoons currants
- 3 tablespoons pine nuts
- ½ teaspoon allspice
- ½ teaspoon cinnamon

Meat Ball:

- 1 pound ground lamb
- 1 cup cooked rice
- 1/3 cup finely-snipped parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 1 egg, beaten
- Cheesecloth

Preparation:

1. Soup Base: The soup is best made on your conventional burner. Simmer the first 7 ingredients together 2 hours. Skim off fat and strain broth. After the meat ball is cooked in the broth and has been removed (see below), beat the egg yolks and lemon juice together. Beat in a little of the hot soup. Add to the remaining hot soup and stir until smooth and thickened. Soup can be cooked a few minutes more, if needed, but do not let it boil after adding the egg mixture.
2. Stuffing Meat Ball: Cook the onion in the butter for 5 minutes in a covered container in the microwave oven. Stir in the remaining ingredients and chill for easier handling.
3. Meat Ball: Mix all the above ingredients thoroughly. Pat into a large circle. Pile the stuffing mixture in the center and form the meat mixture into a ball that completely encases the stuffing. Tie the meat ball into a piece of well-washed cheesecloth. Put the finished meat ball into a large casserole and pour the soup broth over until the meat ball is half covered. Cook, covered, in the microwave oven for 8 minutes. Turn the meat ball over and cook, covered, for 6 to 8 minutes more or until done. Remove the meat ball and thicken the soup as directed above. Remove the cheesecloth and place the meat ball in a serving dish. Add some of the soup. Cut into 4 wedges. Serve in soup bowls with the broth ladled over.

Broiled Omelet with Eggplant

Ingredients:

- 2 large eggplants, about 2 pounds
- 1½ tablespoons salt
- ½ cup olive oil
- 2 medium yellow onions, peeled and thinly sliced
- 2 cloves garlic, peeled and crushed
- 5 tablespoons ghee
- 6 eggs
- Juice of 1 lemon
- 1 teaspoon salt, or more to taste
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon saffron threads, crushed and dissolved in 1 tablespoon hot water (1 teaspoon if lower grade of saffron is used)

Preparation:

1. Peel the eggplants and slice in 1/8 inch slices lengthwise. Place them in a colander, sprinkle with the salt, and allow to drain for 20 minutes. Rinse and pat dry. In a skillet, brown the eggplant slices in 4 batches, using a portion of the oil each time. Remove from the skillet, cool, and mash with a fork. In the same skillet, brown the onion and garlic in 4 tablespoons of the ghee.
2. Break the eggs into a bowl. Add the lemon juice, salt and pepper, and saffron. Beat thoroughly with a fork. Add the mashed eggplant, onion, and garlic to the beaten egg mixture. Taste and adjust seasoning. Follow the instructions in Kuku Sabzi to cook the omelet, using the 1 tablespoon of ghee for the pan.
3. Serve with yogurt, bread, and a dish of raw vegetables and fresh herbs.

Iraq



Lamb and Chestnut Pilau

Ingredients:

- ½ pound rice
- 1 pound chestnuts
- 1 pound lean lamb, cubed
- Salt and pepper
- Water
- Butter for frying

Preparation:

1. Wash and drain the rice. Peel the chestnuts by nicking the skins and cooking in boiling water for a few moments. Simmer the meat in salted water until tender. Drain the meat of any remaining liquid and fry in butter until brown.
2. Add the chestnuts with 3 cups of water and bring to the boil. Stir in the rice and simmer for 20 minutes. Cover the pan tightly and leave over a very low heat, preferably on an asbestos mat, for ½ hour, until all the liquid has been absorbed.

Stuffed Rice Balls

Ingredients:

- ½ pound rice
- 3 pints water
- 1 tablespoon salt
- ½ pound minced mutton
- 1 ounce sultanas
- ½ teaspoon salt
- ½ ounce minced blanched almonds
- Spice to taste
- 2 eggs
- Butter for frying

Preparation:

1. Simmer the rice in boiling salted water until soft and drain. Fry the meat, wash the sultanas and simmer for a few moments; add to the meat with the almonds, ½ teaspoon salt and spice. By now the rice should be cool and rather sticky.
2. Make hollow balls with it, about 3 inches in diameter, put some of the stuffing in each hollow and close up the rice round it. Coat the balls in beaten egg and fry slowly in the hot butter until brown. Serve at once.

Baked Fruit Pudding

Ingredients:

- 8 slices white bread
- 1 pint apricot juice
- 1 pound dried apricots
- 3 ounces sugar

Preparation:

1. Toast the bread and soak in the fruit juice. Meanwhile, cook the apricots, which

have been soaking overnight, in a little water with sugar until they form a thick paste. Drain the bread slices and spread with the apricot puree.

2. Arrange in a baking dish and bake in a slow oven (325°F) until the bread is beginning to get crisp. Allow cooling and serving with yoghurt or whipped cream.

Herb and Onion Omelette

Ingredients:

- 8 eggs
- 2 cups chopped parsley
- 2 cups chopped onion
- Salt and pepper
- Oil for frying

Preparation:

1. Beat the eggs and add parsley, onions and seasoning. Grease a small omelets' pan with oil and pour in one-quarter of the egg mixture. Cook until the underside is firm, turn and cook the other side.

Eggplant wrapped meat

Ingredients:

- 2 large eggplants
- 1 cup corn oil if frying eggplant

Stuffing:

- 2 pounds Lean ground meat
- 1 medium onion (1 cup) finely minced
- 1 teaspoon salt
- 1/4 teaspoon blackpepper

Sauce:

- 2 tablespoon corn oil
- 1 large onion diced
- 1 large tomato sliced (optional)
- 1 large tomato peeled and chopped
- 14 ounce tomato sauce
- 1 cup beef or chicken stock
- 1/2 cup lemon juice
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon turmeric

Preparation:

1. Peel eggplant, trim off the top and bottom. Stand eggplant up on cutting board and slice vertically, 1/8 inch thin. Sprinkle generously with salt, place in a strainer for about 1 hour. Rinse off the salt and strain eggplant to dry. Heat about 4 tablespoon corn oil in a frying pan and fry the eggplant slices in batches, turning

once to brown both sides. Be careful not to burn. Add more oil as needed.

2. Drain cooked eggplant slices on paper towels. Low fat alternative: Place eggplant slices on baking sheets lined with foil and brushed with corn oil. Bake in the oven at 350 degrees for approximately 20-30 minutes until brown, turning the eggplant halfway.

3. Mix together the ground meat, onion, salt and pepper. Divide the meat into sausage shaped portions 1 inch thick and 2 inches long. Place a portion of the meat stuffing at one end of an eggplant slice and begin wrapping the eggplant around it. Place the rolls in a baking dish and layer the tomato slices on top (optional). In a saucepan heat 2 tablespoon oil and saute the diced onions. When soft add the chopped tomatoes, salt, pepper and turmeric. Add tomato sauce, beef or chicken stock and lemon juice to taste.

4. Cover and simmer 15 minutes. Pour the sauce over the rolls in the baking dish, cover with aluminum paper and bake for 1 hour (or until done) at 450 degrees.

Tashreeb Dajaj

Ingredients:

- 3 tablespoons vegetable oil
- 1½ kg whole chicken, cut into pieces
- 3 tablespoons tomato paste
- 3 medium tomatoes or 450 gramsrams, peeled and pureed
- 4 cloves garlic, peeled
- 3 dried limes
- 2 cubes MAGGI Chicken Bouillon
- 3½ cups water or 875 milliliters
- 8 baby onions, peeled
- 1 medium potato or 300 gramsrams, cut into large cubes
- 1 cup canned chickpeas or 160 gramsrams
- 2 loaves bread, cut into medium pieces

Preparation:

1. Heat vegetable oil in a large non-stick saucepan, add and cook chicken pieces for 8-10 minutes from all sides until chicken changes to golden brown. Add tomato paste and stir for 3 minutes. Add tomato pureed, garlic cloves, dried lime, MAGGI Chicken Bouillon cubes, baby onion and water.

2. Bring to boil and simmer uncovered for 10 minutes over a low heat. Add potato and chickpeas and simmer for 20 minutes or until vegetables and chicken are cooked. Place the bread pieces over a large serving plate and pour on the stew sauce to soak the bread then place the remaining of the stew on top.

Biryani

Ingredients:

- 250 gramsrams minced lamb
- 2 tablespoons fresh parsley, finely chopped

- 2 tablespoons onions, finely chopped
- 1 cup vegetable oil or 220 grams, for deep frying
- 1 medium potato or 150 grams, cut into medium cubes
- 1 medium carrot or 150 grams, cut into medium cubes
- 1 medium onion or 125 grams, sliced
- ½ cup frozen green peas or 80 grams, thawed
- 1 whole chicken or 800 grams, cooked, without bones and shredded
- 2 tablespoons raisins
- ¼ teaspoon ground black pepper
- pinch of saffron filaments
- ½ cup almonds or 75 grams, peeled and toasted
- 2 tablespoons ghee
- ¾ cup vermicelli or 75 grams
- 2 cups rice or 400 grams, washed
- 2 cubes MAGGI Chicken Bouillon
- 1½ teaspoons arabic mixed spices
- 4 cups water or 1000 milliliters

Preparation:

1. In a mixing bowl, combine minced lamb, onion and parsley (season with salt and pepper). Form meat mixture into small balls; place in a baking tray and bake in a preheated oven at 200 degrees Celsius for 10 minutes or until meat balls are cooked. Remove and set aside.
2. Meanwhile, deep fry potato and carrot in the hot oil (reserve 2 tablespoons of oil) and set them aside over a kitchen tissue to absorb any excess oil.
3. In a medium saucepan, heat the reserved oil and sauté onion until its tender then add green peas, shredded chicken meat, raisins, black pepper powder, saffron leaves, almonds, the prepared meat balls potato and carrot. Stir until well combined and set aside (add salt to your taste).
4. In a medium pot, melt the ghee, add the vermicelli and stir until vermicelli is changed in color to golden brown; Add rice, MAGGI Chicken Bouillon cubes and spices (add salt if needed). Stir for seconds then add the water and stir constantly to boil. Cover and simmer over a low heat for 20 minutes or until rice is cooked. Add the prepared meat and vegetable mixture over the rice and mix all carefully with the rice. Cover and cook for another 5 minutes then serve.

Style Dolma

Ingredients:

- 2 medium onions or 300 grams, cut into thin slices
- 4 small eggplants or 300 grams
- 4 small zucchini or 400 grams
- 4 small potatoes or 400 grams
- 4 small green bell peppers or 300 grams

Stuffing:

- 250 gramsrams lean minced lamb
- 4 cloves garlic, crushed
- 1 small onion or 100 gramsrams, finely chopped
- ½ cup egyptian rice or 100 gramsrams
- 1½ teaspoons ground cumin
- ¾ teaspoon ground black pepper
- ¼ cup fresh parsley, chopped
- 1 cube MAGGI Chicken Less Salt Bouillon, crumbled

Sauce:

- 1 tablespoon tamarind
- 1 cube MAGGI Chicken Less Salt Bouillon
- 1½ cups boiling water or 375 ml

Preparation:

1. Spread the sliced onions in the base of a large pot. Wash and hollow eggplants, zucchinis, potatoes and bell peppers. Place them in a bowl with water to prevent changing their color. Combine minced lamb, garlic, onion, rice, cumin, black pepper, parsley and MAGGI Chicken Less Salt Bouillon cube. Drain hollowed vegetables from water then stuff them with meat mixture. Arrange them over onion slices in the pot.
2. Dissolve Tamarind and MAGGI Chicken Less Salt Bouillon cube in hot water. Pour stock over the vegetables. Bring to boil, cover and cook over low heat for 35 minutes or until the vegetables and rice are cooked. Place the vegetables on a large serving dish, add sauce and serve.

Yellow Lentil Soup

Ingredients:

- 1 cup yellow (or red) lentils,
- 1 onion chopped
- 1 clove of garlic chopped
- 1 cup tomato paste
- 1 cup tomatoes chopped
- 1 teaspoon turmeric
- ¾ teaspoon coriander seed
- 1 teaspoon ground kemoon
- 1 tablespoon fresh minced ginger
- 1 hand fresh parsley or coriander chopped
- 2 tablespoons white vinegar
- salt
- oil
- pepper
- juice of 1 lemon

Preparation:

1. Wash 4-5 times and cook lentils without salt for about 20 minutes. In the

meantime fry onions golden, add tomatoes, garlic, and the rest of ingredients, except the fresh herbs, and stir well for 5 minutes. Blend with lentils, season with lemon juice and fresh herbs and serve.

Zamoon

Ingredients:

- 1 ½ tablespoons dry yeast
- ½ tablespoon sugar
- ¼ cup warm water
- 4 cups white bread flour
- ½ cup wheat bran
- ½ tablespoon salt
- 1 cup of water
- ½ cup soy milk
- 1/8 cup oil
- 1 teaspoon black seed (if wanted)

Preparation:

1. Glazing: 2 tablespoons soy milk whisked with 1 tablespoon water Blend yeast and sugar and ¼ cup hand warm water, put aside 5 minutes. In a bowl blend flour, bran and salt. Make a hollow in the middle. Pour yeast mixture, water/soy milk and oil into the hollow, knead it for 8-9 minutes.
2. Oil dough from both sides and set aside covered on a warm place, until approx. doubled in size. Preheat oven to 230 degrees Celsius. Add black seed, knead dough again, divide to 6 portions, let it rest for 10 minutes. Roll one piece quickly between the palms until it becomes 15-18 cm long. On a baking sheet lay it flat, broaden the middle part and make it look diamond shaped with slender ends. Do the same with rest of the portions.
3. You need two baking sheets, three pieces fit on one sheet. Take a very sharp knife and make one long slash in the middle. Allow it to rise in a warm place covered with a towel for about 30 min. When rising done, glaze it and put in the oven. Brush the breads inside the oven with water, and quickly shut to avoid the moisture going out. Do the brushing twice during the first 5 min of baking. Bake 15-18 min, let cool down and serve.

Sweet breakfast mousse

Ingredients:

- 4 tablespoons date syrup
- 1 tablespoon mild liquid tahini

Preparation:

1. Fill date syrup in a little bowl. Pour tahina on top in the middle, stir only a few times from inside to outside, shaping a light and dark spiral. Serve with Zamoon or

other white bread.

Burghul with mini noodles

Ingredients:

- 1 cup burghul, washed
- 1 hand mini noodles
- 1 piece vegan butter
- 1 hand blended raisins and almonds without skin, fried separately in vegan butter
- 1/3 teaspoon turmeric
- oil
- salt

Preparation:

1. Pour oil in a pan, fry a hand full mini noodles slightly until brown, cover with 1 ½ cups of water, add 1 cup of burghul and salt. Stir well, move away from heat, cover with a lid and wait for 10-12 minutes. Add a piece of vegan butter and turmeric. Sprinkle with fried raisins and almonds. You can also use rice instead of burghul for this side dish

Ireland



Beef Stew

Ingredients:

- 1 1/2 pound beef, cut into chunks (splurge on the cut if you can)
- 1/4 cup butter
- 1 (10 1/2 ounce) can tomato soup
- 1 (10 1/2 ounce) can water
- 4 carrots, cut into chunks
- 4 large potatoes, cut into chunks (I don't peel carrots or spuds but you can if you

like)

- 2 stalks celery, cut into chunks
- 4 onions, cut into chunks
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1/4 cup fresh parsley, chopped fine
- 1/4 cup good quality cooking sherry
- 2 bay leaves

Preparation:

1. Preheat oven to 300 degrees Fahrenheit. In a heavy skillet brown the beef in the butter over medium high heat. Add the soup and water and stir well. Add the rest of the ingredients and cook for about 5 minutes, stirring once. Transfer to a cast iron oven or oven proof pot and cook in the oven, covered for 5 hours, stirring occasionally. Remove from oven, remove bay leaves and serve with Irish Soda Bread and butter.

Sausage, Bacon, Onion and Potato Hotpot

Ingredients:

- 2 kilograms potatoes
- 2 large onions, peeled and sliced thickly
- 450 grams good quality pork sausages
- 450 grams bacon, piece thick cut
- 500 milliliters water
- 1 ham stock cube or 1 beef or 1 chicken stock cube, if ham stock isn't available
- 4 tablespoons fresh parsley, chopped
- salt (to season)
- coarse-ground pepper (to season)

Preparation:

1. Peel the potatoes. Cut large ones into three or four pieces: leave smaller ones whole. Finely chop the parsley. Boil the water and in it dissolve the bouillon cube. Grill or broil the sausages and bacon long enough to colour them. Be careful not to dry them out! Drain briefly on paper towels. When drained, chop the bacon into one inch pieces. If you like, chop the sausages into large pieces as well. (Some people prefer to leave them whole.).

2. Preheat the oven to 300 degrees Fahrenheit or 150 degrees Celsius. In a large flameproof heavy pot with a tight lid, start layering the ingredients: onions, bacon, sausages or sausage pieces, potatoes. Season each layer liberally with fresh-ground pepper and the chopped fresh parsley. Continue until the ingredients are used up. Pour the bouillon mixture over the top. On the stove, bring the liquid to a boil. Immediately turn the heat down and cover the pot. (You may like to additionally put a layer of foil underneath the pot lid to help seal it.).

3. Put the covered pot in the oven and cook for at least three hours. (Four or five hours won't hurt it.) At the two-hour point, check the pot and add more water if

necessary. There should be about an inch of liquid at the bottom of the pot at all times. To Serve. Guinness, bottled or draft, goes extremely well with this dish (indeed, adding a little to the pot toward the end of the process wouldn't hurt anything). Another good accompaniment is fresh soda bread, used to mop up the gravy!

Potato and Leek Soup

Ingredients:

- 2 teaspoons vegetable oil
- 2 cups leeks, chopped
- 2 stalks celery, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 medium potatoes, coarsely chopped
- 4 cups vegetable stock or 4 cups water
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried thyme
- 1 1/2 cups light cream
- 2 teaspoons fresh parsley, chopped
- 2 teaspoons fresh dill, chopped
- 2 teaspoons fresh tarragon, chopped

Preparation:

1. In large pan, heat the oil and add the leeks, celery, onion and garlic.. Saute over medium heat, until the vegetables are soft. Stir in the vegetable stock or water, potatoes, salt, pepper& thyme; bring to a boil. Simmer over medium heat for 20 to 30 minutes, until the potatoes are easily pierced with a fork. Add the cream and herbs and return to a light simmer, stirring occasionally. Remove the soup from the heat and let sit a few minutes before serving. Serve with warm bread.

Lamb or Beef Stew

Ingredients:

- 2 pounds boned lamb (Lamb is traditional) or 2 pounds boned beef, sliced, 1/4 inch slices (Lamb is traditional)
- 2 pounds peeled potatoes, thinly sliced (a mandolin slicer works best)
- 3 large onions, thinly sliced
- salt and pepper, each layer to taste
- 2 tablespoons fresh parsley
- 1 teaspoon chopped fresh thyme or 1/2 teaspoon dried thyme
- 13 ounces water

Preparation:

1. Trim the meat, leaving a little of the fat and slice. Season the meat and veggies with salt, pepper, 2 teaspoons of parsley and the thyme. Layer the potatoes, meat and onions in a large casserole, starting and finishing with a layer of potatoes. Add the water and cover tightly.
2. Cook in a preheated oven at 275 degrees for 2 1/2 hours, shake occasionally to prevent sticking, and check liquid now and then. Do not add unless absolutely necessary. The potatoes will thicken the finished stew so it should not be too runny. Just before serving, remove lid and brown the top under a hot broiler and sprinkle with remaining parsley. The potatoes on top should be nice and brown and crisp.

Vegetarian Stew

Ingredients:

- 2 medium onions
- 1/4 cup unbleached flour
- 4 cups water
- 2 cups mushrooms, thickly sliced
- 1 cup carrots or 1 cup parsnip, sliced
- 1 cup turnips or 1 cup rutabaga
- 1 cup celery, diced
- 1/2 cup split red lentils
- 1/2 cup fresh parsley
- 1/4 cup Braggs liquid aminos or 1/4 cup soy sauce
- 3 vegetable bouillon cubes
- 1 bay leaf
- 2 teaspoons marmite
- 1 teaspoon sugar
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary
- 1/4 teaspoon marjoram
- pepper
- 1 cup textured vegetable protein, chunks

Preparation:

1. In a large, lightly oiled pot steam fry the onion until it begins to soften [that means cook it in a bit of water] Add flour and stir around completely. Add the remaining ingredients, mix well, bring to boil. Cover and simmer on low for 30 minutes or until vegetables are done. Taste and season.

Boiled Dinner

Ingredients:

- 1 (3½ pounds) fresh beef brisket
- 2 12-ounce bottles lager beer
- 2 cups water (or enough to just cover)

- 2 bay leaves
- 10 black peppercorns
- ½ cup chopped parsley
- 2 teaspoons salt
- 2 tablespoons butter or olive oil
- 3 cloves garlic, peeled and sliced
- 2 cups chopped and rinsed leeks (white parts only)
- 1 medium yellow onion, peeled and sliced
- ¾ pound large carrots cut into large pieces
- ¾ pound small red potatoes
- 1 pound turnips, peeled and quartered
- 2 pounds green cabbage cut in sixths (secure with toothpicks)
- Salt and freshly ground black pepper to taste

Preparation:

1. Place an 8- to 10-quart stove-top covered casserole on the burner and add the beef, beer, water, bay leaves, peppercorns, parsley, and salt. Heat a frying pan and add the butter or olive oil. Saute the garlic, leeks, and yellow onion for a few minutes and add to the casserole.
2. Cover the pot and simmer gently for 3½ hours, or until the meat is very tender. (This will normally take about 1 hour per pound of brisket.). In the last 25 minutes of cooking, add the carrots and red potatoes. In the last 15 minutes of cooking, add the turnips, cabbage, salt, and pepper. If the vegetables are not done to your liking, cook them longer, but do not overcook. Remove the toothpicks from the cabbage before serving.

Harvest Pot Roast with Sweet Potatoes

Ingredients:

- 1 envelope Onion Soup Mix
- 1½ cups water
- ¼ cup soy sauce
- 2 tablespoons firmly packed dark brown sugar
- 1 teaspoon ground ginger (optional)
- 1 (3½ pounds) boneless pot roast (rump, chuck, or round)
- 4 large sweet potatoes, peeled, if desired, and cut into large chunks
- 3 tablespoons water
- 2 tablespoons all-purpose flour

Preparation:

1. Preheat oven to 325 degrees Fahrenheit. In Dutch oven or 5-quart heavy oven proof saucepan, combine soup mix, water, soy sauce, brown sugar, and ginger; add roast. Cover and bake 1 hour 45 minutes. Add potatoes, and bake covered an additional 45 minutes or until beef and potatoes are tender.
2. Remove roast and potatoes to serving platter and keep warm; reserve juices. In small cup, with wire whisk, blend water and flour. In same Dutch oven, add flour

mixture to reserved juices. Bring to a boil over high heat. Boil, stirring occasionally, 2 minutes. Serve with roast and potatoes.

Trout with Apples and Toasted Hazelnuts

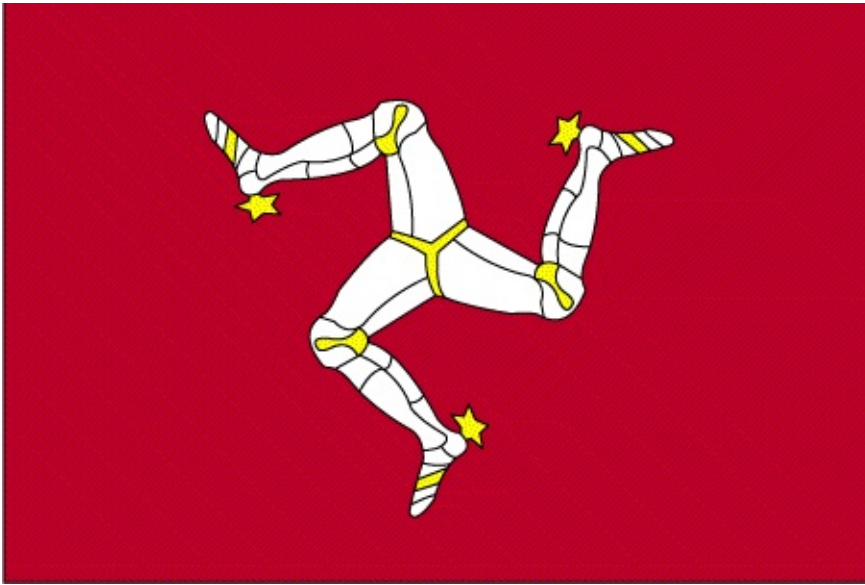
Ingredients:

- 1/3 cup whole hazelnuts
- 5 tablespoons butter or margarine, divided
- 1 large Red Delicious apple, cored and cut into 16 wedges
- 2 butterflied rainbow trout fillets (about 8 ounces each)
- Salt and black pepper
- 3 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1 tablespoon snipped fresh chives
- Lemon slices and fresh chives (optional)

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. To toast hazelnuts, spread in single layer on baking sheet. Bake 8 to 10 minutes or until skins split. Wrap hazelnuts in kitchen towel; set aside 5 minutes to cool slightly. Rub nuts in towel to remove as much of the papery skins as possible. Process hazelnuts in food processor until coarsely chopped; set aside.
2. Melt 3 tablespoons butter in medium skillet over medium-high heat. Add apple; cook 4 to 5 minutes or until crisp-tender. Remove from skillet with slotted spoon; set aside. Rinse trout and pat dry with paper towels. Sprinkle fish with salt and pepper, then coat in flour. Place fish in skillet.
3. Cook 4 minutes or until golden and fish flakes easily when tested with fork, turning halfway through cooking time. Return apple to skillet. Reduce heat to low and keep warm. Melt remaining 2 tablespoons butter in small saucepan over low heat. Stir in lemon juice, chives, and hazelnuts. To serve, sprinkle fish and apple with hazelnut mixture. Garnish with lemon slices and chives.

Isle of Man



Mature Cheddar Flapjacks

Ingredients:

- 3 ounces butter (or margarine)
- 50 -75 grams Isle of Man Mature cheddar cheese, finely grated
- 1 tablespoon honey
- 6 ounces porridge oats
- 1 pinch salt and pepper

Preparation:

1. Put butter, cheddar and honey into a saucepan over low heat; stir until melted. Add oats and blend thoroughly. Press mixture into well-greased 18cm square tin. Bake in 180 degrees Celsius or 350 degrees Fahrenheit oven or gas mark 4 for 25 minutes or until golden brown. Cut into fingers while still warm. Allow to cool before removing from baking tin. Store in airtight container.

Fruit cake

Ingredients:

- 225 grams plain flour
- a pinch of mixed spice
- a pinch of nutmeg
- 1 teaspoon bicarbonate of soda
- 110 grams butter
- 110 grams light soft brown sugar
- 225 grams sultanas
- 225 g currants
- 225 grams raisins
- 225 grams mixed peel
- ½ tablespoon black treacle
- 3 tablespoon buttermilk, to mix

Preparation:

1. Preheat the oven to 160 degrees Celsius. Sift the flour, a pinch of salt, mixed spice, nutmeg and bicarbonate of soda into a bowl. Rub in the butter until mixture resembles fine breadcrumbs. Stir in the sugar, fruit and peel. Add the treacle and mix to a fairly stiff dropping consistency with buttermilk or milk. Turn mixture into a well-greased 1pound loaf tin and bake for 2½ hours in the centre of oven - a skewer should come out clean after inserting into the cake.

Fruit Bonnag

Ingredients:

- 2 1/2 cups flour
- 1 cup sugar
- 1 cup currants
- 1 tablespoon margarine
- 1 teaspoon bicarbonate of soda
- 1 large teaspoon mixed spice
- few drops vanilla essence
- cup or more buttermilk

Preparation:

1. Rub butter into flour. Add other dry ingredients. When well mixed, mix with buttermilk. Bake about 1 hour in moderate oven.

Bun loaf or Spice Cake

Ingredients:

- 1 pound Plain Flour
- 8 ounces lard
- 8 ounces brown sugar
- 8 ounces currants
- 8 ounces sultanas
- 4 ounces mixed peel
- 8 ounces raisins
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate of soda
- 2 cups of milk
- 2 tablespoons of black treacle

Preparation:

1. Sieve dry ingredients, rub fat into flour, add fruit, mix treacle with milk, mix to a soft consistency. Turn into greased tin, bake in moderate oven.

Rich Bonnag

Ingredients:

- 8 ounces plain flour
- pinch of salt
- pinch of mixed spice
- pinch of nutmeg
- 3/4 level teaspoon of bicarbonate of soda
- 4 ounces butter
- 4 ounces soft brown sugar
- 1/2 pound sultanas
- 1/2 pound currants
- 1/4 pound stoned raisins
- 1 ounces chopped mixed peel
- 1/2 level tablespoon black treacle
- buttermilk or milk to mix

Preparation:

1. Sift the flour, salt, mixed spice, nutmeg and bicarbonate of soda into a bowl. Rub in the butter until mixture looks like fine bread crumbs. Stir in the sugar, fruit and peel. Add the treacle and mix to a fairly stiff dropping consistency with buttermilk or milk. Turn mixture into a well greased 1 pound loaf tin and bake for 2 1/2 hours in centre of oven, pre-heated to 325 degrees Fahrenheit. Test with a skewer to see if cooked.

Fried Herring Roes

Ingredients:

- 1/2 pound herring roes or melts (soft roes)
- Seasoned Flour
- 1 1/2 ounces butter

Preparation:

1. Dip roes in the seasoned flour and gently fry in the butter for about eight minutes.

Herring Pie

Ingredients:

- 6 Fresh Herring
- 1/2 Teaspoon Mace
- Salt and Pepper
- 3 Large Cooking Apples
- 2 Onions
- A Little Butter
- Pastry

Preparation:

1. Line a large oven-proof dish with pastry, Scale, gut and clean the herring,

removing heads, fins and tails. Season the fish with the mace, salt and pepper. Put a little butter in the bottom of the pie dish, and then a row of herring. Pare the apples and place thin slices over the fish. Slice the onions and lay on top of the apple. Put a little butter on top and pour on a quarter of a cup of water. Cover with pastry and bake in a moderate oven for thirty to forty minutes.

Queenies in Batter with Tartare Sauce

Ingredients:

- 1/2 pound Queenies
- Seasoned Flour

Batter:

- 3 ounces Plain Flour
- 1 ounces. Dried White Breadcrumbs
- 1 Tablespoon Cooking Oil
- 1 Egg
- 1/4 Pint Milk.

Preparation:

1. Poach the queenies in water until tender, drain and coat with seasoned flour. Prepare the batter by adding the beaten egg to the flour and breadcrumbs and gradually adding the milk and oil. Dip the queenies into the batter using a long skewer. Fry in deep oil, a few at a time, for about three minutes, or until golden brown. Drain on absorbent kitchen paper and sprinkle with salt. Serve at once with tartare sauce.

The Sauce

Ingredients:

- 4 Spring Onions
- 2 Teaspoons Parsley
- 1 Tablespoon Minced Capers or Gherkins
- A Little Mayonnaise
- 2 teaspoons Lemon Juice

Preparation:

1. Mince the spring onions and mix with the parsley, capers and gherkins. Beat the mayonnaise until creamy. Add the lemon juice gradually. Poach the queenies in water until tender, drain and coat with seasoned flour. Prepare the batter by adding the beaten egg to the flour and breadcrumbs and gradually adding the milk and oil. Dip the queenies into the batter using a long skewer. Fry in deep oil, a few at a time, for about three minutes, or until golden brown. Drain on absorbent kitchen paper and sprinkle with salt. Serve at once with tartare sauce.

2. Mince the spring onions and mix with the parsley, capers and gherkins. Beat the mayonnaise until creamy. Add the lemon juice gradually.

Salt Herring

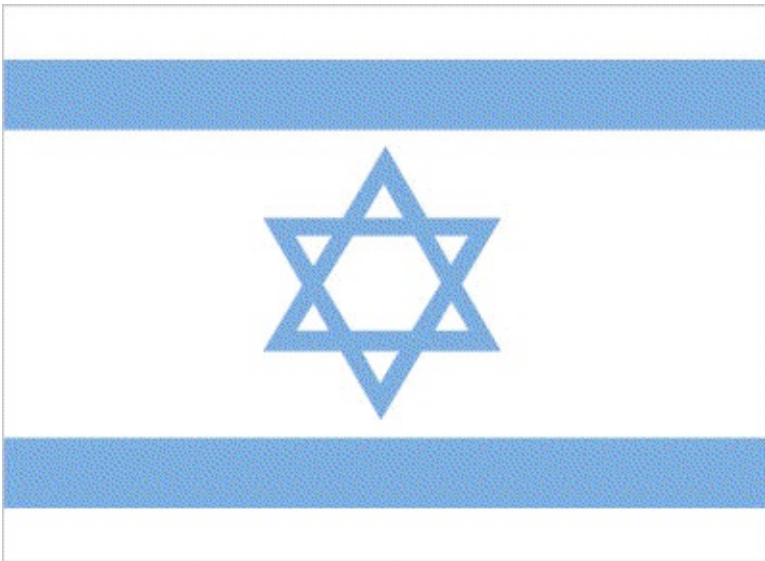
Ingredients:

- Any quantity of fresh Herring
- Salt
- Bay Salt
- Salt petre
- Brown Sugar

Preparation:

1. Gut the fish and salt them lightly with plain salt. Lay them in a basket and leave them overnight to drain. Wipe each one in a dry cloth to take off all the scales. Pound together equal quantities of salt petre, bay salt and brown sugar. Place a layer of this in an earthenware crock, then a layer of fish, and so on until the crock is full. Spread a thick layer of the salts on top. Cover the crock and leave for a few months before using.

Israel



Passover Beet Preserves

Ingredients:

- 3 pound beetroot
- 1 pound honey
- 1 pound sugar
- 2 tablespoons ground ginger
- ½ pound blanched, chopped almonds

Preparation:

1. Cook beetroot in cold water to cover. When tender, skin and cut into thin strips

or dice. Bring honey, sugar and ginger to the boil in a deep pot and add beetroot. Turn down heat and cook till the syrup is thick, approximately 30 minutes.

2. Do not stir during cooking but shake the pot gently to prevent burning or sticking. Stir in chopped or slivered almonds and turn into jam jars or a stoneware crock. Store away from light to prevent discoloration.

Stuffed Shoulder of Veal

Ingredients:

- 1½ quarts fresh bread-crumbs
- 1¾ cups canned chicken broth
- ½ cup melted chicken fat
- 1¼ cups chopped onions
- 1 cup chopped parsley
- 3 or 4 ounce can sliced mushrooms
- 1½ teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon ground ginger
- 1 egg, slightly beaten
- 4½ pound boned shoulder of veal
- 2 tablespoons lemon juice
- 1 large onion, sliced
- 6 medium potatoes, peeled
- 1 teaspoon paprika

Preparation:

1. Start heating oven to 325°F. In bowl, soak bread in broth. In ¼ cup fat, in pan, saute chopped onions till tender. Drain soaked bread from broth, reserving both. To onion in pan add bread; cook over medium heat, while stirring, 2 minutes.

Drain mushrooms, saving juice, and add to bread, with parsley, mushrooms, 1 teaspoon salt, ¾ teaspoon pepper, ¾ teaspoon ginger and egg.

2. Combine ½ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon ginger; use to sprinkle surface and pocket of veal. Then stuff pocket with bread mixture and skewer. Place stuffed veal in roasting pan; brush with ¼ cup fat; roast 1 hour.

3. Combine broth, mushroom and lemon juices; pour over meat; top with onion slices. Place potatoes in pan; sprinkle with paprika. Continue roasting, while basting, 2 hours, or till tender, turning potatoes once. Remove skewers. Place meat and potatoes on heated serving dish. Serve with Pickled Beetroots.

Sweet and Sour Meat Balls

Ingredients:

- 1 pound chopped beef
- ¼ cup brown or Long grain rice
- 1 grated clove of garlic or ¼ teaspoon garlic salt
- 1 grated onion

- ½ teaspoon salt
- 2 eggs
- 1 tablespoon chopped parsley
- 4 tablespoons fat

Sauce:

- 1 cup tomato soup
- ¼ cup cider vinegar
- 3 tablespoons brown sugar
- 1 cup finely cut celery
- 1 green pepper, chopped

Preparation:

1. Combine all the ingredients except the fat. Form into balls the size of walnuts and saute in hot melted fat till browned on all sides. Add ingredients for sauce in the order listed. Cover and simmer for 20 minutes over moderate heat. Uncover and cook for 5-10 minutes longer. Serve with cooked spaghetti or noodles.

Scalloped Aubergine with Lamb

Ingredients:

- 10 slices of aubergine, ½ inch thick
- 1 pound chopped lamb, mutton or beef
- 1 onion, minced or chopped
- salt to taste
- ½ cup chopped parsley
- Pepper or paprika to taste
- ½ cup tomato puree
- 1 cup water

Preparation:

1. Salt aubergine slices and drain dry as soon as softened. Combine chopped meat with onion and parsley and season to taste. Spread on each slice of aubergine and arrange in a well-greased baking dish. Top each piece with tomato puree diluted with water and bake for 1 hour at 325 degrees Fahrenheit. Put under the grill to brown on top, if desired, a few minutes before serving. Garnish with parsley or serve on toast, mashed potato or boiled rice.

Stuffed Peppers

Ingredients:

- 6-7 medium green bell peppers

Filling:

- 2 pounds ground beef
- 3 tablespoons matzo meal
- 3 eggs
- 3 cloves garlic, peeled and crushed

- 1 large yellow onion, peeled and chopped
- 4 tablespoons rendered chicken fat
- Salt and freshly ground black pepper to taste
- 3 hard-boiled eggs, peeled and grated

Sauce:

- 1 cup canned tomato sauce
- 2 tablespoons distilled white vinegar
- 1 tablespoon sugar
- 1 cup Chicken Stock or use canned

Preparation:

1. Remove the top of each of the peppers and cut out most of the seeds and core. Reserve the tops but discard the seeds and core. Mix all of the ingredients for the filling together and divide the filling among the peppers. Replace the top on each. Place them in a baking dish. Mix all of the ingredients for the sauce and pour into the bottom of the baking pan. Bake in a preheated oven at 350 degrees Fahrenheit for 1 hour.

Beef and Potato Stew

Ingredients:

- 2 large sliced onions
- 2 tablespoons chicken fat or oil
- ½ pound dried beans soaked till tender in cold water
- 2 pound brisket beef
- 8 - 10 medium potatoes, peeled and cut in halves or quarters
- 2 tablespoons flour
- Salt, pepper, paprika to taste
- Boiling water to cover

Preparation:

1. Saute onions in hot fat in the bottom of a heavy pot with a tight-fitting lid. When light brown, add the prepared beans and potatoes and put the meat in the centre. Mix flour and seasonings and sprinkle over top. Add boiling water to cover, adjust lid and cook over heat for 3 - 4 hours. Lift lid to make sure no additional water is needed and then place the pot on an asbestos mat and simmer. The flame should be as low as possible without danger of being extinguished if the cholent is to cook slowly overnight and until noon of the following day.

Kasha Varnishkes

Ingredients:

- 1 cup kasha buckwheat groats, medium granulation
- 1 egg, well beaten
- 2 tablespoons rendered chicken fat or vegetable oil
- 1 yellow onion, peeled and chopped

- 2 cups Chicken Stock or use canned
- Salt and freshly ground black pepper to taste
- 1 cup pasta bow ties

Preparation:

1. In a small bowl, mix the kasha with the beaten egg. Be sure all the grains are covered with egg. Place a medium frying pan on medium-high heat. Add the kasha to the pan and, using a wooden fork, flatten it out a bit, stirring and moving it about the pan until the egg dries and the grains have mostly separated. Set aside. Place a pot of salted water on to boil for the pasta bow ties.
2. In a 4-quart heavy stove-top covered casserole, heat the chicken fat or oil and saute the onions until clear. Add the Chicken Stock and bring to a boil. Add the salt and pepper and the reserved kasha. Stir a bit and cover. Cook over low heat, stirring now and then, until the kasha is tender, about 10 minutes. If it is not done to your taste, cook for a few more minutes. In the meantime, boil the pasta just until tender. Drain well and stir into the kasha. Serve hot.

Eggplant Salad

Ingredients:

- 1½ to 2 pounds eggplant
- 1 tablespoon salt
- 1 cup unsifted flour
- ½ teaspoon pepper
- 1 cup peanut oil
- ¼ cup vinegar
- ¼ cup chopped onion
- 1 clove garlic, crushed
- 2 tablespoons chopped pimiento
- 2 tablespoons chopped stuffed olives
- Lettuce
- Hard-cooked egg, sliced (for garnish)
- Ripe olives (for garnish)

Preparation:

1. Slice eggplant, without peeling, into ½ inch-thick slices. Sprinkle slices with salt; let stand 15 minutes. Combine flour and pepper; use mixture to coat eggplant slices. Saute slices in ½ cup peanut oil until golden. Arrange eggplant in a shallow baking pan; set aside.
2. Combine remaining peanut oil, vinegar, chopped onion, crushed garlic, chopped pimiento and chopped stuffed olives; mix well. Pour mixture over eggplant slices; let marinate at least 1 hour in refrigerator before serving. To serve, arrange eggplant slices on lettuce; garnish with slices of hard-cooked egg and ripe olives.

Baluk Plakki

Ingredients:

- 3 pound any firm-fleshed fish
- ½ cup oil, butter or cooking fat
- Salt to taste
- 2 large onions
- 4 large tomatoes
- 1 cup boiling water
- Parsley
- Lemon

Preparation:

1. Rub fish inside and outside with oil and salt lightly. Grill under a low heat turning when brown; then brown other side. Place in a baking dish, cover with sliced onions and tomatoes. Sprinkle lightly with salt and bake for 20 minutes at 400 degrees Fahrenheit. Pour over boiling water and bake for 5-10 minutes longer, basting frequently. Serve hot or cold, garnished with parsley and lemon.

Challah

Ingredients:

- 2 pound flour
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 pint hot potato water or plain hot water
- 4 tablespoons fat
- 2 ounces yeast
- 3 eggs
- A pinch of saffron added to hot liquid

Preparation:

1. Sift flour and salt into a large mixing bowl and stand in a warm place. Dissolve sugar and fat in the hot liquid. When cooled to lukewarm, dissolve the yeast in some of the liquid and stir into the flour to make a sponge in the centre of the bowl. Cover and let rise for 30 minutes. Add slightly beaten eggs to the sponge and stir in remaining liquid and flour to make dough.

2. Turn out on a floured board and knead thoroughly until smooth and elastic. The dough should not stick to the hand or board. Return dough to the bowl, brush top with fat or dust with flour, cover with a clean cloth and let rise in a warm place until approximately double in bulk. Knead on floured board for 10 minutes and shape into coils for round loaves. Place on greased or floured baking sheet and let rise again till about double in bulk. Brush with egg yolk and water and bake for 15 minutes at 400°F; reduce heat to 375°F and bake for 45 minutes or till nicely crusted and light brown on the bottom.

Matzo Kugel

Ingredients:

- 3 matzos
- Water
- 3 eggs, separated
- ½ cup sugar
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ cup raisins
- 3 tablespoons fat
- 3 cooking apples
- Grated rind of 1 lemon
- ¼ cup chopped nuts

Preparation:

1. Soak matzos in cold water and drain well. Beat egg yolks, sugar, salt and cinnamon. Stir in the matzos. Fold in stiffly beaten egg whites and raisins, and turn half the mixture into a heated, well-greased baking dish. Arrange thinly sliced apples on top, sprinkle with nuts and grated lemon rind. Cover with the rest of the matzo mixture.
2. Dot with fat, sprinkle with more cinnamon and sugar, and bake at 350°F for about 45 minutes or till nicely browned. Serve with apple sauce, wine sauce or stewed or fresh fruit.

Chremzlach

Ingredients:

- 3 tablespoons chicken or goose fat
- 6 tablespoons hot water
- 1 lemon
- 4 cups matzo meal
- 4 eggs, separated
- ¼ teaspoon salt
- 1½ cups fat for deep frying

Filling:

- 1½ cups cherry jam
- ½ cup chopped almonds
- 2 tablespoons matzo meal

Preparation:

1. Mix fat, hot water, lemon juice and grated rind in a large bowl. Add matzo meal gradually to make a stiff, smooth batter. Beat egg yolks with sugar till creamy and stir in. Add salt to egg whites and beat stiff. Fold in beaten egg whites as soon as mixture is cool enough to handle. Add more water or lemon juice if the mixture seems too dry; it should be of a consistency that can be formed into balls after standing for 15-20 minutes.
2. Combine the ingredients for the filling and let stand for 10 minutes before using.

Form the batter into balls the size of medium apples; make a hole in the centre of each and insert a tablespoonful of filling. Mould the dough smoothly round the filling; flatten into a thick cake and fry in deep hot fat till lightly browned on both sides. Lift out and drain on paper. When all of the cakes are fried, arrange on a serving dish and cover with honey and slivered almonds, or sprinkle generously with sugar and cinnamon. Serve hot or cold.

Passover Ingerlach

Ingredients:

- ¾ cup honey
- ½ pound sugar
- 2 eggs, beaten till creamy
- 1 cup matzo meal
- ½ cup ground almonds or walnuts
- 1 tablespoon ground ginger

Preparation:

1. Mix honey and sugar in a deep saucepan, bring to the boil and cook for 10 minutes till it is a deep golden syrup. Remove from the heat. Combine other ingredients with a fork and stir into the syrup. Place over very low heat and cook for approximately 10 minutes, stirring constantly to prevent sticking or burning. The mixture will be thick and sticky. Turn out on a wet slab and flatten to ½ inch thickness with the bowl of a large spoon that has been dipped in cold water. Dust with sugar and ground ginger and cool for 10 minutes before cutting into 1 inch squares or diamond shapes.

Hummus

Ingredients:

- 1 cup dried chickpeas
- 1/4 cup tahina
- 1/2 cup lemon juice (or to taste)
- 2 cloves garlcs (or to taste)
- 1 teaspoon salt
- ground pepper to taste
- 1/2 teaspoon ground cumin
- 3 Tablespoons extra virgin olive oil
- 2 Tablespoons pine nuts
- 2 Tablespoons chopped fresh parsley or cilantro

Preparation:

1. Put the raw chickpeas in a bowl with cold water to cover and soak overnight. Drain and rinse the chickpeas, then place them in a heavy pot with enough cold water to cover. Bring to a boil, then simmer, partially covered, for about an hour or until the chickpeas are soft and the skin begins to separate. Add more water as

needed.

2. Drain the chickpeas, reserving about 1-1/2 cups of the cooking liquid. Set aside 1/4 cup of the cooked chickpeas for garnish. In a food processor fitted with a steel blade, process the remaining chickpeas with the tahina, lemon juice, garlic, salt, pepper, cumin, and at least 1/2 cup of the reserved cooking liquid. If the hummus is too thick, add more reserved cooking liquid or water until you have a paste-like consistency.

3. Heat a frying pan and add 1 tablespoon of the olive oil. Spread the pine nuts in the pan and stir-fry, browning on all sides. To serve, transfer the hummus to a large, flat plate, and with the back of a spoon make a slight depression in the center. Drizzle the remaining olive oil on top and sprinkle the reserved chickpeas, pine nuts, paprika or sumac, and parsley or cilantro over the surface. Serve with cut-up raw vegetables and warm pita cut into wedges. You can also add cayenne pepper to the hummus. Sometimes leftover hummus tends to thicken just add some water to make it the right consistency.

Salad

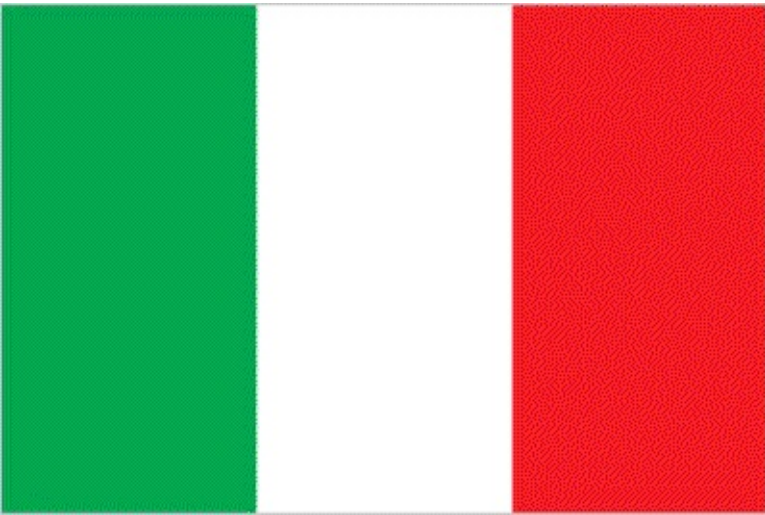
Ingredients:

- 6 cucumbers, diced
- 4 roma (plum) tomatoes, seeded and diced
- 5 green onions, sliced
- 1 red bell pepper, seeded and diced
- 1/3 cup chopped garlic
- 1 cup chopped fresh parsley
- 1/2 cup minced fresh mint leaves
- 1/2 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon salt
- 1 tablespoon ground black pepper

Preparation:

1. Toss the cucumbers, tomatoes, onions, bell pepper, garlic, parsley, and mint together in a bowl. Drizzle the olive oil and lemon juice over the salad and toss to coat. Season with salt and pepper to serve.

Italy



Sicilian Thick Crust Pizza

Ingredients:

- 4 cups All-Purpose flour
- 1 teaspoon salt
- 4 tablespoons oil
- 2 packages dry yeast
- 1 1/2 cups of warm water (105 degrees Fahrenheit)

Preparation:

1. Mix yeast, 1/2 cup flour, and 1/2 cup water in a bowl covered with plastic wrap. Let rise for 15 minutes. Stir to deflate. Mix 2 cups of remaining flour with salt, 1 cup cool tap water, and oil. Add yeast mixture. Mix in remaining flour.
2. Knead 15 minutes on a floured surface (10 minutes in a machine) until smooth. Place dough in bowl dusted with flour and cover with plastic wrap. Let rise until doubled (1 to 2 hours). Punch dough down and put in ziploc bag in the refrigerator until ready to use.
3. Preheat oven to 500 degrees Fahrenheit. Remove dough from refrigerator when ready to shape into crust. Punch down dough thoroughly and roll out dough on a floured surface.
4. Lightly oil (olive) a 17 1/2 inches X 11 1/2 inches X 3/4 inch pan. Place dough in pan and push to stretch evenly leaving a lip up against sides of pan.
5. Let rest for 10–15 minutes (while you prepare toppings). Stretch out dough again (it will have receded) and place desired toppings. Cook in center of oven until crust is golden brown.

Italian Sausage Soup

Ingredients:

- 1 pound Italian sausage

- 1 clove garlic, minced
- 2 (14 ounce) cans beef broth
- 1 (14.5 ounce) can
- Italian-style stewed tomatoes
- 1 cup sliced carrots
- 1 (14.5 ounce) can great northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach - packed, rinsed and torn
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 In a stockpot or oven, brown sausage with garlic.

Preparation:

1. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes. Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender. Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Spagetti with Clam Sauce

Ingredients:

- 6 tablespoons olive oil
- 1 teaspoon finely chopped garlic
- 1 cup clam broth, fresh from the shucked clams or bottled
- ¼ cup dry white wine
- 6 to 8 quarts of water
- 1 tablespoon salt
- 1 pound spaghetti, spaghettini or linguine
- 2 tablespoons soft butter
- 3 dozen small hardshell clams, shucked
- 2 tablespoons finely chopped fresh parsley, preferably the flat-leaf Italian type
- Salt
- White pepper

Preparation:

1. In a heavy 10- to 12 inch skillet, heat the olive oil until a light haze forms over it. Stir in the garlic and cook over moderate heat, stirring constantly, for about 30 seconds. Pour in the clam broth and wine and boil briskly over high heat until the foam disappears and the liquid has reduced to about ¾ cup. Remove from the heat and set aside. In a large kettle or soup pot bring the water and the salt to a bubbling boil over high heat.

2. Drop in the spaghetti and stir it gently with a wooden fork or spoon for a few

moments to prevent the strands from sticking to one another or the bottom of the pot. Boil over high heat, stirring occasionally, for 7 to 12 minutes, or until the pasta is tender. Test it by tasting a strand; it should be soft but al dente—that is, slightly resistant to the bite. Immediately drain the spaghetti into a large colander, lifting the strands with a fork to be sure it is thoroughly drained.

3. Transfer the spaghetti to a large heated serving bowl and toss it with the soft butter. Bring the sauce in the skillet to a boil over high heat and add the clams. Cook the clams, turning them constantly, for 1 or 2 minutes. Then pour the clams and sauce over the spaghetti, sprinkle with parsley, and toss together with two large forks until all the ingredients are well mixed. Taste and season with salt and white pepper. Serve at once.

Authentic Meatballs

Ingredients:

- 1 pound ground beef
- 1 egg
- 1/4 cup milk
- 1/2 cup breadcrumbs
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1 tablespoon fresh parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon fresh ground pepper
- 1/4 cup grated parmesan cheese

Preparation:

1. Mix all ingredients in a large bowl by hand. Use your bare hands for best results. Roll meatballs to about the size of a golf ball. Drop raw meatballs into large (I use a stock pot) pot of sauce. Simmer for about 3 hours.

Broiled Marinated Steak

Ingredients:

- 3/4 cup olive oil
- 1/4 cup wine vinegar
- 2 tablespoons finely chopped fresh parsley, preferably the flat-leaf Italian type
- 1/2 teaspoon finely chopped garlic
- 1/2 teaspoon dried oregano
- 3 pounds T-bone, porterhouse or sirloin steak, cut 1 inch thick
- Salt

Preparation:

1. Choose a shallow baking dish large enough to hold the steak comfortably, and in it combine the olive oil, vinegar, parsley, garlic and oregano. Lay the steak in the marinade and turn it about until the meat is well coated. Let the steak

marinate at room temperature for at least 4 hours or in the refrigerator for 6 hours, turning it over from time to time.

2. Preheat the broiler to its highest temperature and remove the steak from the baking dish. Discard the marinade. Pat the steak dry with paper towels and broil it 3 inches from the heat for about 4 minutes on each side, or until it is done to your taste. Test it by pressing it with a finger: when it is slightly resilient, neither soft nor firm, the steak is medium rare. Transfer the steak to a heated serving platter and season with salt before slicing.

Chicken Oregano

Ingredients:

- 3 pounds chicken
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup olive oil
- ¼ cup lemon juice
- 1 clove garlic, minced
- 1 teaspoon finely-chopped parsley
- 2 teaspoons dried oregano
- ¼ teaspoon marjoram

Preparation:

1. Wash and quarter the chicken or cut it into serving pieces. Drain. Place the chicken, skin-side down in an 8 inch by 8 inch dish. Arrange the thick portion of each piece of chicken toward the outer perimeter of the dish. Mix the other ingredients and spoon over the chicken. Cover with wax paper and cook 23 minutes or until almost tender. Remove wax paper and turn chicken over, keeping the thicker portion of each piece turned to the outer edge of the baking dish. Cook 5 minutes more, uncovered.

Beef Romano

Ingredients:

- 1½ cups cubed cooked beef
- 1 medium clove garlic, minced
- ¼ teaspoon oregano, crushed
- 2 tablespoons butter or margarine
- 1 can (10½ ounces) beef gravy
- 1½ cups cooked epoundow macaroni
- 1 cup cooked Italian green beans
- ½ cup thin tomato wedges

Preparation:

1. Brown beef with garlic and oregano in butter in a skillet. Stir in remaining ingredients; heat, stirring.

Fillet of Sole Bolognese

Ingredients:

Fish:

- ¼ cup dry white wine
- ½ cup water
- Salt and pepper
- 4 sprigs parsley
- 1 bay leaf
- Pinch of thyme
- 1 pound fish
- Cheesecloth or nylon netting

Sauce:

- ¼ cup butter
- 3 tablespoons flour
- ½ cup milk
- ½ cup light cream
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Cayenne pepper to taste

Preparation:

1. Fish:

A. Put all the ingredients except the fish into a small rectangular baking dish that will be large enough to lay all the pieces of fish flat.

B. Cook, covered with wax paper, 3 minutes. Remove the wax paper and lay the cheese cloth or nylon netting so that it extends beyond the edges of the dish.

C. Put in the fish. Cover with wax paper and cook in the microwave oven about 5 minutes or until the fish flakes easily with a fork.

D. Using the cheesecloth, carefully lift the fish from the broth and place on paper towels. Cover lightly with foil to hold in the heat and moisture.

2. Sauce:

A. Melt the butter with the flour in a small covered casserole in the microwave oven. (This will take about 1 minute.)

B. Blend well and gradually stir in the milk and cream. Cook, covered, in the microwave oven, stirring a couple times, until the mixture boils and thickens.

C. Stir in the Parmesan cheese and the seasoning. Cook 30 seconds more. Stir until sauce is blended. Beat in 2 tablespoons of the fish-wine stock.

D. Discard the remaining fish wine stock. Gently lift the fish into the original dish. Pour over the Parmesan sauce. Cook enough to reheat everything thoroughly.

Pan-Broiled Steak With Tomatoes And Garlic

Ingredients:

- 1 teaspoon dried oregano, crumbled

- Freshly ground black pepper
- ½ teaspoon salt
- 3 pounds T-bone, porterhouse or sirloin, cut 1 inch thick
- 4 tablespoons olive oil
- 1 teaspoon finely chopped garlic
- 2 cups peeled, seeded and coarsely chopped fresh tomatoes (about 1½ pounds)

Preparation:

1. Heat 2 tablespoons of olive oil in a medium-sized skillet or saucepan until a light haze forms over it. Remove the pan from the heat, add the garlic and, with a spoon, turn it about in the oil for about 30 seconds. Add the tomatoes, oregano, salt and a few grindings of pepper and cook over moderate heat, stirring frequently. In about 5 minutes most of the liquid from the tomatoes will have boiled away. Remove the pan from the heat.
2. In a heavy 12- to 14 inch skillet, heat the remaining 2 tablespoons of olive oil, again until a light haze forms over it. Over high heat, brown the steak in the oil for 1 or 2 minutes on each side, turning it with kitchen tongs, then lower the heat to moderate and spoon the tomato sauce over and around the meat. Cover and cook for 6 to 10 minutes, or until the steak is done to your taste. (Test by pressing it with a finger-when the steak is slightly resilient, neither soft nor firm, it is medium rare or you can make a small incision near the bone with the tip of a sharp knife and judge by the redness of the meat.)
3. To serve, scrape the tomato sauce off the top of the steak into the skillet and transfer the steak to a carving board. Simmer the sauce left in the skillet for 1 or 2 minutes, scraping in any browned bits of meat and sauce clinging to the bottom of the pan. Taste for seasoning. Carve the steak, arrange the slices on a heated platter and moisten each slice with a little sauce.

Veal Scaloppine Marsala

Ingredients:

- 2 pounds veal steaks cut very thin
- ¼ cup flour
- Salt and pepper to taste
- 3 tablespoons oil
- 3 tablespoons butter
- 1½ cups sliced mushrooms
- 1 teaspoon chicken bouillon concentrate
- ½ cup Marsala wine
- ½ cup water
- 2 tablespoons flour

Preparation:

1. Pound meat to ¼ inch thickness with mallet or other heavy, flat object. Dredge with flour, add salt and pepper to taste. Heat the butter and oil in a 2-quart rectangular (12 inch by 9 inch) baking dish. Sprinkle in the bouillon concentrate

and stir. Put in a single layer of meat. Cook 45 seconds, turn over and cook 30 seconds. Remove to a plate. Continue doing this until all the meat has been cooked. Put the mushrooms into the butter-oil mixture and cook, covered with wax paper, for 4 minutes, stirring once. Arrange evenly throughout the casserole.

2. Return the meat to the casserole, overlapping the pieces evenly. Try to have even thickness of meat in all parts of the casserole as much as possible. Mix the water slowly into the flour, stirring to smooth. Stir in the wine. Pour over the meat. Cover with wax paper and cook 6 to 8 minutes or until the meat is tender. Let stand 3 minutes before serving.

Custard With Marsala

Ingredients:

- 5 egg yolks plus 1 whole egg
- 2 tablespoons sugar
- ½ cup Marsala

Preparation:

1. Combine the 5 egg yolks, 1 whole egg and 2 tablespoons of sugar in the top of a double boiler above simmering water or in a medium-sized heatproof glass bowl set in a shallow pan of barely simmering water. Beat the mixture with a wire whisk or a rotary beater until it is pale yellow and fluffy.
2. Then gradually add the Marsala and continue beating until the zabaione becomes thick enough to hold its shape in a spoon. This process may take as long as 10 minutes. Spoon the zabaione into individual dessert bowls, compote dishes or large stemmed glasses, and serve it while it is still hot

Cream Cake

Ingredients:

- 1 frounceen pound cake (11¼ ounces), thawed
- 1½ cups ricotta cheese
- ¼ cup sugar
- ¼ cup creme de cacao
- ¼ cup chocolate chips
- ¼ cup mixed candied fruit
- 1 cup ready-to-spread chocolate frosting

Preparation:

1. With a sharp knife, cut cake horizontally into 3 layers. Combine cheese, sugar and 4 tablespoons creme de cacao in a small mixing bowl; beat with an electric mixer until smooth. Fold in chocolate chips and candied fruit. Spread the bottom cake layer with half the ricotta mixture. 5. Place the second layer on top; spread with remaining ricotta mixture. Place the third layer on top. Combine chocolate frosting with remaining creme de cacao; spread on cake. Sprinkle with decoettes. Chill 30 minutes before serving.

Pizza

Ingredients:

- 2 packages active dry yeast
- Pinch of sugar
- 1¼ cups lukewarm water
- 3½ cups all-purpose or granulated flour
- 1 teaspoon salt
- ¾ cup olive oil
- Corn meal
- 2 cups pizza sauce
- 1 pound mouncezarella cheese, coarsely grated or cut in ¼ inch dice
- ½ cup freshly grated imported Parmesan cheese

Preparation:

1. Sprinkle the yeast and a pinch of sugar into ¼ cup of lukewarm water. Be sure that the water is lukewarm (110°F to 115 degrees Fahrenheit - neither hot nor cool to the touch). Let it stand for 2 or 3 minutes, then stir the yeast and sugar into the water until completely dissolved. Set the cup in a warm place (a turned off oven would be best) for 3 to 5 minutes, or until the yeast bubbles up and the mixture almost doubles in volume. If the yeast does not bubble, start over again with fresh yeast.
2. Into a large mixing bowl, sift the all-purpose flour and salt, or pour in the granulated flour and salt. Make a well in the center of the flour and pour into it the yeast mixture, 1 cup of lukewarm water and ¼ cup of the olive oil. Mix the dough with a fork or your fingers. When you can gather it into a rough ball, place the dough on a floured board and knead it for about 15 minutes, or until it is smooth, shiny and elastic. If you have an electric mixer with a paddle and dough hook, all the ingredients can be placed in a bowl and, at medium speed, mixed with the paddle until they are combined. Then at high speed knead them with the dough hook for 6 to 8 minutes.
3. Dust the dough lightly with flour, place it in a large clean bowl and cover with a plate or pot lid. Set the bowl in a warm draft-free spot (again, an oven with the heat turned off is ideal) for about 1½ hours, or until the dough has doubled in bulk. Now preheat the oven to 500°F. Punch the dough down with your fists and break off about one fourth of it to make the first of the 4 pizzas. Knead the small piece on a floured board or pastry cloth for a minute or so, working in a little flour if the dough seems sticky. With the palm of your hand, flatten the ball into a circle about 1 inch thick. Hold the circle in your hands and stretch the dough by turning the circle and pulling your hands apart gently at the same time.
4. When the circle is about 7 or 8 inches across, spread it out on the floured board again and pat it smooth, pressing together any tears in the dough. Then roll the dough with a rolling pin, from the center to the far edge, turning it clockwise after each roll, until you have a circle of pastry about 10 inches across and about 1/8 inch thick. With your thumbs, crimp or flute the edge of the circle until it forms a

little rim. Dust a large baking sheet lightly with corn meal and gently place the pizza dough on top of it.

5. Knead, stretch and roll the rest of the dough into 3 more pizzas. Pour $\frac{1}{2}$ cup of the tomato sauce on each pie and swirl it around with a pastry brush or the back of a spoon. To make a cheese pizza, sprinkle the sauce with $\frac{1}{2}$ cup of grated mouncezzarella and 2 tablespoons of grated Parmesan cheese. Dribble 2 tablespoons of the olive oil over the pizza and bake it on the lowest shelf or the floor of the oven for about 10 minutes, or until the crust is lightly browned and the filling bubbling hot.

Gnocchi With Sauce Verde

Ingredients:

- 1 cup water
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon Tabasco sauce
- $\frac{2}{3}$ cup instant mashed potatoes
- $\frac{1}{2}$ cup freshly grated Parmesan cheese
- 3 egg yolks
- $1\frac{1}{2}$ to 2 cups unsifted all-purpose flour
- Sauce Verde

Preparation:

1. Combine water, milk, salt and Tabasco sauce in a large saucepan; heat just to a boil. Remove from heat; quickly blend in instant mashed potatoes and Parmesan cheese with a fork or whisk. Add egg yolks, one at a time, blending until smooth.

2. Beat in flour with a wooden spoon until dough is smooth and not sticky. Divide dough into 8 pieces. (Work with one piece at a time, keeping other pieces covered with waxed paper.) Roll out dough on lightly floured board into a log $\frac{1}{2}$ inch thick; cut into $\frac{1}{2}$ inch pieces. Pinch each piece toward center. Place in boiling salted water. Boil 3 to 5 minutes. Drain well. Serve with Sauce Verde.

Baked Oysters with Bread Crumbs And Garlic

Ingredients:

- 2 tablespoons butter
- 1 cup fresh, white bread crumbs (made from about 3 slices of French or Italian bread)
- 1 teaspoon finely chopped garlic
- 2 tablespoons finely chopped fresh parsley, preferably the flat-leaf Italian type
- 2 dounceen fresh oysters, shucked, or defrosted frounceen oysters
- 3 tablespoons freshly grated imported Parmesan cheese
- 2 tablespoons butter, cut in tiny pieces

Preparation:

1. Preheat the oven to 450°F. Choose an ovenproof platter or a shallow baking and serving dish that is just large enough to hold the oysters in one layer (about 8 by 10 or 12 inches). Butter the dish generously. In a heavy 6- to 8 inch skillet, melt 2 tablespoons of butter over moderate heat. When the foam subsides, add the fresh, white bread crumbs and the garlic, and toss them in the butter for 2 or 3 minutes, or until they are crisp and golden. Stir in the finely chopped parsley.
 2. Spread about 2/3 cup of the bread-crumble mixture in the bottom of the buttered baking dish, and arrange the oysters over it in one layer. Mix the rest of the bread-crumble mixture with the grated cheese and spread the combination on the oysters. Dot the top with the tiny bits of butter. Bake the oysters in the top third of the oven for 12 to 15 minutes, or until the crumbs are golden and the juices in the dish are bubbling. Serve at once, either as a main course or as part of the antipasto.
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Jamaica



Jerk Chicken

Ingredients:

- 6 green onions, chopped
- 1 onion, chopped
- 1 jalapeno pepper, seeded and minced
- 3/4 cup soy sauce
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 2 tablespoons brown sugar
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1 1/2 pounds skinless, boneless chicken breast halves

Preparation:

1. In a food processor or blender, combine the green onions, onion, jalapeno pepper, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice. Mix for about 15 seconds. Place the chicken in a medium bowl, and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.
2. Preheat grill for high heat. Lightly oil grill grate. Cook chicken on the prepared grill 6 to 8 minutes, until juices run clear. This well rounded flavor of sweet, hot, herbal and spicy chicken can be served with rice, beans or pasta.

Chicken

Ingredients:

- 1 large red onion
- 3 cloves garlic
- 1 habanero pepper, seeded
- 1 tablespoon fresh ginger root
- 1/4 cup olive oil
- 1/4 cup brown sugar
- 3 tablespoons red wine vinegar
- 3 tablespoons orange juice concentrate, thawed
- 1 teaspoon soy sauce
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup chopped cilantro
- 1/2 teaspoon salt and pepper to taste
- 6 skinless, boneless chicken breast halves

Preparation:

1. In a food processor, combine onion, garlic, habanero pepper, and ginger. Pulse until ingredients are minced. Blend in olive oil, brown sugar, vinegar, orange juice concentrate, soy sauce, cinnamon, nutmeg, cloves, cilantro, salt, and pepper. In a container, combine marinade with chicken. Cover, and refrigerate overnight. Preheat an outdoor grill for medium heat and lightly oil grate. Grill chicken for 10 minutes per side, or until no longer pink and juices run clear.

Spare Ribs

Ingredients:

- 4 pounds spare ribs
- 2 tablespoons sugar
- 3 cloves garlic
- 3 stalks scallions
- 2 tablespoons soy sauce
- 2 teaspoons oil
- Salt to taste

- ½ cup cornstarch

Preparation:

1. Boil spare ribs with salt for approximately 1½ - 2 hours or until tender. Cool and cut in single ribs (or remain in rack). Combine sugar, scallions, soy sauce, ketchup and garlic for marinade. Allow ribs to marinate for 2-3 hours. Remove ribs and place in a baking pan. Add water and cornstarch to marinade and boil until thickened. Brush ribs with marinade and place in oven at 350°F / 180°C. Brush continuously until ribs are golden brown. Pour balance of marinade over ribs and bake for another five minutes.

Baked Papaya with Meat Filling

Ingredients:

- 6 pounds green papaya cut lengthwise into halves and seeded
- 3 tablespoons vegetable oil
- ½ cup finely chopped onions
- ½ teaspoon finely chopped garlic
- 1 pound lean ground beef
- 4 medium-sized firm ripe tomatoes, peeled, seeded and finely
- 1 teaspoon finely chopped fresh hot chilies
- 1 teaspoon salt
- Freshly ground black pepper
- 4 tablespoons freshly grated imported Parmesan cheese

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. In a heavy 10- to 12 inch skillet, heat the oil over moderate heat until a light haze forms above it. Drop in the onions and garlic and, stirring frequently, cook for about 5 minutes, until they are soft and transparent but not brown. Stir in the beef and, mashing it with a spoon to break up any lumps, cook until all traces of pink disappear. Add the tomatoes, chilies, salt and a few grindings of pepper.

2. Stirring occasionally, cook briskly until most of the liquid in the pan has evaporated and the mixture is thick enough to hold its shape almost solidly in the spoon. Taste for seasoning. Spoon the meat mixture into the papaya shells, spreading and smoothing the filling with a spatula. Place the shells side by side in a shallow roasting pan. Set the pan in the middle of the oven, and pour in enough boiling water to come about 1 inch up the sides of the papayas.

3. Bake for 1 hour. Then sprinkle each shell with 1tablespoon of the cheese, and bake for 30 minutes, or until the papaya shows no resistance when pierced with the point of a small knife and the top is delicately browned. To serve, transfer the papaya shells to a large heated platter and sprinkle them with the remaining 2 tablespoons of cheese.

Curried Lamb

Ingredients:

- 3 pounds lean boneless shoulder of lamb, trimmed of excess fat and cut into 1½ inch cubes
- 4 tablespoons butter
- 2 tablespoons vegetable oil
- 3 cups finely chopped onions
- 3 tablespoons curry powder
- 1 tablespoon finely chopped fresh hot chilies
- ½ teaspoon ground allspice
- 2 teaspoons salt
- Freshly ground black pepper
- 1 cup coconut milk made from 1 cup coarsely chopped fresh coconut and 1 cup milk
- 1 cup chicken stock, fresh or canned
- 1 medium-sized bay leaf
- 2 tablespoons strained fresh lime juice

Preparation:

1. Pat the lamb cubes completely dry with paper towels. In a heavy 10- to 12 inch skillet, melt 2 tablespoons of the butter in the oil over moderate heat. When the foam begins to subside, drop 6 or 7 cubes of lamb into the hot oil. Turn them about with a spoon until the cubes are brown on all sides, regulating the heat so they color richly and evenly without burning. As they color, transfer the cubes to a plate and brown the remaining lamb similarly.
2. Melt the remaining 2 tablespoons of butter in the skillet, add the onions and, stirring frequently, cook for about 5 minutes, or until they are soft and transparent but not brown. Add the curry, chilies, allspice, salt and a few grindings of pepper and, stirring constantly, simmer for 2 or 3 minutes. Return the lamb and the juices that have accumulated around it to the skillet, stir in the coconut milk, stock and bay leaf, and bring to a boil over high heat.
3. Reduce the heat to low, cover tightly, and simmer for 1¼ hours, or until the lamb shows no resistance when pierced with the point of a sharp knife. Remove the bay leaf and stir in the lime juice. Taste for seasoning. To serve, mound the lamb on a deep, heated platter or in a heated bowl and pour the sauce over it. Curried lamb is traditionally accompanied by plain boiled or saffron rice and mango chutney.

Chicken with Rice Stuffing

Ingredients:

- 4 pounds whole chicken
- ½ teaspoon salt
- 2 cloves garlic
- 1 teaspoon black pepper
- 1 sprig thyme

- ½ teaspoon poultry

Rice Stuffing:

- 1 cup boiled rice

- 1 small onion

- 1 stalk celery

Preparation:

1. Rinse chicken in lime water and drain. Cut up garlic, scallion, thyme very fine and season with salt, black pepper and place in cavity. Rub over chicken and marinate for one hour. Shake off chicken. Prepare stuffing by mixing all ingredients. Place stuffing lightly in neck cavity. Pull neck skin over stuffing and fasten with skewer.

2. Stuff body cavity skewers or needle & thread and draw body together. Cross legs off the bird, wind cord around and draw tightly. Then tie around the parson's nose. Place on a rack, breast up, in a shallow roasting pan.

3. Brush all over continuously with melted butter or margarine. Roast at 180 degrees Celsius or 350 degrees Fahrenheit at 15 minutes to the pound or until done. Droppings from pan may be used to make gravy after baking.

Roast Pork

Ingredients:

- 6 pounds lean pork loin, preferably center cut

- 2 cups chicken stock, fresh or canned

- 1 cup light-brown sugar

- 2 tablespoons dark rum

- 2 teaspoons finely chopped garlic

- 2 teaspoons ground ginger

- ½ teaspoon ground cloves

- 1 medium-sized bay leaf, crumbled

- 1 teaspoon salt

- ¼ teaspoon freshly ground black pepper

- ¼ cup light rum

- 2 teaspoons arrowroot combined with 1 tablespoon cold water

- 3 tablespoons strained fresh lime juice

Preparation:

1. Preheat the oven to 350°F. With a sharp knife, lightly score the pork loin by making diagonal cuts ¼ inch deep at 1 inch intervals on the fat side. Place the pork scored side up in a shallow roasting pan just large enough to hold it comfortably. If you prefer to use a meat thermometer, insert it into the loin after you have scored the fat side. Be sure the tip of the thermometer does not touch any fat or bone.

2. Roast the loin in the middle of the oven for 1 hour, or until the pork is golden brown. Remove the pan from the heat and transfer the loin to a cutting board or platter. Skim the fat from the juices in the pan, pour in the stock, and set the pan

and its liquid aside. With a large mortar and pestle or in a small bowl with the back of a spoon, mash the brown sugar, 2 tablespoons of dark rum, the garlic, ginger, cloves, bay leaf, salt and pepper to a smooth paste. With a metal spatula or your fingertips, spread the paste evenly over the scored side of the pork.

3. Return the loin to the pan scored side up and roast in the middle of the oven for another 30 minutes, or until the surface is crusty and brown. (The thermometer should reach a temperature of 160 degrees Fahrenheit) . Transfer the loin to a heated platter and let it rest for 10 minutes for easier carving. Meanwhile, warm the ¼ cup of light rum in a small skillet over low heat. Off the heat, ignite the rum with a match, then slide the skillet gently back and forth until the flames die out.

4. Bring the liquid remaining in the baking pan to a boil over high heat. Give the arrowroot-and-water mixture a quick stir to recombine it and add it to the pan. Stirring constantly, cook briskly until the sauce thickens enough to coat the spoon heavily. Remove the pan from the heat and stir in the flamed rum and the lime juice. Taste for seasoning and pour the sauce into a heated bowl or sauceboat. Serve accompanied by Cornmeal Coo-Coo or Christophene au Gratin.

Banana Bread

Ingredients:

- 9 tablespoons butter, softened
- ¾ cup unsalted shelled pecans
- ¼ cup seedless raisins
- 2 cups all-purpose flour
- 1 tablespoon double-acting baking powder
- ¼ teaspoon ground nutmeg, preferably freshly grated
- ½ teaspoon salt
- 2 large ripe bananas (about 1 pound)
- 1 teaspoon vanilla extract
- ½ cup sugar
- 1 egg

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. With a pastry brush, spread 1 tablespoon of softened butter evenly over the bottom and sides of a 9-by-5-by-3 inch loaf pan and set it aside. Reserve ¼ cup of the most perfectly shaped pecan halves for the garnish. Chop the rest of the nuts coarsely and toss them with the raisins and 1 tablespoon of the flour. Sift the remaining flour with the baking powder, nutmeg and salt.

2. Peel the bananas, chop them coarsely, and put them into a small bowl. With the back of a table fork, mash the bananas to a smooth puree. Stir in the vanilla and set aside. In a deep bowl, cream the remaining butter and the sugar together, beating and mashing them with a large spoon against the sides of the bowl until the mixture is light and fluffy. Add the egg, and when it is well blended beat in the flour and the bananas alternately, adding about one third of each mixture at a

time, and continue to beat until the batter is smooth. Gently but thoroughly stir in the chopped pecans and raisins.

3. Ladle the batter into the loaf pan and arrange the reserved pecan halves attractively on the top. Bake the bread in the middle of the oven for 50 to 60 minutes, or until a cake tester or toothpick inserted into the center of the loaf comes out clean. Remove the bread from the oven and let it cool in the pan for 5 minutes, then turn it out on a wire cake rack. Serve the banana bread either warm or cool.

Festival

Ingredients:

- 1 cup flour
- ½ cup cornmeal
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 3 tablespoon sugar
- 2 tablespoon milk
- ¾ cup water
- 1 cup vegetable oil

Preparation:

1. In a medium bowl, combine flour, cornmeal, baking powder, salt, and sugar. In a separate bowl, combine milk and water. Make a well in the centre of the flour mixture, and then pour in milk mixture. Using a spoon, mix well, and then knead into soft dough.

2. Cut into 12 equal pieces and roll lengthwise. In a deep-fat fryer or heavy saucepan, heat oil to 360 degrees Fahrenheit. Deep-fry pieces until golden brown. Drain on paper towels to remove excess oil. Serve hot.

Coconut Soup

Ingredients:

- 4 cocos
- 1 pound soup meat
- 2 quarts water
- 2 slices of bacon
- 1 tablespoon butter

Preparation:

1. Chop up cocos and place in a pot with water and soup meat and bacon. Boil until cocos are soft and meat is cooked. Remove meat, put cocos and liquid through a blender or sieve. Season to taste. Add the meat and a dab of margarine. Reheat to serve.

Chicken Soup

Ingredients:

- 4 pounds chicken
- 2 quarts water
- 2 sliced carrots
- 2 sliced potatoes
- Onion, thyme, salt and a hot pepper

Preparation:

1. Boil the chicken in water. When tender, strain and skim. Add vegetables, seasonings, and strips of meat to the liquid. Boil until vegetables are tender. Water may be added if it has boiled away. Remove the hot pepper without breaking it in the cooking liquid.

Cream of Pumpkin Soup

Ingredients:

- 3 cups boiled pureed pumpkin (1½ pounds)
- 3 tablespoons flour
- 2 cups milk
- 1 onion chopped
- 2 tablespoons butter or margarine
- 1 teaspoon granulated sugar
- Salt and black pepper to taste
- 3 teaspoons sherry

Preparation:

1. In a saucepan, melt butter and fry onions. Add flour, salt, pepper and sugar and cook well. Add milk slowly, stirring blending butter, flour and milk mixture. Add sherry to mixture. Combine pumpkin with mixture. Stir until smooth and thickened. Simmer for five minutes.

Salad

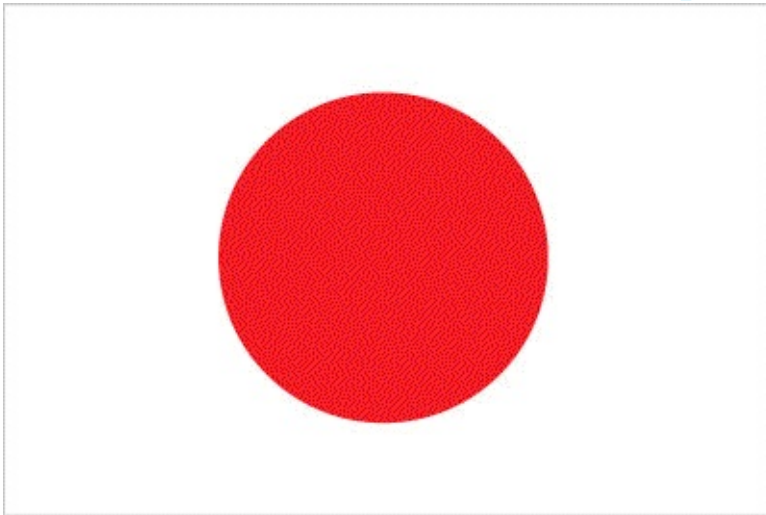
Ingredients:

- 1 cup freshly grated coconut
- 2 cups finely shredded cabbage
- 1 cup pineapple cubes
- 1 cup mayonnaise
- Lettuce leaves

Preparation:

1. Combine coconut, cabbage and pineapple with mayonnaise mixing well. Chill and serve on lettuce leaves.

Japan



Yakisoba Chicken

Ingredients:

- 1/2 teaspoon sesame oil
- 1 tablespoon canola oil
- 2 tablespoons chili paste
- 2 cloves garlic, chopped
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1/2 cup soy sauce
- 1 onion, sliced lengthwise into eighths
- 1/2 medium head cabbage, coarsely chopped
- 2 carrots, coarsely chopped
- 8 ounces soba noodles, cooked and drained

Preparation:

1. In a large skillet combine sesame oil, canola oil and chili paste. Stir fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink. Remove mixture from pan, set aside and keep warm. In the emptied pan combine the onion, cabbage and carrots. Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. Serve and enjoy!

Yakitori

Ingredients:

Sauce:

- 1 tablespoon granulated sugar
- 1/4 cup mirin (sweetened cooking sake)
- 1/2 cup sake
- 1/2 cup soy sauce
- Mix ingredients over high heat and bring to a boil. Reduce heat to medium-low

and simmer until reduced to one cup. (About 10 to 15 min.) Set aside.

- 12 ounces of boned, skinless chicken
- 8 ounces of chicken livers
- cold water
- 4 medium dried chinese black mushrooms, soaked in hot water until soft
- 2 medium green bell peppers
- 1 medium leek
- 16 to 20 skewers
- 1 lemon, cut into wedges

Preparation:

1. Soak the bamboo skewers in cold water while you cut up the ingredients. Cut the chicken into squares and the liver into squares and place the livers into the cold water and cover. Let stand 5 min. then drain and pat dry.

Remove the mushroom stems from the water and cut each cap into halves. Then cut each green pepper into 1-inch squares. Cut the leeks into 1 inch lengths. Thread the pieces of food on the skewers in alternating order, then place on a hot grill and baste with the sauce. Cook for about 3 to 4 minutes. Do not overcook or the chicken will be dry.

Serve with the lemon wedges.

Mum's Chicken

Ingredients:

- 8 chicken drumsticks, skin on (the skin is important for flavour, and is so tasty to eat!)
- 1 cup water
- 1/2 cup balsamic vinegar
- 1/3 cup soy sauce
- 2 1/2 tablespoons sugar
- 1 garlic clove, peeled and bruised
- 1 small hot chili pepper, slit open, seeds removed

Preparation:

1. Place all the ingredients in a saucepan over a high heat. Bring to the boil, then reduce to a simmer for about 20 minutes. Remove any scum that rises to the surface. Increase the heat, turning the drumsticks frequently in the liquid, and cook until the liquid has reduced to a sticky glaze. Arrange the chicken on a serving platter, remove the garlic clove and chili from the liquid, and spoon the glaze over.

Fried Rice

Ingredients:

- 4 cups cooked rice or 1 cup uncooked rice

- 1 cup frounceen peas, thawed
- 2 tablespoons carrots, finely diced
- 2 eggs, beaten
- 1/2 cup onion, diced
- 1 1/2 tablespoons butter
- 2 tablespoons soy sauce
- salt
- pepper

Preparation:

1. Cook rice following instructions on package (Bring 2 cups water to a boil, add rice and a dash of salt, reduce heat and simmer in covered saucepan for 20 minutes). Pour rice into a large bowl to let it cool in the refrigerator. Scramble the eggs in a small pan over medium heat. Separate the scrambled chunks of egg into small pea-size bits while cooking.

2. When rice has cooled to near room temperature, add peas, grated carrot, scrambled egg and diced onion to the bowl. Carefully toss all of the ingredients together. Melt butter in a large frying pan over medium/high heat.

3. When butter has completely melted, dump the bowl of rice and other ingredients into the pan and add soy sauce plus a dash of salt and pepper. Cook rice for 6-8 minutes over heat, stirring often.

Cucumbers salad

Ingredients:

- 2 cups thinly sliced cucumbers (Japanese, English, or regular)
- 1/2-1 teaspoon salt (to taste)
- 1/4 teaspoon pepper
- 1 tablespoon sugar (or slightly less honey)
- 1 tablespoon soy sauce
- 1/4 cup rice wine vinegar
- 1 teaspoon sesame oil
- 2 teaspoons sesame seeds

Preparation:

1. Regular cucumbers, they need to be peeled, cut lengthwise, seeded and sliced into thin half-moon. In a large bowl, combine cucumbers, salt and pepper, mix well. Add sugar (or honey), soy sauce, rice wine vinegar and sesame oil and mix well. Sprinkle with sesame seeds and mix. Let marinate for 20 minutes before serving. Adjust seasonings before serving

Curry Chicken

Ingredients:

- 3 cups chicken stock
- 1 tablespoon canola oil

- 1 pound boneless skinless chicken, cut into chunks
- salt and pepper
- 3 tablespoons butter
- 1 teaspoon fresh ginger, finely chopped
- 1/2 medium onion, finely chopped
- 1/2 medium onion, cut into 1 inch chunks
- 1 garlic clove, finely chopped
- 3 tablespoons flour
- 2 tablespoons curry powder
- 2 tablespoons crushed tomatoes
- 1 bay leaf
- 1 medium carrot, chopped to 1/2 inch pieces
- 1 medium potato, chopped in 1 inch pieces
- 1 small fuji apple, grated
- 1 teaspoon honey
- 1 tablespoon soy sauce

Preparation:

1. Bring chicken stock to a simmer. Meanwhile, season chicken with salt and pepper, and brown in oil. After approximately 4 minutes, remove to a separate dish and set aside. Melt the butter and add ginger, garlic, and onion. Cook a few minutes until done. Sprinkle in the flour and cook until browned (basically, make a roux.) Add curry powder and tomatoes, stir well. Mix in 1/2 cup hot stock, making sure to scrape the stuff off of the bottom of the skillet.
2. Pour the mixture into the simmering stock. Add the chicken, onion, potato, and carrot. Simmer 30 minutes. Add the apples, soy sauce, and honey. Allow to cook for 5 more minutes, remove from heat and serve with rice.

Shrimps Soup with vegetable

Ingredients:

- 6 cups clear chicken broth
- 2 tablespoons fresh lemon juice
- 3 tablespoons light soy sauce (or use the Japanese Soy)
- 5 tablespoons med dry sherry (or Madeira wine)
- 6 green onions, cleaned, white part with 1 inch of green left on
- 6 mushrooms, cleaned thinly sliced, stems removed (Use 1" mushrooms)
- 1/2 cup carrot, thinly sliced on the diagonal (slices approx 1" across)
- 6 slices lemons
- 12 medium prawns
- 12 small scallops or 6 large scallops, cut in half

Preparation:

1. Bring your broth to a boil. Add Mushrooms & Carrots simmer for 2 minutes. Add raw prawns & Scallops, simmer until the prawns are just pink. Stir in the lemon juice, Soy & Sherry. Strain the broth into 6 soup bowls and artistically arrange

some carrots, mushrooms, 2 prawns, 2 scallops. A slice of lemon and a green onion in each bowl- Serve

Pork Cutlet

Ingredients:

- 4 boneless pork chops, 1/2 inch thick (I have also used boneless chicken breasts)
- 2 tablespoons flour
- 1 beaten egg
- 1/2 cup panko breadcrumbs (Japanese bread crumbs)
- vegetable oil (for frying)

Preparation:

1. Pound pork to 1/4 inch thickness. Coat with flour, then dip into egg, and finally coat thoroughly with Panko.

Deep fry in 1 inch vegetable oil, heated to 350 degrees Fahrenheit, 3 minutes on each side, or until golden brown. Serve on bed of shredded cabbage, for presentation. Serve with Tonkatsu sauce.

Beef Teriyaki

Ingredients:

- 2 pounds boneless beef steak
- 1½ cups soy sauce
- ¼ cup sugar
- 1 clove garlic, minced
- 2 tablespoons minced ginger root
- ¼ cup sherry wine

Preparation:

1. Cut the steak either into 4 serving portions or into lengthwise strips (with the grain) those are about 1½ inches wide. Next, cut crosswise (across the grain) into very thin strips (about 1/8 inch). Put the soy sauce, sugar, garlic, ginger root, and wine into a microwave oven-proof bowl and heat just long enough to thoroughly dissolve the sugar. Add the meat and marinate for several hours.

2. If using as a steak, cook on your browning tray as per directions for your oven (or, if you have a built-in browning element, cook it to your taste and then brown it with your browning element). If using as cut up pieces, drain off the marinade. Put the meat into an uncovered casserole, and stir in 1 teaspoon of cornstarch. Cook, uncovered, in the microwave oven, just until the pinkness has gone, stirring often. This will take only a few minutes.

Chicken Teriyaki

Ingredients:

- 3 pounds chicken
- ¾ cup soy sauce
- ½ cup sugar
- ¼ cup sherry wine
- 1 tablespoon minced ginger root
- 1 clove garlic, minced

Preparation:

1. The chicken may be prepared in one of two ways. It may be cut into serving-size pieces, or it may be boned and cut into bite-size pieces. The choice is yours. If cut into bite-size pieces, the skin is usually discarded. In a microwave oven-proof bowl, mix the soy sauce, sugar, wine, ginger, and garlic. Heat in the microwave oven long enough to dissolve the sugar.
2. Pour over the chicken. The serving-size pieces should be marinated at least several hours while the bite-size pieces need only an hour's marinating. If using the serving-size pieces lay them in a rectangular dish (12 inch by 9 inch), skin-side down and with the thicker, larger part of each piece along the outer edge of the baking dish. Cover with wax paper and cook 20 minutes in the microwave oven. Turn the pieces over, still keeping the larger part of each piece to the outside. Cook, uncovered, until tender (about 5 minutes more).
3. If using the bite-size pieces, drain the marinade from the chicken and mix 1 teaspoon of cornstarch with the chicken in a covered casserole. Cook, covered, in the microwave oven, stirring from time-to-time, until the chicken is opaque and tender (about 10 minutes).

Duck Simmered In Sake with Seasoned Sauce

Ingredients:

- 1 whole boned duck breast, with skin left on
- Salt
- ¼ cup cornstarch
- ¼ cup sake (rice wine)
- 1 cup niban dashi, or substitute 1 cup chicken stock, fresh or canned
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon Japanese all-purpose soy sauce
- 2 tablespoons finely slivered fresh ginger root

Preparation:

1. Slice the duck breasts diagonally into 16 thin pieces, and salt each piece lightly. One at a time dip each slice into the cornstarch and vigorously shake off the excess. In a 1-quart saucepan, bring 2 cups of water to a boil, and add the duck slices. When the water returns to a full boil, remove the duck slices with tongs and drain them on paper towels.

2. Combine the sake with dashi or chicken stock in a 1-to 1½-quart saucepan. Bring to a boil over high heat and stir in the sugar, salt, and soy sauce. Then add the ginger and slices of duck reduce the heat to moderate and cook uncovered for about 3 minutes. Serve the seasoned duck at room temperature, as part of a Japanese meal or in larger portions, as a luncheon dish with soup.

Beef and Vegetables Cooked In Broth with Dipping Sauce

Ingredients:

- 1½ pounds boneless shell or sirloin steak, sliced 1/8 inch thick
- 2 pounds Chinese cabbage
- 2 tablespoons salt
- 12 to 14 young spinach leaves, stripped from their stems
- 8 carrots, scraped and cut lengthwise into strips ¼ inch wide by 2 inches long
- 8 scallions, including at least 3 inches of the green stems, cut lengthwise into narrow strips
- 2 cakes tofu (soybean curd), fresh, canned or instant, cut into 1 inch cubes
- 12 small white mushrooms
- 6 cups chicken broth, fresh or canned
- 4 inches square of kombu (dried kelp), cut with a heavy knife from a sheet of packaged kombu and washed under cold running water

Dipping Sauce:

- 1 cup goma joyu dressing or ponzu (equal parts soy sauce and lemon or lime juice)

Preparation:

1. Cut each slice of meat in half crosswise. Trim the base of the cabbage and separate the leaves. Discard the inner core. In a 1-quart saucepan, bring 2 cups of water to a boil with 2 tablespoons of salt. Drop in the cabbage and boil for a minute, or until the leaves wilt and shrink. Then cover the pan and boil 1 minute longer. Drain in a colander and run cold water over the cabbage to cool it quickly.
2. Bring 1 cup of water to a boil in a small saucepan and drop in the spinach. Return to a boil, drain and cool under cold water. Bring another cup of water to a boil and add the carrot strips. Return to a boil, then drain and cool similarly. Arrange the cabbage leaves one on top of another in the center of a bamboo mat or heavy cloth napkin. Lay the spinach leaves in a neat row down the center of the top leaf.
3. Starting with the wide side of the mat or napkin, use it to roll the cabbage into a tight cylinder. Unwrap and cut the roll into 1 inch-long sections. Arrange the beef, cabbage rolls, carrots, scallions, tofu and mushrooms in concentric circles or rows on a large serving platter. Pour the chicken broth into the cooking pot (see Nabemono section) of your choice and add the square of kombu. Bring to a boil, then adjust the heat so that the stock simmers throughout the meal.
4. Each guest selects a piece of food from the platter with chopsticks or a fork and

swishes it about in the simmering broth until it is cooked to taste. It is this swishing that sounds to the Japanese like shabu shabu, hence the name of the dish. The cooking procedure is as follows: First cook the meat in the broth for 2 to 3 seconds, then add the vegetables. Simmer another minute and remove the food with chopsticks or a fork. When all the food has been cooked, the kombu is removed and the broth is ladled into bowls and drunk as soup.

Miso Soup with Shrimp

Ingredients:

- 3 cups dashi stock
- ½ cup light miso
- ½ teaspoon sugar
- 2 small cakes deep-fried bean curd, thinly sliced, or 2 small cakes deep fried fish paste (kamaboko), thinly sliced
- ½ cake fresh bean curd, cut into small cubes
- 2 scallions, chopped
- 10 large shrimp, cooked and peeled

Preparation:

1. Prepare the stock according to instructions on the package. Bring to a simmer and stir in the miso, using a wire whisk. Add the sugar, fried bean curd, and fresh bean curd. Divide into five bowls and add the scallions and shrimp.

Salt Broiled Fish with Dipping Sauce

Ingredients:

- 4 fresh trout, 6 to 8 ounces each, cleaned and scaled but with head and tail left on, or 1 pound fish fillets of any type with skin left on
- Salt
- Vegetable oil

Dipping Sauce For Trout:

- 3 tablespoons ichiban dashi or niban dashi
- 4 teaspoons rice vinegar, or substitute 4 teaspoons mild white vinegar
- A pinch of salt
- MSG
- ½ teaspoon finely chopped parsley

Garnish For Fish Fillets:

- ¼ cup finely grated daikon (Japanese white radish), or substitute ¼ cup grated icicle radish or white turnip
- 1/8 teaspoon finely chopped fresh parsley
- ½ teaspoon Japanese all-purpose soy sauce

Preparation:

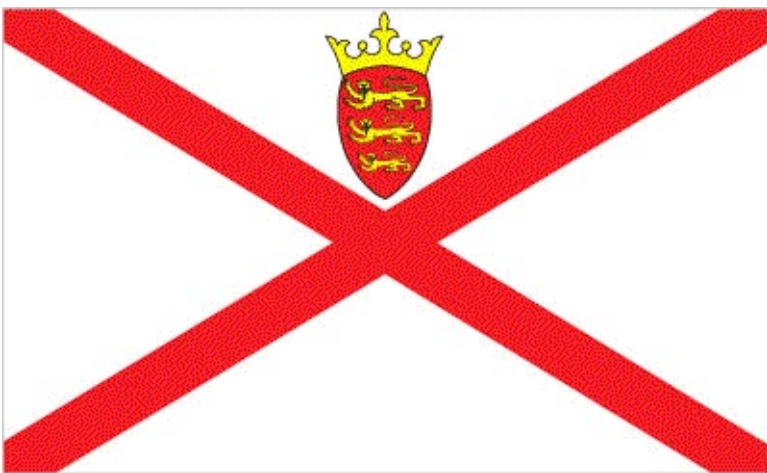
1. To prepare the small whole fish, dip the tail and fins into salt, then wrap them in small pieces of aluminum foil to prevent them from burning. Salt the exposed

surface of the fish lightly and let them rest at room temperature for about 30 minutes. Although the fish may be broiled as they are at once, you may skewer them in the Japanese manner. One at a time, insert the tip of a long skewer completely through the side of each fish at the point where the head meets the body, then force the skewer back through the center of the body, and out through the base of the tail. After broiling, the skewered fish will appear to be swimming.

2. To prepare fish fillets, simply salt them lightly on both sides and let them rest at room temperature for 2 hours. To make the dipping sauce for the whole fish, combine the dashi, vinegar, a pinch of salt, a sprinkle of MSG and the chopped parsley in a small bowl and mix thoroughly. To prepare the garnish for the fish fillets, mix the grated daikon, parsley and soy sauce together in a small bowl.

3. Preheat the broiler, hibachi or charcoal fire. Oil the grill lightly and broil the trout for 5 minutes on each side, turning them carefully with the aid of the skewers. The fish fillets should be broiled with the flesh side exposed to the heat for 5 to 6 minutes, or until a golden brown. Remove the skewers from the trout and serve the whole fish accompanied by individual dishes of dipping sauce, or the fish fillets accompanied by their garnish.

Jersey



Fresh Tomato Soup

Ingredients:

- 7 cups peeled, seeded, and chopped tomato
- 1 cup finely chopped carrots
- 3/4 cup finely chopped onion
- 1 (13.75 ounce) can chicken broth
- 1 tablespoon white sugar
- 2 teaspoons sea salt
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 cup milk

- 2 teaspoons dried basil
- 1/2 teaspoon celery salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon garlic powder

Preparation:

1. Bring the tomatoes, carrots, and onion to a boil over medium-high heat in a stockpot, then reduce heat to medium-low. Simmer for 30 minutes. Stir in the chicken broth, sugar, and salt.
2. Melt the butter over medium-low heat in a small saucepan. Whisk in the flour, stirring until thick. Slowly whisk in the milk until smooth. Cook and stir, whisking constantly until thickened, about 5 minutes, then stir milk mixture in to the stockpot.
3. Season with basil, celery salt, black pepper, and garlic powder. Continue to simmer the soup on low to reduce and thicken, about 1 hour.

Rosemary roasted Jersey Royals

Ingredients:

- 1.2 kilograms Jersey Royal potatoes
- 1 pound of garlic, unpeeled
- a few sprigs of fresh rosemary
- sea salt
- freshly ground black pepper
- olive oil

Preparation:

1. Preheat the oven to 190 degrees Celsius or 375 degrees Fahrenheit. Add the potatoes to a medium pan of boiling salted water, reduce the heat to medium and simmer for 10 to 15 minutes, or until cooked through. Drain and leave to steam dry, then place in medium roasting tray and mash lightly with a potato masher.
2. Throw in the garlic and rosemary, season with salt and pepper and drizzle with a good lug of olive oil. Place in the hot oven for around 40 minutes, or until crispy and golden. Delicious served with Spring lamb and asparagus.

Bean Crock

Ingredients:

- 1 pound small white haricot beans
- 8 ounces mixed beans (large white haricot beans, butter beans, brown and red kidney beans)
- 1 small pig's trotter
- 8 ounces shin of beef
- 1 carrot, peeled
- 1 onion, peeled Small bunches of parsley and thyme
- Salt and pepper

Preparation:

1. Soak beans overnight in sufficient water to cover. Then drain and put in beancrock, seasoning with pepper. Cover with pig's trotter, shin of beef, carrot, onion and herbs. Pour boiling water over contents till covered. Place, without lid, in hot oven, Gas mark 6, 200°C (400°F). Cook uncovered until contents bubble. Then put on lid, turning oven to low, 150 degrees Celsius or 300 degrees Fahrenheit. Leave cooking all day, topping up with boiling water when necessary.
2. One hour before serving, remove meat, vegetables and herbs, strip meat from bones. Discard bones, gristle, excess fat, vegetables and herbs. Mix meat into the beans, adding salt and pepper to taste.

Bean Soup

Ingredients:

- 8 ounces haricot beans
- 2 ounces onion, chopped
- 3 pints beef stock
- Salt and pepper
- 2 ounces carrot, chopped

Preparation:

1. Wash the beans thoroughly under running water and place in a heavy - based pan. Add the stock and bring to the boil. Simmer for one hour, skim and then add the other ingredients. Re-boil and then simmer for a further 30 minutes. Add seasoning and serve.

Conger Soup

Ingredients:

- 1 head, 1 tail of conger eel, each about 1 pound
- 3 pints water
- 1 onion, peeled,
- 1 carrot, peeled
- Salt and pepper
- Marigold petals

Preparation:

1. Place whole head and tail of fish with water and vegetables in large pan. Bring to boil, skim, then simmer for 1 hour. Strain off liquid into another pan. Flake edible fish from skeleton, discard bones etc. Return flaked fish to stock, season and serve hot, garnished with marigold petals.

Tomato Soup

Ingredients:

- 2 ounces butter
- 2 ounces bacon, diced

- 4 ounces onion, diced
- 4 ounces carrot, diced
- 2 ounces plain flour
- 2 pints hot chicken or vegetable stock 1 pound tomatoes, washed and sliced
- Salt and pepper

Preparation:

1. Melt butter in a heavy-based pan. Add the bacon, onion and carrot and brown slightly. Mix in the flour and cook to a grainy texture. Remove from the heat. Add the hot stock slowly, stirring continuously, then add the tomatoes and bring to the boil. Season lightly and simmer for one hour. Skim carefully and then pass through a sieve. Return to a clean pan, add seasoning and bring gently to the boil before serving. Fresh Jersey cream may be added just prior to serving.

Baked Sea Bass

Ingredients:

- 3 pound sea bass
- Salt and pepper
- Butter for greasing dish
- 2 ounces onion, diced and pre-cooked
- 2 ounces fennel, chopped
- 2 ounces fresh breadcrumbs
- 1 lemon
- ½ ounces chopped parsley

Preparation:

1. Scale and gut the fish. Make a few light incisions on each side of the back and season with salt and pepper. Wipe a fireproof dish with butter and line it with the pre-cooked onion and the chopped fennel. Place the fish into the dish and cover with breadcrumbs. Cook in a moderate oven for about 30 minutes. Before serving, sprinkle with fresh lemon juice and garnish with parsley.

Salted Cod

Ingredients:

- 1 pound salted cod
- Milk or milk and water
- Butter
- Plain flour
- Chopped parsley

Preparation:

1. Soak the cod overnight, changing the water at least twice. Poach in milk or milk and water. Make a sauce with the butter and flour, adding the liquid from poaching the fish and the chopped parsley. Another method of cooking the soaked cod was to cut the fish into pieces and toast them over an open fire.

Spider Crab

Ingredients:

- 1 spider crab
- Very salty water
- Salt, pepper and vinegar

Preparation:

1. Place crab in large pan of warmed salt water and bring slowly to the boil. When boiling simmer briskly for 15-20 minutes (15 minutes for 1½pound crab). Remove from pan and allow to cooling down. When cold, lay crab on its back, twisting off legs and claws. Remove central body from shell, discarding dead men's fingers, the lungs.
2. Put yellow-brownish meat from shell and body into basin. Put white meat from large claws, body and legs into second basin with the help of a large needle, small teaspoon and a mallet or nut crackers. Season with salt, pepper and vinegar and place separately on a dish. Delicious served with Jersey new potatoes and salad.

Cake

Ingredients:

- 6 ounces plain flour
- 2 ounces corn flour
- 2 ounces baking powder
- Pinch of salt
- 4 ounces butter
- 4 ounces caster sugar
- 1 egg
- 2 ounces milk

Topping:

- 2 ounces demerara sugar
- 2 ounces plain flour
- 1 ounces cinnamon
- 2 ounces butter

Preparation:

1. The Cake: Sieve together the dry ingredients, rub in the butter and add the sugar. Beat the egg into the milk, and stir into the other ingredients to make a soft dough. Put into a greased 7 inch square tin. The Topping: Mix sugar, flour and cinnamon. Rub in the butter to make a crumble-like consistency, and sprinkle on top of the cake dough. Bake cake in a hot oven, Gas mark 6, 200 degrees Celsius or 400 degrees Fahrenheit for 45 minutes.

Biscuits

Ingredients:

- 2 ounces barley flour
- 2 ounces potato flour
- 1 ounces cooking fat
- 2 ounces butter
- 1 ounces caster sugar
- ½ teaspoon bicarbonate of soda
- 2 ounces milk
- Pinch mixed spice

Preparation:

1. Sieve the flours, add the fat, butter, sugar, spices and soda and mix to a stiff dough with the milk. Knead well, then roll out flat to ¼ inch thickness. Cut into the required shapes, place on a greased tray, prick well, and cook in a hot oven, Gas mark 6, 200 degrees Celsius or 400 degrees Fahrenheit for 10 to 15 minutes.

Apples in Pastry

Ingredients:

- 6 medium-sized Bramley cooking apples
- 1 pound rough puff pastry
- Sugar, sultanas, chopped nuts, as desired
- 1 egg, beaten

Preparation:

1. Peel and core apples. Roll out pastry to ⅛ inch thickness and cut into 6 squares, each one large enough to enclose each apple completely. Brush uppermost side of pastry with beaten egg to seal. Place one apple in centre of each pastry square and fill core with sugar, sultanas and chopped nuts. Fold pastry round apple to make a parcel, sealing the edges with beaten egg and brushing the outside to glaze. Place in a hot oven, Gas mark 7, 220 degrees Celsius or 425 degrees Fahrenheit for 20 minutes. Serve hot with custard or fresh Jersey cream.

Jordan



Mansaf

Ingredients:

- 2 pounds lean lamb (1-1/2 inch cubes, beef can be substituted)
- 1/2 cup clarified butter
- salt
- pepper
- 1 medium onion, finely chopped
- 4 cups plain Greek yogurt
- 1 egg white
- 1 teaspoon pepper
- 1/2 teaspoon coriander (see spices note below)
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cardamom
- 1/2 cup whole blanched almond
- 1/2 cup pine nuts
- 4 -6 loaves pita bread
- 3 cups rice, raw measure, cooked
- parsley or chives, chopped for garnish

Preparation:

1. Wash meat cubes and place in tray with lid. Cover meat with water, cover tray and place in refrigerator for 4-8 hours. Melt 1/4 cup of the clarified butter in heavy skillet over medium-high heat. Drain and pat dry meat cubes. Place in skillet and cook for 20 minutes until browned on all sides. Season meat with salt and pepper, to taste, and add enough water to cover meat. Reduce heat, cover and cook for 1 hour. Add onion and simmer uncovered for 30 minutes.

2. While meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg white and 1/2 teaspoon of salt. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency. Reduce heat to low and allow yogurt to softly simmer uncovered for 10 minutes.

3. Stir yogurt into meat and add seasonings as desired. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed. In a small skillet, melt 2 tablespoons of the remaining 4 tablespoons of clarified butter. Add almonds and cook for 5 minutes. Stir in pine nuts and cook for 3 minutes. Remove from heat and set aside. Split the khubz loaves open and arrange, overlapping on a large serving tray. Melt the last remaining 2 tablespoons of butter and brush over the khubz to soften. Arrange rice over the khubz leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the butter and nuts over the meat. Sprinkle parsley or chives over top.

Lamb Stew

Ingredients:

- 4 tablespoons olive oil, divided
- 1kilograms boneless lamb shoulder, cut into 5cm pieces
- 1.5 Liters water
- 400 gramsrams uncooked white rice
- 4 tablespoons pine nuts
- 6 pitta bread rounds
- 250 milliliters salted goat milk

Preparation:

1. Place 1 tablespoon olive oil into a pressure cooker over medium-high heat. Add the lamb and cook until evenly browned on all sides. Remove the lamb. Add cooking rack; place lamb on rack. Pour in half of the water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.) Remove pressure cooker from heat, and allow pressure to drop on its own. Remove lamb, separate meat from bones, and keep warm. Discard bones. Pour pan broth into a bowl, and set aside.

2. Meanwhile, place remaining water, 1 tablespoon olive oil and rice into a saucepan; bring to the boil over medium-high heat. Stir, reduce heat, cover and simmer until all moisture is absorbed, about 20 minutes. Place remaining 2 tablespoons olive oil into a frying pan over medium heat. Stir in the pine nuts; cook and stir until deep brown, about 5 minutes. Pour 500 milliliters of the reserved broth into a large pan. Pour in the goat milk. Add the lamb to the milk mixture. Simmer over medium heat allowing the lamb to absorb some of the liquid, about 30 minutes. To serve, arrange the pitta bread over the bottom of a large platter. Spoon rice over the bread. Place the lamb on top of the rice, and drizzle with any remaining milk mixture. Sprinkle pine nuts over the top.

Sugar-Coated Almonds

Ingredients:

- 6 cups sugar

- 2 cups water
- 1 tablespoon liquid glucose or 1 pinch cream of tartar
- blanched whole almond

Preparation:

1. Put the sugar and water into a large saucepan, set it over the fire, and stir until the sugar is thoroughly dissolved; then stop stirring. Wash down the inside of the pan to the syrup's edge with a small brush dipped in water. When the syrup first boils, add the glucose or the cream of tartar. Continue the boiling without stirring until, when tested in cold water, it forms a soft ball, or registers 240 degrees on the thermometer.

2. Remove from the fire at once, allow to stand for four minutes, or until the air-bubbles have ceased, then pour into a large wet platter, a wet basin, or on a marble slab between candy bars. The syrup should not be deeper than one and a half inches. Set it in a cool place, and when it has cooled down so much you can comfortably bear a finger in the middle of the syrup, begin to cream it with a wooden spoon or a hardwood paddle. Turn the sugar backward and forward, leaving no part untouched, until the whole mass becomes white and opaque.

3. Knead till smooth and free from lumps. Wet and wring a small towel, place it over the fondant, and allow it to remain there for at least one hour. This is called the curing process. Remove the cloth, and knead just as you would bread dough. Keep in an air-tight jar. If left exposed to the air, it will get hard and dry. Small quantities can be taken out and flavored, then colored to form many pleasing effects.

4. Covering the almonds: Melt the fondant for covering the almonds. See that the almonds are totally dry after blanching and peeling. Dip them one and one in the melt fondant, pick up with a fork, tap the fork against the edge of the pot and wipe the underside of the excess coating. Put the almonds to dry on wax paper. After about 5 minutes, when the top has hardened, turn the almonds around so that the bottoms may dry.

Maklouba

Ingredients:

- 1 onion
- 2 medium sized eggplants
- 1 cauliflower, cut into small florets
- 1 kilogram of meat (chicken, lamb or beef works) diced or cut into pieces
- 2 cups of plain rice
- 4 cloves of garlic
- 2 teaspoon turmeric powder
- 1 teaspoon cumin
- 1 teaspoon Baharat (7 spices).
- 2 bay leaves
- 1 cup fresh parsley, chopped
- salt and pepper to taste
- sliced almonds and pine nuts.

Preparation:

1. Peel and cut up the eggplant into thick horizontal slices and marinate them in salt for 2 minutes. Wash the eggplant in water to get rid of the salt, and then drain the slices over paper towels. Soak 2 cups of rice in warm water with two pinches of salt and 2 teaspoons turmeric powder and leave for 30 minutes. In a large saucepan, fry the cauliflower florets and eggplant slices until brown. (Alternatively, these can be roasted.) Put in a strainer until completely drained.
2. In the same pan, heat the almond pieces and pine nuts until they are fried. Set aside for later. Place meat into a large pot and cover with water. Add in an onion chopped into quarters, the bay leaves the 7 spices mix and cook until meat is done, approximately 30 minutes. Remove the meat and season with salt, saving the broth for later in a bowl.
3. Build your pot: In your large pot (the one you used to cook the chicken), layer the cauliflower florets and eggplant in a desired pattern, then add the chicken pieces as a third layer. Spread the garlic cloves over the meat, and then arrange the rice over it all. Add some salt and additional turmeric powder and cumin powder to the chicken stock, then pour it on top of the stack you have just built. Make sure the sauce just covers the rice (2cm over the rice is ideal).
4. Cook the saucepan on high heat for 7 minutes, and then cover and simmer for 40-45 minutes. When the water has fully evaporated (and the rice is fully cooked) take the pot off the heat and leave to cool. Flip the pot onto a serving plate and slowly and carefully remove the pot leaving a your masterpiece in its wake. Garnish with fresh parsley and the fried nuts.

Marsh Blueberry Muffins

Ingredients:

- 1/2 cup butter

- 2 cups unsifted flour
- 1 cup sugar
- 2 large eggs
- 1/2 cup milk
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 1/2 cups large fresh blueberries
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons sugar (for top of muffins)

Preparation:

1. Preheat oven to 375 degrees Fahrenheit. In a large mixing bowl, cream together butter and sugar until light and fluffy; add eggs, one at a time, beating after each addition. In a second bowl, combine all dry ingredients. (You can use an electric mixer to combine the dry ingredients thoroughly at this point so that you won't need to overmix once the wet and dry ingredients are combined.
2. Gradually add the dry ingredients to the creamed butter and sugar mixture along with the milk and vanilla. Optionally, mash 1/2 cup of the blueberries, and stir in by hand (this will turn batter a light shade of blue and add a touch of blueberry flavor, but this step may be skipped, if you wish). Add the remaining whole berries and stir in gently by hand. Spray a 12 muffin baking pan with Baker's Joy (or other non-stick spray). Fill greased muffin cups. Sprinkle sugar on top of unbaked muffins (we like to use Turbinado sugar for sprinkling the tops).
3. Bake at 375 degrees Fahrenheit for 25-30 minutes. Cool in pan. Run a knife around the edge of each muffin after several minutes to free it from the pan and cool on wire racks. Muffins may be brushed with melted butter and sprinkled with sugar, if desired. At our test kitchen, we sometimes sprinkle blueberry muffin tops with cinnamon sugar or ground hazelnuts or spread with lemon or vanilla icing and top with thinly sliced almonds.

Tomato Rice Soup

Ingredients:

- 1/3 cup rice
- 1/4 cup butter
- 1 onion, chopped
- 2 tomatoes, peeled and chopped
- 1 teaspoon tomato paste
- 1 cinnamon stick
- pinch of black pepper
- 1 teaspoon salt

Preparation:

1. In a pan, melt the butter and fry in it the onions over medium heat until tender. Add in the tomatoes, tomato paste, black pepper, cinnamon stick and salt along with 2 liters of water. When the mix begins to boil, reduce heat and simmer for 60

minutes with lid on. Add in the rice and check if you need to add more water. Leave to simmer for half an hour or so. Serve hot.

Simple Tahini Salad

Ingredients:

- 5 tablespoons tahini, sesame seeds paste
- 1 juice of 1 lemon
- 1 clove garlic, crushed
- 1 teaspoon cumin
- 1 teaspoon parsley, chopped
- 2 teaspoons olive oil
- salt to taste

Preparation:

1. In a bowl, mix tahine with lemon juice and salt. Then add a little bit of warm water and stir until the tahini gets dissolved and becomes lighter in texture. (You can adjust the amount of warm water according to the desired thickness of tahini paste). Stir in the garlic and combine well. Pour the resulting tahina mixture in a serving plate and sprinkle with cumin and parsley. Drizzle the olive oil on top and serve with Arabic bread.

Almond Pudding

Ingredients:

- 4 cups milk
- 1 cup sugar
- 1 1/4 cup almonds, powdered
- 1/2 cup rice
- 3 tablespoons maward, rose water

Preparation:

1. In a bowl, mix the the powdered almonds with half a cup of milk. In another bowl, pour half cup of milk and the rice mix . In a saucepan, add the remaining 3 cups of milk and sugar and heat over medium flame. When the milk starts boiling, add both the almond and rice mixes and stir continuously over low heat for 15 minutes. Add the maward while continuing to stir till the mix starts to thicken. Remove from heat and pour the pudding into small bowls. Leave to cool and refrigerate and serve cold.

Fattoush

Ingredients:

- 1/2 cup pita bread, cut into 1 inch pieces
- 2 tomatoes, thickly diced
- 1 cucumber, thickly diced
- 1/2 bunch parsley, leaves

- 1-2 green onions, chopped
- 1 green pepper, thickly diced
- 1 half head of romaine lettuce, torn into small pieces
- 2 small radish, thickly diced
- 1 bunch bakleh (use watercress as a replacement) leaves
- ½ cup lemon juice
- ¾ cup olive oil
- ½ bunch fresh mint, leaves
- salt
- black pepper
- sumac

Preparation:

1. Cut up pita bread into small 1 inch pieces and fry them in corn oil for 1-2 minutes until golden brown. Place them on a paper towel to absorb the extra oil and leave to cool. Dice the tomatoes, cucumber, pepper, green onions and radish and toss into the bowl, tear the romaine lettuce and remove the watercress, parsley and mint leaves from their stem, then toss into a bowl. Combine lettuce, cucumber, tomatoes, green peppers, and onions on top. Toss gently.
2. Mix ¾ cup olive oil and juice of ½ lemon along with ¾ teaspoon of salt and ¼ teaspoon of pepper and mix well. Toss the fried pita bread pieces on top of the salad then follow with the dressing. Finish the salad with a teaspoon of sumac sprinkled on top.

Siniyet Kafta

Ingredients:

- 1 kilogram minced meat
- 1 Onion
- ½ bunch parsley
- 2 cloves garlic
- 3 medium sized potatoes
- ½ teaspoon black pepper
- ½ teaspoon salt
- Juice of 2 lemons
- 2 cups tahini
- 1 ½ cup yoghurt
- ½ teaspoon nutmeg

Preparation:

1. spice the minced meat with salt and black pepper. grind the onions and chop the parsley finely and massage into the minced meat. spread the minced meat onto a pan it so that a full layer covers the full pan. Cut up the potatoes into circular slices and fry them half way so that the potatoes are slightly translucent in color. Put the minced meat in the oven for 20minutes on medium fire and then broil for another 7 minutes.

2. in a pot mix tahini and lemon for 3 minutes until knotted, then add the yoghurt and 3 cups of water and put on medium fire and keep whisking the mixture so that it doesn't knot. To continue whisking for around 10 minutes. Take the pan out of the oven, use the sauce that is in the pan and put it on the mixture and whisk for another 3 minutes so that the mixture thickens. Line up the half fried potatoes on top of the minced meat until the whole meat layer is covered. Follow by pouring the mixture on top of the potatoes and so the minced meat and potatoes are immersed in it. Place the pan in the oven for another 10 minutes then broil for 3 minutes so that it is golden on top. Serve with pita bread.

Moultabal

Ingredients:

- 1 medium sized eggplant
- ½ cup Tahini (sesame seed paste)
- 1 ½ cup squeezed lemon
- 2 garlic cloves
- 2 tablespoon salted yoghurt
- salt

Preparation:

1. Roast the Eggplant on an oven top for about ½ hour, if you have an electric hob poke some holes in the eggplant and let it roast in the oven, (oven top is preferable as it gives it a smokier taste). Allow eggplant to rest for 10-15 minutes, then run it under cold water from a sink and slowly peel using your hands. Remove the stem and place the flesh into a plastic container. Run a knife through the flesh to separate it, add the juice of 1 ½ lemon, 2-mashed garlic cloves ½ teaspoon salt, ½ cup of tahini and 2 tablespoons yoghurt. Mash the mixture using a spoon or a mortar and mix well. Check that the amount of salt and lemon juice and garlic are to your liking and add to your preference. Spread on a plate and garnish with parsley and olive oil.

Knafeh

Ingredients:

- 1Kiloram Kanfeh Dough
- 200 gramsrams mouncezarella cheese
- 250 gramsrams white (akkawi) cheese
- Ghee
- 2 cups sugar
- 1 cup water
- half slice lemon

Preparation:

1. purchase the Knafeh dough from any store or Knafe store. Start by untaggling the Knafeh strands so that it is fluffly and smooth. Put 1 cup of ghee on top of the

Knafeh dough and rub them together so that the ghee is absorbed by the dough. Keep working on it until the dough is consistent and moist by the ghee. Grab an oven tray and rub ghee all over it so that the Knafe dough doesn't stick on it.

2. Take half of the dough and spread it on the tray so that it is even all around and start squeezing it so that there are no empty spaces. Cut the akkawi cheese into small pieces and soak in warm water 1 day in advance if possible and keep draining the water and changing it until there is not saltiness in the cheese. After soaking out the cheese through a sieve and try to squeeze the water out of it as much as possible.

3. Mix the akkawi and the grind mouncezarella cheese together and spread it on top of the Knafe dough in the tray then slowly squeeze the cheese so that it is even all around. Follow by layering the rest of the Knafeh dough on top of the cheese so that the cheese is sandwiched in between the dough. Squeeze the dough and cover the tray with aluminum foil paper and put it in the oven at medium heat for 25 minutes and under the fire for another 5 minutes until it is golden. Take the Knafe out of the oven and invert it onto a larger plate.

Baked Ground Meat in Tahinan Sauce

Ingredients:

- 500 gramsrams ground beef
- 1 cup parsley, chopped
- 1 large onion
- 1 teaspoon salt
- pinch of pepper

Sauce:

- $\frac{3}{4}$ cup tahinah (sesame seed paste)
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon salt
- 1 cup water
- $\frac{1}{2}$ cup of pine nuts

Preparation:

1. Peel and finely chop the onion. Mix ground meat, parsley, onion and seasoning – knead well. Grease a round (40cm baking dish). Place the meat mixture in the baking dish and pat down until smooth and covering the bottom of the baking dish. In a bowl, beat with a fork the water, oil, salt, tahinah and lemon juice. Pour the above sauce onto the meat and garnish with the pine nuts. Bake in a hot oven for 30 minutes. Serve hot with chunky potato wedges.

Kazakhstan



Fried Bread

Ingredients:

- 4 cups flour
- 2 tablespoons yeast
- 1/2 cup water
- 1/2 cup milk
- 2 eggs
- 2 tablespoons butter
- 1/2 tablespoon sugar
- 1/2 teaspoon salt
- vegetable oil, about 2 cups (for frying)

Preparation:

1. Combine all ingredients (except oil) in a large mixing bowl, mixing to form a dough. Knead the dough on a floured surface, then return to mixing bowl. Cover with a towel and let sit for 30 minutes. Heat oil in deep skillet over high heat. Pull off tablespoon-size pieces of the dough and roll into a ball. Press down slightly, then drop carefully into oil and fry until golden brown. Drain on paper towels.

Basturma

Ingredients:

- 1³/₄ pounds lamb meat (with or without bones), cut into pieces
- 4 onions, sliced
- 6 Tablespoons vinegar
- 2 Tablespoons oil
- 6 tomatoes, sliced
- 6 cucumbers, sliced

Preparation:

1. Pour the vinegar over the lamb in a large mixing bowl. Add the onions and cover with plastic wrap. Refrigerate for 3 to 4 hours.

2. In a frying pan, heat oil over medium heat and add lamb mixture. Brown both sides of the lamb, then cover. Cook about 15 minutes. Serve with sliced tomatoes

and cucumbers.

Rice Pilaf

Ingredients:

- 1½ cups cooked rice
- ⅓ cup slivered almonds
- 2 garlic cloves, minced
- ½ cup dates, pitted and chopped
- ⅓ cup prunes, pitted and chopped
- 3 dried apricots, chopped
- 1 Tablespoon salt
- 1 pound ground lamb
- 1 teaspoon vegetable oil
- 1 onion, finely chopped

Preparation:

1. Cook the rice according to package directions. Set aside. Mix the lamb, almonds, fruits, onion, salt, and garlic in a large bowl. In a frying pan, heat the oil over medium heat. Brown the lamb mixture until lamb is no longer pink. In a serving bowl, combine the lamb with oil and rice then mix.

Mutton Kespe

Ingredients:

- 2½ pounds lamb (with or without bones), cut into pieces
- 2 Tablespoons vegetable oil
- 2 carrots, chopped
- 1 onion, chopped
- 2 bay leaves
- 1 Tablespoon dried dill
- Salt and pepper, to taste
- 4 cups cooked noodles (egg noodles are best)

Preparation:

1. Place the cut lamb into a large pot. Add enough cold water to cover. Bring to a boil, then reduce heat to low. Cook for about 1 hour. In a skillet, heat the oil over medium heat. Sauté carrots, onion, and bay leaves about 10 minutes. In a large bowl, mix the cooked noodles, onion, bay leaves, and carrots. Remove and discard bay leaves before serving. Top with boiled lamb and dill.

Fried Doughnuts

Ingredients:

- 4 cups flour
- 2 Tablespoons yeast
- ½ cup water

- ½ cup milk
- 2 eggs
- 2 Tablespoons butter or margarine
- 1½ Tablespoons sugar
- 2 cups vegetable oil
- ½ teaspoon salt

Preparation:

1. Combine all ingredients into a large mixing bowl to form dough. Knead the dough on a floured surface, then return to mixing bowl. Cover with a towel and let sit for 30 minutes. Heat oil in deep skillet over high heat. Pull off Tablespoon-size pieces of the dough and roll into a ball. Press down slightly, then drop carefully into oil and fry until golden brown. Drain on paper towels and sprinkle with sugar.

Noodles

Ingredients:

- 30 gramsrams beef or mutton (brisket)
- 64 grams vegetable oil
- 120 gramsrams onion
- 3 grams garlic
- 1 g ground red pepper
- 240 gramsrams wheat flour
- 6 eggs
- 50 gramsrams water
- 1 grams salt

Preparation:

1. Prepare thick dough and let it sit for 30 to 40 minutes. Rollout the dough into small sheets 1.5 mm thick, dry them a little, roll them up and slice them into thin strips (noodles). Cut meat into 23 mm cubes, fry in vegetable oil, add salt, pepper and bouillon and cook until done. Boil noodles, then serve them with meat, and sprinkle the mixture with greens.

Kenya



Irio

Ingredients:

- 2 cups corn
- 2 cups red kidney beans
- 4 potatoes, peeled and quartered
- 2 cups spinach
- Salt and pepper

Preparation:

1. Place the potatoes into a pot, cover with water, and boil until soft, about 10 to 15 minutes. Set aside. In a large saucepan, combine the corn, beans, and spinach and cook over low to medium heat until vegetables are soft. Add the potatoes. Season with salt and pepper and mash the mixture with a fork or wooden spoon.

Cabbage and Egg

Ingredients:

- 1 cup water
- 1 small cabbage, chopped
- ½ cup vegetable oil
- 2 onions, chopped
- 2 large tomatoes, chopped
- 3 eggs
- Salt, to taste

Preparation:

1. In a saucepan, boil the water, then add the cabbage. Cover and cook for 10 minutes. Drain, season with salt, and set aside. Heat the oil in a frying pan and add the onions and tomatoes. Cook over medium heat until soft. Add the salted cabbage to the frying pan and cook for another 10 minutes, stirring occasionally.

2. In a small mixing bowl, beat the eggs. Stir the eggs into the frying pan with the vegetable mixture and cook for about 3 minutes, or until the eggs are thoroughly cooked. Serve with rice, ugali , or potatoes.

Ugali

Ingredients:

- 1 cup milk
- 1¼ cups cornmeal
- 1 cup water

Preparation:

1. Pour the milk into a mixing bowl. Slowly add ¾ cup of the cornmeal and whisk constantly into a paste. Heat the water in a medium saucepan to boiling. Using a wooden spoon, stir cornmeal and milk paste mixture into the boiling water. Reduce heat to low. Slowly add the remaining ½ cup of cornmeal, stirring constantly.

2. The mixture should be smooth with no lumps. Cook for about 3 minutes. When the mixture begins to stick together and pull away from the sides of the pan, remove from heat. Pour mixture into a greased serving bowl and allow to cool. Serve at room temperature as a side dish to meat and vegetables.

Sukuma Wiki

Ingredients:

- 2 Tablespoons oil
- 1 onion, chopped
- 1 tomato, chopped
- One bunch sukuma (kale or collard greens), chopped
- ½ cup water
- Salt

Preparation:

1. Heat oil in a frying pan and add the onions. Sauté about 2 to 4 minutes. Add tomato and greens and sauté about 1 minute. Add ½ cup water and then add salt to taste. Let the mixture simmer until the sukuma is tender.

Yogurt Chutney

Ingredients:

- 1½ cups yogurt
- 2 Tablespoons mint, finely chopped
- 1 Tablespoon coriander
- ½ teaspoon salt
- ½ teaspoon sugar
- Hot pepper flakes, to taste

Preparation:

1. Mix all of the ingredients together in a mixing bowl. Chill and serve as a condiment for meats and vegetables.

Nyama Choma

Ingredients:

- 3 pounds beef short ribs or spare ribs
- Salt and pepper, to taste

Preparation:

1. Season the ribs with salt and pepper. Grill on a gas or charcoal grill over medium-high heat for 1 hour. Alternatively, roast in the oven at 300 degrees Fahrenheit for 1½ to 2 hours. The meat should be dry and chewy.

Githeri

Ingredients:

- 1 can corn
- 1 can kidney beans

Preparation:

1. Pour corn and beans into a saucepan. Heat on medium to low and simmer until cooked through. Serve with chapattis, ugali, and meat to complete a Kenyan meal.

Mashed Plantains

Ingredients:

- 8 plantains
- 2 Tablespoons lemon juice
- 1 Tablespoon butter
- 2 onions, sliced
- 2 teaspoons coriander
- 2 cups beef stock
- Red pepper flakes, to taste

Preparation:

1. Peel the plantains. In a bowl, soak in lukewarm water with lemon juice for 2 minutes. Melt the butter in a large saucepan. Fry the onions and coriander for about 3 minutes. Add pepper flakes to taste. Add the bananas and cover with the beef stock. Simmer on low heat for about 30 to 35 minutes.

Chicken in Coconut Curry Sauce

Ingredients:

- Chicken, cut into pieces — 3 pounds
- Onion, chopped — 1
- Hot chile peppers, chopped — 2 or 3
- Ginger, peeled and chopped — 2 tablespoons
- Garlic, chopped — 2 tablespoons
- Oil or ghee — 1/4 cup
- Curry powder — 1 tablespoon
- Cumin seeds — 2 teaspoons
- Chopped tomatoes or tomato sauce — 2 cups
- Coconut milk — 2 cups, or 1 (15-ounce) can
- Salt and pepper — to taste
- Cilantro, chopped — 1/2 cup

Preparation:

1. Add the onion, chilies, ginger and garlic to a food processor or blender and process until smooth. Add a little water if necessary. Heat the oil or ghee in a large pot or wok over medium flame. Add the onion puree, curry powder and cumin and sauté, stirring frequently, for 5 to 8 minutes, or until cooked down. Stir in the tomatoes and simmer for 3 to 4 minutes.

2. Then add the chicken, coconut milk, salt and pepper. Reduce heat to low and simmer, covered, until the chicken is cooked through and tender, anywhere from 30 minutes to an hour. Add more water as needed. Stir in the cilantro, adjust seasoning with salt and pepper and serve with rice or chapatti.

Kiribati



Te Bua Toro Ni Baukin

Ingredients:

- 1 cup flour

- 1 teaspoon baking powder
- 6 tablespoons powdered milk (or 15 cl soy milk)
- 1 medium pumpkin (1.5 pounds grated pumpkin)
- 1 medium cabbage (1.5 pounds shredded cabbage)
- 1 lemon
- 1 tin meat (or ½ pound corned beef)

Preparation:

1. Peel pumpkin and grate flesh into a dish, or if the pumpkin is large, cut the top and carve the inside. Drain excess water from grated pumpkin. Shred cabbage and add to grated pumpkin.
2. Add flour, tinned meat (or diced corned beef), powdered milk (or soy milk), cabbage and baking powder to the pumpkin. Mix all together. Add salt, pepper and lemon juice. Put mixture into a baking dish that was greased with butter or oil. Cook in 350 degrees Fahrenheit oven until brown, about 45-50 minutes.

Burger

Ingredients:

- ¾ pound mahi mahi
- Coconut oil
- Kosher salt
- Pepper
- 1 cup Batata Mash – see bleow
- 1 teaspoon Curry Sauce – see bleow
- 1 egg
- ½ teaspoon kosher salt
- Peanut oil
- 2 cups cooked rice
- Curry Sauce
- 2 tomatoes sliced
- Pepitas
- Unsweetened coconut flakes

Preparation:

1. Salt and pepper the mahi mahi and cook in coconut oil until fish is just cooked through. Let the fish cool and flake it then combine with Batata Mash, Curry Sauce, egg and salt. Mix together until well combine (be gentle with the fish though so you don't lose the texture).
2. Form four patties and place on wax paper. Refrigerate for 30 minutes (this helps set the fish cake). Heat about ¼ inch of peanut oil in a non-stick pan until shimmering, then fry the fish cakes until brown on both sides and heated through. To serve, scoop ½ cup of rice on each plate then add a generous scoop of Curry Sauce on each. Add the cooked fish patties then top with slices of tomato, pepitas and a sprinkling of coconut.

Batata Mash

Ingredients:

- 2 Batatas diced
- 2 Tablespoon of butter
- 2 Tablespoons unsweetened coconut

Preparation:

1. Boil the batatas until soft. Drain and mash the batatas with the butter and coconut.

Curry Sauce

Ingredients:

- 3 Tablespoons coconut oil
- 1 small onion chopped
- 1 clove of garlic crushed
- ½ fresh papaya chopped
- 14 ounce can of hearts of palm drained and chopped
- 4 teaspoons curry powder
- 13.5 ounces coconut milk
- ¼ teaspoon kosher salt
- Juice of 1 lime
- 1 teaspoon honey

Preparation:

1. Heat the coconut oil in a medium sauté pan until melted. Add onions and garlic and cook over med/low until onions are soft (about 10 minutes). Add papaya, hearts of palm and curry powder. Cover, turn up to medium and cook 10 minutes. Add the rest of the ingredients, try it and adjust to your taste. Cook about 10 minutes. Pulse in a blender until smooth. Adjust to taste.

Coconut Milk Rice Cake

Ingredients:

- White or Red Raw Rice 1 Cup
- Thin Coconut Milk 2 Cups
- Thick Coconut Milk 1 cup
- Salt 1 teaspoon to taste
- Water

Preparation:

1. Soak the rice in water for 30 minutes and drain. Place the rice and water along with the thin coconut milk and simmer in a low heat for 25 minutes. You can add a piece of pandanus leaf to get a nice fragrance. Serve kiribath hot with Lunu Miris or with coconut sambol.

Roasted Lobster Tails with Coconut Curry Dipping Sauce

Ingredients:

- 4 lobster tails
- vegetable oil
- 14 ounces coconut milk
- 1 ½ teaspoons curry powder
- salt

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit. Then, using kitchen shears, cut each one down the back, stopping at the last segment before the tail piece. Take hands and bend back the tail until you hear a loud crack. Run fingers between the meat and the bottom membrane, freeing tail meat from the shell.
2. Pull meat up and over the shell, pressing the shell shut beneath it. The tail meat can thus piggyback on top of the shell. Give it the lobster meat a generous coating of oil. Bake for 1 1/2 minutes per ounce of weight. Meanwhile, whisk together curry powder in a small saucepan with the coconut milk and salt. I used light coconut milk, but you can go as rich as you'd like. Cook until hot. To finish off this meal, serve the curry mixture on the side.

Seafood Starter

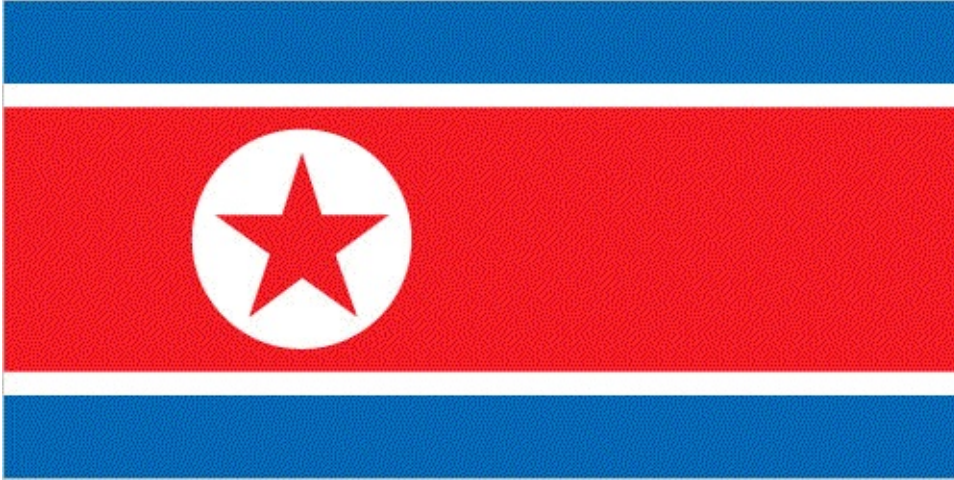
Ingredients:

- 250 grams cooked crab meat
- 250 grams cooked prawns
- 250 grams celery
- 150 milliliters low fat mayonnaise
- 6 spring onions
- 3 FAIRTRADE lemons
- 4 hens eggs
- crisp lettuce leaves

Preparation:

1. Juice one lemon and slice the other two lemons into quarters. Wash and slice thinly the celery. Top and tail the onions, discard any dry outer layers, and then slice very small. Mix together the crab meat, prawns, mayonnaise, chopped celery, chopped onions and lemon juice. Chill for (minimum) 1 hour in the refrigerator before assembling the dish. Cooking Hard boil the hens eggs (10 to 12 minutes) and plunge into cold water. De-shell the eggs and cut carefully into quarters. Assembly On individual plates place a layer of lettuce. Make a ring of egg quarters and fill the inside space with fish-mayonnaise mixture. Arrange the lemon quarters decoratively.

Korea, North



Potato Soup

Ingredients:

- 2 cans beef or chicken broth
- 2 large potatoes, peeled and cut into bite-sized pieces
- 2 medium carrots, peeled and cut into bite-sized pieces
- ½ cup mushrooms, chopped
- 1 green onion, chopped
- Pinch black pepper

Preparation:

1. In a large saucepan, combine broth, potatoes, and carrots. Bring to a boil over high heat, and cover. Reduce heat to low and cook for 10 minutes, or until vegetables are tender. Add mushrooms, green onions, and black pepper. Stir well and cook for 2 minutes more. Serve hot.

Kimchi

Ingredients:

- 1 cup medium cabbage, chopped
- 1 cup carrots, thinly sliced
- 1 cup cauliflower, separated into small pieces
- 2 Tablespoons salt
- 2 green onions, thinly sliced
- 3 cloves garlic, thinly chopped, or 1 teaspoon garlic powder
- 1 teaspoon crushed red pepper
- 1 teaspoon fresh ginger, finely grated, or ½ teaspoon ground ginger

Preparation:

1. Combine cabbage, carrots, and cauliflower in strainer and sprinkle with

salt. Toss lightly and set in sink for about one hour and allow to drain. Rinse with cold water, drain well and place in a medium-size bowl. Add onions, garlic, red pepper and ginger. Mix thoroughly.

2. Cover and refrigerate for at least 2 days, stirring frequently to mix flavors. Allow kimchi to sit for 1 or 2 days to ferment. The longer it sits, the spicier it will become.

White Rice

Ingredients:

- 2 cups short-grain white rice
- 2 $\frac{2}{3}$ cups water

Preparation:

1. Pour the rice and water into a deep saucepan, and stir to combine. Bring to a boil over high heat. Boil, uncovered, for 2 to 3 minutes. Stir. Cover pan, reduce heat to low, and simmer rice 20 to 25 minutes, or until all water is absorbed. Remove pan from heat. Keep covered for 10 minutes. Fluff with a fork and serve hot.

Toasted Sesame Seeds

Ingredients:

- 4 teaspoons sesame seeds

Preparation:

1. Measure sesame seeds into a small frying pan. Cook, stirring constantly over medium heat 2 to 4 minutes or until the seeds are golden brown (be careful not to burn). Remove the seeds from heat and pour into a large bowl. Crush with the back of a wooden spoon.

Mixed Vegetables with Cellophane Noodles

Ingredients:

- 5 dried black mushrooms
- 1 cup hot water
- 4 Tablespoons soy sauce
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon garlic, finely chopped
- 4 teaspoons toasted, crushed sesame seeds (see above on how to make)
- 1 boneless, skinless chicken breast cut into bite-sized pieces
- 1 package cellophane noodles (can be found in the supermarket)
- 6 Tablespoons vegetable oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and cut into medium strips
- 1 cup bean sprouts
- $\frac{1}{2}$ cup fresh spinach, chopped

- 5 teaspoons sesame oil

Preparation:

1. If using dried black mushrooms, put them into a small bowl and pour hot water over them. Soak for 20 minutes or until soft. Marinate chicken: In a medium bowl, combine 2 Tablespoons soy sauce, 1 teaspoon sugar, garlic, 2 teaspoons sesame seeds, and chicken. Set aside.

2. Prepare noodles: Heat 3 cups of water to a boil in a large saucepan. Add the cellophane noodles and return to a boil. Reduce heat to medium to high and cook uncovered, for 5 to 7 minutes or until soft. Drain the noodles and rinse briefly in cold water. Place in large mixing bowl and set aside. Prepare chicken and vegetables: In a large frying pan or wok, heat 1 Tablespoon vegetable oil over high heat for 1 minute.

3. Add chicken mixture and fry, stirring frequently, for 3 to 4 minutes or until chicken is white and tender. Remove pan from heat and add chicken to noodles. When pan has cooled, wash and dry it completely. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add mushrooms and cook, stirring frequently, for 1 minute or until soft.

4. Repeat with remaining vegetables, cooking each one separately. Add 2 tablespoons soy sauce, 1 teaspoon sugar, 2 teaspoons sesame seeds and 5 teaspoons sesame oil to noodle mixture and mix well. Serve warm or at room temperature.

Dumplings

Ingredients:

- ¼ pound ground beef
- 1 cup vegetable oil
- 1 Tablespoon vegetable oil
- ½ small onion, peeled and finely chopped
- ¾ cup cabbage, shredded
- ½ cup bean sprouts
- 1 green onion, finely chopped
- 1½ teaspoons black pepper
- Salt, dash
- 25 wonton wrappers (can be found at a supermarket)
- 1 egg

Preparation:

1. In a large frying pan or wok, cook meat until brown, mashing with a fork to break into small pieces. Remove meat, using a slotted spoon to drain off fat, and set meat aside in a bowl. Once cool, wash frying pan or wok and dry thoroughly. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add onions and cook 2 to 3 minutes or until crisp and tender.

2. Add cabbage and continue to cook, stirring frequently until cabbage is crisp and tender. Add bean sprouts and green onion, mix well, and cook for 1 to 2 minutes

more. Remove pan from the heat and drain vegetable mixture. In a large bowl, combine meat, vegetables, salt and black pepper and mix well to make the filling. Place 1 wonton wrapper on a flat surface and cover remaining wrappers with a damp paper paper towel (not dish towel) so they won't dry out.

3. Beat the egg in a small bowl. Brush all 4 edges of the wonton wrapper with the beaten egg. Place about 1 Tablespoon of the filling mixture just above the center of the wonton wrapper. Fold wrapper in half over filling and press the edges together to seal, forming a dumpling. In a large frying pan or wok, heat 1 cup vegetable oil over medium heat for 1 minute. Carefully place 6 dumplings into oil with tongs and fry 3 to 4 minutes or until golden brown. Turn and fry the other side, 2 to 3 minutes.

Beef Dish

Ingredients:

- 2 pounds beef sirloin
- ½ cup soy sauce
- ½ cup water
- 1 Tablespoon sesame oil
- 1 Tablespoon sesame seed
- 1 Tablespoon garlic powder
- ½ teaspoon ginger
- 3 Tablespoons brown sugar or honey (white sugar may be substituted)

Preparation:

1. Before beginning, place meat in the freezer for 10 minutes to make it easier to slice. Slice beef as thinly as possible. Cut meat slices into bite-sized squares. Lightly score the surface of each square to prevent the meat from curling when cooked. Put the meat pieces into a large mixing bowl. Add all the other ingredients, and stir with a wooden spoon to mix everything together.

2. Cover the bowl and refrigerate for several hours (at least one hour) to allow the meat to absorb the flavors of the marinade. Transfer everything to a large saucepan. Heat over medium-low heat until the mixture begins to simmer. Cover and cook about 30 minutes, until the meat has been thoroughly cooked. Stir every 5 minutes to prevent meat from sticking. Serve with rice and kimchi.

Vinegar Soy Sauce

Ingredients:

- 4 Tablespoons soy sauce
- 3 Tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon green onions, finely chopped
- 1 teaspoon toasted sesame seeds (see recipe)

Preparation:

1. Combine all ingredients in a small bowl. Stir to dissolve sugar. Vinegar soy sauce will keep up to a week, covered, in the refrigerator. Lunch could be kamja guk (kahm-jah gook; potato soup) and mixed vegetables with chap ch'ae (chop-chay; cellophane noodles made from mung bean flour).
2. For dinner, perhaps kapoundi guk (kahl-bee gook; beef short rib soup), shigumch'i namul (shee-guhm-chee nah-mool; spinach salad), pulgogi (pool-goh-gee; Korean beef), and steamed chicken is eaten. Of course, all three meals would be served with white rice and kimchi . A good Korean cook will try to include five colors at every meal: red, green, yellow, white, and black. Koreans seldom serve dessert, but often eat fresh fruit instead.

Spinach Dish

Ingredients:

- ½ cup water
- 1 pound fresh spinach, rinsed with water
- 2 teaspoons soy sauce
- 1 Tablespoon sesame oil
- ½ teaspoon garlic, finely chopped
- 1 Tablespoon toasted sesame seeds (see recipe)

Preparation:

1. In a large saucepan, bring water to a boil. Add spinach, cover, and reduce heat to medium to high. Cook for 2 to 3 minutes, or until bright green. Pour into a strainer. Cool. Gently squeeze out excess water with your hands. Chop spinach and place in a large bowl. Add remaining ingredients and mix well. Serve at room temperature.

Broiled Beef Ribs with Barbecue Sauce

Ingredients:

Beef:

- 4 pounds of beef barbecue ribs

Barbecue Sauce:

- 1 cup soy sauce
- ¼ cup sake or dry sherry
- 4 slices ginger (about the size of a 25-cent piece), julienned
- 2 cloves garlic, peeled and very thinly sliced
- 3 tablespoons sugar
- ¾ cup apple juice concentrates (No water added!)
- 3 tablespoons sesame oil

Preparation:

1. Beef: Purchase 4 pounds of beef barbecue ribs cut across the grain into 2 inch pieces, Korean or Japanese style. Your butcher will understand. Have the butcher cut them about ¼ inches thick. Rub each rib with sesame oil and then marinate in a bit of Korean Barbecue Sauce. Grill the ribs over high heat or charcoal, turning

once, until tender. Do not overcook this delicacy.

2. Barbecue Sauce: Place all the ingredients but the sesame oil in a saucepan and bring to a simmer. Cook 10 minutes, uncovered; then remove from the heat and add the sesame oil. Store in a covered glass or plastic container in the refrigerator.

Five - Spice Game

Ingredients:

- 4 Cornish game hens
- 4 teaspoons five-spice mixture
- 4 teaspoons plum sauce
- 2 tablespoons bean sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon sherry wine
- ¼ cup soy sauce
- ¼ cup maple or other dark syrup

Preparation:

1. Wash and pat dry the game hens. Make certain the insides have been well drained. Sprinkle the five-spice seasoning mixture all over the insides of the hens. Mix the plum sauce, bean sauce, hoisin sauce, and wine in a small bowl. Heat in the microwave oven just a few seconds, if needed, to make the sauce of a good spreading consistency.
2. Brush part of the sauce inside the cavities of the hens and the remainder all over the outside. Let set from 6 to 24 hours. Just before cooking, tie the legs and wings as close to the body as possible. Mix the soy sauce and syrup in a small bowl and brush the birds liberally with it.
3. Place the hens, breast-side down, on a microwave roasting rack or on overturned saucers placed in a baking dish. Have the tail ends toward the center of the arrangement. Cook, covered with wax paper, for 12 minutes. Turn each one over in its place and brush liberally with the soy sauce mixture.
4. Continue cooking another 5 minutes, covered with wax paper. Remove the wax paper, brush on any remaining soy sauce mixture, and cook, uncovered, in the microwave oven until a golden brown and until a thermometer will register 185 degrees Fahrenheit. Let stand, covered with foil, 5 to 10 minutes before serving.

Green Peppers and Beef

Ingredients:

- 1 tablespoon peanut oil
- 4 ounces hot green peppers such as jalapenos, quartered and seeded
- 1 pound of the cooked meat from Korean Broiled Beef Ribs, coarsely chopped
- 3 tablespoons Sesame Salt
- 3 ounces Beef Stock or use canned
- 2 teaspoons sugar

Preparation:

1. Heat a frying pan or wok and add the oil. Saute or chow the peppers in the oil for 1 minute. Add the chopped beef and Sesame Salt, and chow for another minute. Then add the stock and sugar; cook over high heat until the liquid has almost evaporated and the peppers are just tender. Serve from a plate.

Jade and Coral Prawns

Ingredients:

- 2 cloves garlic, minced
- 2 tablespoons minced ginger root
- 1 tablespoon oil
- 2 cups green pepper cut in 1 inch squares
- 1 pound prawns
- ½ teaspoon salt
- 1 tablespoon sherry wine
- 3 tablespoons catsup
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 tablespoon soy sauce
- 1 teaspoon chicken bouillon concentrate

Preparation:

1. Shell, devein, and butterfly the shrimp. In a small container, mix the catsup, sugar, cornstarch, soy sauce and chicken bouillon concentrate. Put the oil, garlic, and ginger root in a covered casserole. Cook in the microwave oven for 2 minutes. Add the green peppers and stir well. Cook, covered, in the microwave oven for 2 minutes, stirring once. Stir in the prawns. Cook, covered, for 2½ minutes, stirring twice. Stir in the salt and wine. Cook, covered in the microwave oven for 30 seconds more. Stir in the soy sauce mixture and cook, covered, stirring from time-to-time, until the sauce thickens (about 2 minutes). Serve with rice.

Stir Fried Pork with Kimchee

Ingredients:

- 1 tablespoon peanut oil
- ½ pound pork butt, sliced into pieces 1/8 inch thick by 1½ inches long
- Salt and freshly ground black pepper to taste
- 4 scallions cut into 2 inch pieces
- 2 cups Napa Kimchee
- 1 teaspoon garlic, peeled and crushed
- ½ teaspoon Korean red pepper flakes

Garnish:

- Toasted sesame seeds

Preparation:

1. Heat a wok, add the oil, and chow the pork for a couple of minutes, adding salt and pepper. Add the scallions and toss a bit. Add the 'Napa Kimchee', garlic, and red pepper. Chow for a couple of minutes until all is hot. Remove to a plate and sprinkle with toasted sesame seeds.

Rice and Bean Sprouts

Ingredients:

- 2 cups rice
- 2 teaspoons Prepared Sesame Seed
- 3 cups cold water
- 1 green onion
- 1 teaspoon oil
- 1 clove of garlic
- 1 cup prepared bean sprouts
- 2 tablespoons soya sauce

Preparation:

1. Pick over the rice carefully, wash well and add the cold water. Combine the chopped green onion (including the top), chopped garlic, Prepared Sesame Seed, soya sauce, oil and bean sprouts and cook all together for 2 minutes, stirring well. Combine the bean sprout mixture and the rice, cover tightly and bring quickly to the boil. Reduce the heat as low as possible and steam for 30 minutes. Do not stir or remove the lid while cooking.

Beef Barbeque Strips

Ingredients:

- 1 pound steak
- 2 tablespoons oil
- ¼ cup soy sauce
- 2 cloves garlic, minced
- 1½ teaspoons vinegar
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon salt
- Pepper to taste
- 2 tablespoons sesame seed
- ½ teaspoon butter
- 2 tablespoons minced green onion

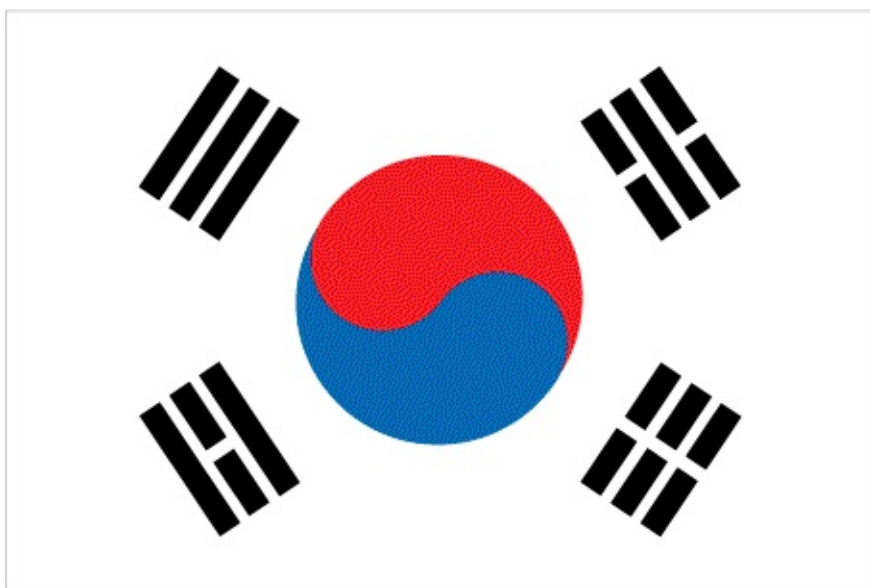
Preparation:

1. Cut the meat into 1/8 inch thick slices (across the grain, or muscle fibers) that are about an inch or two long. Mix the oil, soy sauce, garlic, vinegar, cayenne pepper, salt, and pepper. Stir in the beef strips and mix well. Marinate at least 4 hours, stirring from time to time. Put the sesame seeds and butter in a small dish

and cook, uncovered, stirring often, until the seeds are lightly toasted (about 2 minutes).Set aside.

2. When ready to cook, thread the pieces of beef on a bamboo skewer and sprinkle on the sesame seeds and minced onion. Lay across a 10 inch by 6 inch rectangular baking dish so that no two strips touch each other. (About 6 to 8 skewers may be cooked at one time.) Cook 2 minutes, turn over, and continue cooking in the microwave oven until the meat loses its pinkness. If using as a main course, serve with cooked rice. A double recipe makes 4 servings as a main course.

South Korean



Kimchi

Ingredients:

- 1 cup medium cabbage, chopped
- 1 cup carrots, thinly sliced
- 1 cup cauliflower, separated into small pieces
- 2 Tablespoons salt
- 2 green onions, thinly sliced
- 3 cloves garlic, thinly chopped, or 1 teaspoon garlic powder
- 1 teaspoon crushed red pepper
- 1 teaspoon fresh ginger, finely grated, or ½ teaspoon ground ginger

Preparation:

1. Combine cabbage, carrots, and cauliflower in strainer and sprinkle with salt. Toss lightly and set in sink for about one hour and allow to drain. Rinse with cold water, drain well and place in a medium-size bowl. Add onions, garlic, red

pepper and ginger. Mix thoroughly.

2. Cover and refrigerate for at least 2 days, stirring frequently to mix flavors. Allow kimchi to sit for 1 or 2 days to ferment. The longer it sits, the spicier it will become.

White Rice

Ingredients:

- 2 cups short-grain white rice
- 2²/₃ cups water

Preparation:

1. Pour the rice and water into a deep saucepan, and stir to combine. Bring to a boil over high heat. Boil, uncovered, for 2 to 3 minutes. Stir. Cover pan, reduce heat to low, and simmer rice 20 to 25 minutes, or until all water is absorbed. Remove pan from heat. Keep covered for 10 minutes. Fluff with a fork and serve hot.

Toasted Sesame Seeds

Ingredients:

- 4 teaspoons sesame seeds

Preparation:

1. Measure sesame seeds into a small frying pan. Cook, stirring constantly over medium heat 2 to 4 minutes or until the seeds are golden brown (be careful not to burn). Remove the seeds from heat and pour into a large bowl. Crush with the back of a wooden spoon.

Mixed Vegetables with Cellophane Noodles

Ingredients:

- 5 dried black mushrooms
- 1 cup hot water
- 4 Tablespoons soy sauce
- 2 teaspoons sugar
- ½ teaspoon garlic, finely chopped
- 4 teaspoons toasted, crushed sesame seeds (see above on how to make)
- 1 boneless, skinless chicken breast cut into bite-sized pieces
- 1 package cellophane noodles (can be found in the supermarket)
- 6 Tablespoons vegetable oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and cut into medium strips
- 1 cup bean sprouts
- ½ cup fresh spinach, chopped
- 5 teaspoons sesame oil

Preparation:

1. If using dried black mushrooms, put them into a small bowl and pour hot water over them. Soak for 20 minutes or until soft. Marinate chicken: In a medium bowl, combine 2 Tablespoons soy sauce, 1 teaspoon sugar, garlic, 2 teaspoons sesame seeds, and chicken. Set aside.
2. Prepare noodles: Heat 3 cups of water to a boil in a large saucepan. Add the cellophane noodles and return to a boil. Reduce heat to medium to high and cook uncovered, for 5 to 7 minutes or until soft. Drain the noodles and rinse briefly in cold water. Place in large mixing bowl and set aside. Prepare chicken and vegetables: In a large frying pan or wok, heat 1 Tablespoon vegetable oil over high heat for 1 minute.
3. Add chicken mixture and fry, stirring frequently, for 3 to 4 minutes or until chicken is white and tender. Remove pan from heat and add chicken to noodles. When pan has cooled, wash and dry it completely. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add mushrooms and cook, stirring frequently, for 1 minute or until soft.
4. Repeat with remaining vegetables, cooking each one separately. Add 2 tablespoons soy sauce, 1 teaspoon sugar, 2 teaspoons sesame seeds and 5 teaspoons sesame oil to noodle mixture and mix well. Serve warm or at room temperature.

Dumplings

Ingredients:

- ¼ pound ground beef
- 1 cup vegetable oil
- 1 Tablespoon vegetable oil
- ½ small onion, peeled and finely chopped
- ¾ cup cabbage, shredded
- ½ cup bean sprouts
- 1 green onion, finely chopped
- 1½ teaspoons black pepper
- Salt, dash
- 25 wonton wrappers (can be found at a supermarket)
- 1 egg

Preparation:

1. In a large frying pan or wok, cook meat until brown, mashing with a fork to break into small pieces. Remove meat, using a slotted spoon to drain off fat, and set meat aside in a bowl. Once cool, wash frying pan or wok and dry thoroughly. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add onions and cook 2 to 3 minutes or until crisp and tender.
2. Add cabbage and continue to cook, stirring frequently until cabbage is crisp and tender. Add bean sprouts and green onion, mix well, and cook for 1 to 2 minutes more. Remove pan from the heat and drain vegetable mixture. In a large bowl, combine meat, vegetables, salt and black pepper and mix well to make the filling.

Place 1 wonton wrapper on a flat surface and cover remaining wrappers with a damp paper paper towel (not dish towel) so they won't dry out.

3. Beat the egg in a small bowl. Brush all 4 edges of the wonton wrapper with the beaten egg. Place about 1 Tablespoon of the filling mixture just above the center of the wonton wrapper. Fold wrapper in half over filling and press the edges together to seal, forming a dumpling. In a large frying pan or wok, heat 1 cup vegetable oil over medium heat for 1 minute. Carefully place 6 dumplings into oil with tongs and fry 3 to 4 minutes or until golden brown. Turn and fry the other side, 2 to 3 minutes.

Beef Dish

Ingredients:

- 2 pounds beef sirloin
- ½ cup soy sauce
- ½ cup water
- 1 Tablespoon sesame oil
- 1 Tablespoon sesame seed
- 1 Tablespoon garlic powder
- ½ teaspoon ginger
- 3 Tablespoons brown sugar or honey (white sugar may be substituted)

Preparation:

1. Before beginning, place meat in the freezer for 10 minutes to make it easier to slice. Slice beef as thinly as possible. Cut meat slices into bite-sized squares. Lightly score the surface of each square to prevent the meat from curling when cooked. Put the meat pieces into a large mixing bowl. Add all the other ingredients, and stir with a wooden spoon to mix everything together.

2. Cover the bowl and refrigerate for several hours (at least one hour) to allow the meat to absorb the flavors of the marinade. Transfer everything to a large saucepan. Heat over medium-low heat until the mixture begins to simmer. Cover and cook about 30 minutes, until the meat has been thoroughly cooked. Stir every 5 minutes to prevent meat from sticking. Serve with rice and kimchi.

Vinegar Soy Sauce

Ingredients:

- 4 Tablespoons soy sauce
- 3 Tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon green onions, finely chopped
- 1 teaspoon toasted sesame seeds (see recipe)

Preparation:

1. Combine all ingredients in a small bowl. Stir to dissolve sugar. Vinegar soy sauce will keep up to a week, covered, in the refrigerator. Lunch could be kamja

guk (kahm-jah gook; potato soup) and mixed vegetables with chap ch'ae (chop-chay; cellophane noodles made from mung bean flour).

2. For dinner, perhaps kapoundi guk (kahl-bee gook; beef short rib soup), shigumch'i namul (shee-guhm-chee nah-mool; spinach salad), pulgogi (pool-goh-gee; Korean beef), and steamed chicken is eaten. Of course, all three meals would be served with white rice and kimchi . A good Korean cook will try to include five colors at every meal: red, green, yellow, white, and black. Koreans seldom serve dessert, but often eat fresh fruit instead.

Spinach Dish

Ingredients:

- ½ cup water
- 1 pound fresh spinach, rinsed with water
- 2 teaspoons soy sauce
- 1 Tablespoon sesame oil
- ½ teaspoon garlic, finely chopped
- 1 Tablespoon toasted sesame seeds (see recipe)

Preparation:

1. In a large saucepan, bring water to a boil. Add spinach, cover, and reduce heat to medium to high. Cook for 2 to 3 minutes, or until bright green. Pour into a strainer. Cool. Gently squeeze out excess water with your hands. Chop spinach and place in a large bowl. Add remaining ingredients and mix well. Serve at room temperature.

Broiled Beef Ribs with Barbecue Sauce

Ingredients:

Beef:

- 4 pounds of beef barbecue ribs

Barbecue Sauce:

- 1 cup soy sauce
- ¼ cup sake or dry sherry
- 4 slices ginger (about the size of a 25-cent piece), julienned
- 2 cloves garlic, peeled and very thinly sliced
- 3 tablespoons sugar
- ¾ cup apple juice concentrates (No water added!)
- 3 tablespoons sesame oil

Preparation:

1. Beef: Purchase 4 pounds of beef barbecue ribs cut across the grain into 2 inch pieces, Korean or Japanese style. Your butcher will understand. Have the butcher cut them about ¼ inches thick. Rub each rib with sesame oil and then marinate in a bit of Korean Barbecue Sauce. Grill the ribs over high heat or charcoal, turning once, until tender. Do not overcook this delicacy.

2. Barbecue Sauce: Place all the ingredients but the sesame oil in a saucepan

and bring to a simmer. Cook 10 minutes, uncovered; then remove from the heat and add the sesame oil. Store in a covered glass or plastic container in the refrigerator.

Five - Spice Game

Ingredients:

- 4 Cornish game hens
- 4 teaspoons five-spice mixture
- 4 teaspoons plum sauce
- 2 tablespoons bean sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon sherry wine
- ¼ cup soy sauce
- ¼ cup maple or other dark syrup

Preparation:

1. Wash and pat dry the game hens. Make certain the insides have been well drained. Sprinkle the five-spice seasoning mixture all over the insides of the hens. Mix the plum sauce, bean sauce, hoisin sauce, and wine in a small bowl. Heat in the microwave oven just a few seconds, if needed, to make the sauce of a good spreading consistency.
2. Brush part of the sauce inside the cavities of the hens and the remainder all over the outside. Let set from 6 to 24 hours. Just before cooking, tie the legs and wings as close to the body as possible. Mix the soy sauce and syrup in a small bowl and brush the birds liberally with it.
3. Place the hens, breast-side down, on a microwave roasting rack or on overturned saucers placed in a baking dish. Have the tail ends toward the center of the arrangement. Cook, covered with wax paper, for 12 minutes. Turn each one over in its place and brush liberally with the soy sauce mixture.
4. Continue cooking another 5 minutes, covered with wax paper. Remove the wax paper, brush on any remaining soy sauce mixture, and cook, uncovered, in the microwave oven until a golden brown and until a thermometer will register 185 degrees Fahrenheit. Let stand, covered with foil, 5 to 10 minutes before serving.

Green Peppers and Beef

Ingredients:

- 1 tablespoon peanut oil
- 4 ounces hot green peppers such as jalapenos, quartered and seeded
- 1 pound of the cooked meat from Korean Broiled Beef Ribs, coarsely chopped
- 3 tablespoons Sesame Salt
- 3 ounces Beef Stock or use canned
- 2 teaspoons sugar

Preparation:

1. Heat a frying pan or wok and add the oil. Saute or chow the peppers in the oil for 1 minute. Add the chopped beef and Sesame Salt, and chow for another minute. Then add the stock and sugar; cook over high heat until the liquid has almost evaporated and the peppers are just tender. Serve from a plate.

Jade and Coral Prawns

Ingredients:

- 2 cloves garlic, minced
- 2 tablespoons minced ginger root
- 1 tablespoon oil
- 2 cups green pepper cut in 1 inch squares
- 1 pound prawns
- ½ teaspoon salt
- 1 tablespoon sherry wine
- 3 tablespoons catsup
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 tablespoon soy sauce
- 1 teaspoon chicken bouillon concentrate

Preparation:

1. Shell, devein, and butterfly the shrimp. In a small container, mix the catsup, sugar, cornstarch, soy sauce and chicken bouillon concentrate. Put the oil, garlic, and ginger root in a covered casserole. Cook in the microwave oven for 2 minutes. Add the green peppers and stir well. Cook, covered, in the microwave oven for 2 minutes, stirring once. Stir in the prawns. Cook, covered, for 2½ minutes, stirring twice. Stir in the salt and wine. Cook, covered in the microwave oven for 30 seconds more. Stir in the soy sauce mixture and cook, covered, stirring from time-to-time, until the sauce thickens (about 2 minutes). Serve with rice.

Stir Fried Pork with Kimchee

Ingredients:

- 1 tablespoon peanut oil
- ½ pound pork butt, sliced into pieces 1/8 inch thick by 1½ inches long
- Salt and freshly ground black pepper to taste
- 4 scallions cut into 2 inch pieces
- 2 cups Napa Kimchee
- 1 teaspoon garlic, peeled and crushed
- ½ teaspoon Korean red pepper flakes

Garnish:

- Toasted sesame seeds

Preparation:

1. Heat a wok, add the oil, and cook the pork for a couple of minutes, adding salt and pepper. Add the scallions and toss a bit. Add the 'Napa Kimchee', garlic, and red pepper. Cook for a couple of minutes until all is hot. Remove to a plate and sprinkle with toasted sesame seeds.

Rice and Bean Sprouts

Ingredients:

- 2 cups rice
- 2 teaspoons Prepared Sesame Seed
- 3 cups cold water
- 1 green onion
- 1 teaspoon oil
- 1 clove of garlic
- 1 cup prepared bean sprouts
- 2 tablespoons soya sauce

Preparation:

1. Pick over the rice carefully, wash well and add the cold water. Combine the chopped green onion (including the top), chopped garlic, Prepared Sesame Seed, soya sauce, oil and bean sprouts and cook all together for 2 minutes, stirring well. Combine the bean sprout mixture and the rice, cover tightly and bring quickly to the boil. Reduce the heat as low as possible and steam for 30 minutes. Do not stir or remove the lid while cooking.

Beef Barbeque Strips

Ingredients:

- 1 pound steak
- 2 tablespoons oil
- ¼ cup soy sauce
- 2 cloves garlic, minced
- 1½ teaspoons vinegar
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon salt
- Pepper to taste
- 2 tablespoons sesame seed
- ½ teaspoon butter
- 2 tablespoons minced green onion

Preparation:

1. Cut the meat into 1/8 inch thick slices (across the grain, or muscle fibers) that are about an inch or two long. Mix the oil, soy sauce, garlic, vinegar, cayenne pepper, salt, and pepper. Stir in the beef strips and mix well. Marinate at least 4 hours, stirring from time to time. Put the sesame seeds and butter in a small dish and cook, uncovered, stirring often, until the seeds are lightly toasted (about 2

minutes).Set aside.

2. When ready to cook, thread the pieces of beef on a bamboo skewer and sprinkle on the sesame seeds and minced onion. Lay across a 10 inch by 6 inch rectangular baking dish so that no two strips touch each other. (About 6 to 8 skewers may be cooked at one time.) Cook 2 minutes, turn over, and continue cooking in the microwave oven until the meat loses its pinkness. If using as a main course, serve with cooked rice. A double recipe makes 4 servings as a main course.

Potato Soup

Ingredients:

- 2 cans beef or chicken broth
- 2 large potatoes, peeled and cut into bite-sized pieces
- 2 medium carrots, peeled and cut into bite-sized pieces
- ½ cup mushrooms, chopped
- 1 green onion, chopped
- Pinch black pepper

Preparation:

1. In a large saucepan, combine broth, potatoes, and carrots. Bring to a boil over high heat, and cover. Reduce heat to low and cook for 10 minutes, or until vegetables are tender. Add mushrooms, green onions, and black pepper. Stir well and cook for 2 minutes more. Serve hot.

Kosovo



Llokuma

Ingredients:

- Beat 2 eggs in a bowl
- Add a cup of yoghurt
- Add half a cup of sparkling water
- Add 1.5 teaspoon bicarbonate of soda

Preparation:

1. In a larger bowl, mix 450 gramsrams of plain flour with a tablespoon of baking powder and a palmful of salt. Add the wet mixture to the dry mixture and fold together.
2. Add more flour if the mixture is too wet, it shouldn't stick to your fingers. And then decant from the bowl and lightly roll in flour on a surface.
3. Press out to 0.5 cm thick. Cut into rectangles 3 cm x 5 cm. Put into smoking vegetable oil (at a depth of a little more than 0.5 cm).
4. The llokuma should puff up to four times their thickness in the oil. Turn them as soon as they start to brown. Eat immediately.

Pite

Ingredients:

Pastry:

- 900 gramsrams plain flour
- 1 teaspoon salt
- 550 milliliters warm water plus 1 tablespoon oil to glaze

Filling:

- 250 gramsrams nettles – remove stalks
- 1 small onion
- 1 egg
- 125 grams yoghurt
- 100 milliliters single cream
- Salt to taste

Preparation:

1. Measure out the flour into a deep bowl. Add the salt and water until the dough is the right consistency (when I queried what this meant I was given a simple guideline, which I learned later was not of Vapoundona's own devising. The mixture should feel like the flesh in your earlobe. Try feeling your earlobe now and you will see what a useful guide this is). Knead the dough on a floured surface (Vapoundona uses the heel of her right hand while her left spins the ball of dough in a movement I couldn't reproduce however hard I tried). Cover with a plate to rest.
2. Chop the nettles finely and wash them twice in hot water then two or three times in cold water. Drain. Chop the onion finely, and fry to soften it. Mix the nettles and onions together. Add the egg, creme fraiche, flour, milk and salt, and mix together. Return to the dough and form into 25 balls a little larger than golf balls. Gently knead each of these using a motion from the heel of your hand down

your thumb, and roll each of them out to 10 cm diameter.

3. Take one of the circles you have made and spread oil on top of it. Place another circle on top and drape these two over the fist of one hand so that the discs begin to distend with their own weight. With your free hand stretch the discs further. Repeat this process with new discs, pulling the pile to increase its diameter with each new addition, until you have a stack of seven discs of 40 cm diameter.

4. Repeat the process to make another stack from the other six balls. Oil a tepsi and line it with the seven layers, making sure they go up the sides. Cover with the filling. Place the six-layer stack on top of the filling and pinch and twist the edges together to seal the filling in. Spread oil on top of the pite. Prick the pie with a fork and place in a 200°C oven for 35-40 minutes. Serve like a pizza.

Baklava

Ingredients:

- 330 gramsrams filo pastry for baklava
- 125 grams butter, melted
- 230 gramsrams honey
- 230 gramsrams walnuts, half of them ground and the other half chopped
- Juice of half a lemon
- Half a teaspoon vanilla flavoring

Preparation:

1. Preheat the oven to 200 degrees. Lay out a sheet of the pastry. Slather it with melted butter and then lay on another sheet. Slather again. Repeat so the final pastry is three sheets thick. Cover the bottom third of the pastry sheet stack with the walnuts and then roll all the pastry tightly into a cylinder. Repeat until you have used up all the pastry and nuts.

2. Grease a baking tin. Cut the cylinder into lengths of 3-4cm and place each small cylinder in the baking tin, snuggling them together. Drizzle any remaining melted butter between each length and over all of it. Turn down the oven to 150 degrees and bake the baklava at the bottom of the oven for an hour. When the baklava is out of the oven, put the honey in a saucepan with a few tablespoons of water and bring to the boil. Add the lemon juice and vanilla flavoring. Pour the syrup over the baklava. Cool and serve.

Orange and Walnut Strude

Ingredients:

- 10 gramsrams yeast
- 165 milliliters milk
- 85 grams sugar
- 450 gramsrams plain flour

- 1 egg plus 1 egg yolk
- 35 grams melted butter
- 35 milliliters rum the juice and rind of an orange
- A pinch of salt
- 165 grams ground walnuts (or poppy seeds)
- Vanilla to taste
- 1 tablespoon honey

Preparation:

1. Mix yeast with a little lukewarm milk and a pinch of sugar and flour. Leave in a warm place until the mixture starts to ferment. Sift the flour and make a well in the center. Add the egg yolk, 35 grams of sugar, the butter, the rum, 80 milliliters of milk, the orange juice and rind, and the salt.
2. Mix, adding the fermented yeast. Place the resulting dough in a warm place for 25 minutes. Meanwhile, warm the ground walnuts in 70 milliliters milk. Whisk the white of the egg until it is firm. When the walnut mixture is cool, fold in the egg white and the yolk, the vanilla, and honey. When the dough has had 25 minutes to prove, roll it to a thickness of 1cm on baking paper.
3. Spread the walnut mixture over the dough, leaving a 2cm margin at each edge. Roll the dough like a Swiss roll and turn out on a greased baking sheet. Leave for ten minutes and then put in a 200 degree oven for 25 minutes.

Kurore

Ingredients:

- 3 eggs
- Sunflower oil
- 2 tablespoons of brandy
- grated rind of 1 lemon
- Approximately 300 gramsrams plain flour
- 50 gramsrams dried fruit
- 100 gramsrams ground almonds
- 500 gramsrams honey

Preparation:

1. Beat the eggs with two tablespoons of oil, the brandy and the grated lemon rind. Add as much flour as is necessary to produce a soft mass. Divide this repeatedly into half and half again until you have 32 pieces. Flour your hands and roll the pieces of dough between your palms to make them into small balls. Fry them lightly in oil and drain on kitchen paper.
2. Cut the dried fruit into small pieces and mix in a saucepan with the almonds and honey. (A tip for transferring honey easily from the jar is to coat your spoon in oil first.) Warm on the hob until the mixture binds together. Add the fried balls to the honey mixture, turning so that the balls are covered in honey. Leave for approximately ten minutes and then transfer to a well-greased round baking tray, placing the balls round the edge and leaving a space in the middle. Leave to cool

before serving.

Sweet Red Pepper Relish

Ingredients:

- 2 kilograms red peppers
- 2 cloves garlic
- 2.5 tablespoons salt
- Pepper to taste
- 225 milliliters olive oil
- 110 milliliters white vinegar

Preparation:

1. Preheat an oven to 190 degrees. Roast the peppers until the skin is black on all sides. Place the roasted peppers in a large pot. Cover and leave for two hours. When the peppers are cool, peel the skin off and remove the seeds and stems. Mash the peppers to a pulp. Transfer to a large cooking pot. Add crushed garlic, salt, pepper, olive oil and vinegar. Cook for three hours at 190 degrees. When finished cooking, let it's cooling d down. Fill jars almost to the top.

Flija

Ingredients:

Batter:

- 3 kilograms flour
- 2 Liters water
- 2 tablespoons of salt

Extra:

- 2 jars of cream cheese

Preparation:

1. Flija made with saç is a specialty from the traditional Apoundanian cuisine, that is mostly prepared in mountainous areas. It is most certainly one of the typical Apoundanian dishes that everyone local will recommend. Flija could be considered a pie, however, mostly it is plain and is layered like a pack of pancakes (crepes). It is baked with cinders: the batter put on a pie-pan is covered with a saç - a metal dome over which hot cinders are placed to bake the dough.

2. The saç (the lid) warmed on cinders, is put on the pie-pan which contains the layered batter of the flija. While you're preparing the batter you'll notice it looks much like pancake or crepes batter. After pouring each layer on the pie-pan you coat the layer with melted cream cheese and bake it individually under the saç. The process is long, but the results are delicious! Flija is served with sour milk or yoghurt, pickled vegetables, cheese, honey, jam or a spicy homemade spread .

Kuwait



Prawns

Ingredients:

- Salt to taste
- Freshly ground black pepper to taste
- 250 gramsrams Traidcraft brown basmati rice
- 400 gramsrams fresh or frounceen prawns
- 2 heaped tablespoons Traidcraft cashew nuts
- 2 medium to large sticks celery
- 1 medium cooking onion
- 2 hens eggs
- 100 gramsrams raisins

Preparation:

1. Wash the rice and cook in the normal way. Keep warm. Roast the cashews either in a non-stick pan over medium heat, or in the oven, Gas Mark 3 for about 20 minutes. The nuts should be golden, but not burnt. Skin the onion and chop small. Trim the celery and chop small. Break the eggs into a bowl and beat with a fork for about a minute. Defrost the prawns.
2. Reserve a few pinches of onions for garnish. Heat a little cooking oil and fry the remaining onions and celery for 3 to 5 minutes. Add the prawns and raisins and continue to cook driving off any excess moisture from the prawns. Season with salt and pepper, and pour in the beaten eggs. Continue to cook gently and stir until the eggs are cooked. Arrange the rice on a serving dish and then arrange the eggs and prawns mixture on top. Garnish with the toasted cashew nuts.

Chicken and Rice with Garlic Tomato Sauce

Ingredients:

- 1 baby chicken
- 1 cinnamon stick

- salt
- 3 cardamom pods
- 1/2 lemon
- 2 tablespoons rice flour (to be gluten free)
- 2 whole cloves
- 1/2 teaspoon turmeric
- 4 black peppercorns
- 2 cups basmati rice
- 2 large yellow onions, finely chopped
- 1/4 cup golden raisin, soaked in water
- 3 tablespoons olive oil
- 1/2 teaspoon dried lime powder, Loomi
- 1 teaspoon middle eastern mixed spice (Baharat Aka Middle East Mixed Spices the Real Mix)
- 1 teaspoon brown sugar
- 2 cups pureed canned tomatoes
- 2 tablespoons water
- 2 garlic cloves, crushed
- 1 tablespoon tomato paste
- 1/4 cup pine nuts
- sliced blanched almond (optional)

Preparation:

1. Rinse chicken inside and out. Place in a stockpot with enough water to cover. Add cinnamon stick, cardamom pods, cloves, peppercorns, juice of 1/2 lemon and salt to taste. Bring to a boil skimming as required, continue to simmer partially covered until chicken is done (approximately 40 minutes). Remove and drain the chicken, reserving broth through a strainer.
2. Prepare basmati rice according to the package directions, using broth from chicken instead of water. Add turmeric for colour and salt to taste. While the rice is cooking, cook the onions in a skillet over medium heat, with 2 tablespoons olive oil, until soft. Sprinkle with a little water and stir quickly until onions are brown and the water has evaporated. Stir in drained raisins, pine nuts, sliced blanched almonds if using, 1/2 teaspoons bahrat and loomi powder. Cook for one minute. Remove mixture from skillet and set aside.
3. Lightly dust the boiled, drained chicken with flour. In a clean skillet over medium-high heat, brown the chicken in 1 tablespoon olive oil, turning, until the outside is crispy and brown.
4. For the tomato sauce, add water, chopped tomatoes, crushed garlic, tomato paste, salt, sugar and the rest of bahrat in a small saucepan, sauté until tomatoes are soft and the sauce is well blended. When the rice is done, spread it on a serving platter. Sprinkle the onion mixture over the rice, and place the chicken on top. Pass the tomato garlic sauce to spoon onto individual plates.

Traditional Cake

Ingredients:

- 6 eggs (normal size)
- 3/4 cup white sugar
- 1 teaspoon cardamom powder
- 1/2 teaspoon saffron
- 1 1/4 cups all-purpose flour
- 1 teaspoon all-purpose flour

Preparation:

1. Preheat oven to 355 degrees Fahrenheit or 180 degrees Celsius. Grease and flour a 9 inch round pan with a middle hole and sprinkle with 1/2 tablespoon sesame seeds. With electrical mixture beat the Eggs with the Sugar on high speed for 15 to 20 minutes till it become foamy (extra foamy), then add the Cardamon and Saffron.
2. With wooden spoon, add the Flour and mix in vertical motion (in & out). Pour into prepared pan & sprinkle with remaining Sesame seeds. Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the cake comes out clean. Once its ready turn out onto a wire rack immediately and cool completely.

Curried Chicken

Ingredients:

- 3 pounds chicken, skinned and jointed
- salt
- 1 3/4 teaspoons baharat mixed spice
- 1 teaspoon turmeric
- 1/4 cup olive oil (or ghee)
- 2 large onions, chopped
- 2 garlic cloves, crushed
- 1 teaspoon fresh ginger, grated
- 1 stick cinnamon bark
- 1 cup tomato sauce (I use canned pureed tomatoes)
- 1/4 cup water
- 2 dried limes
- 1 cup frounceen okra (bamia, fried in a little oil)

Preparation:

1. Rinse and wipe chicken pieces dry and sprinkle with salt. Combine baharat and turmeric and rub half onto chicken pieces. Leave for 15 minutes. Heat olive oil and brown chicken pieces on each side. Remove to plate. Add onion and fry gently until transparent. Add garlic, ginger, remaining spice mixture, and cinnamon bark to the onion and fry for 5 minutes stirring often. Add tomato sauce, water, salt to taste, and loomi pierced twice with a skewer or loomi powder. Bring to a high simmer. Add chicken pieces and okra if using grams, reduce heat to low and simmer very gently for 1 1/2 hours until chicken is tender and sauce is thick.

Serve hot.

Shrimp with Rice

Ingredients:

Shrimp:

- 1 kilogram shrimps, with skin, washed, and heads cut off
- 1/2 tablespoon turmeric

Stuffing:

- 3 onions, chopped
- 3 cloves garlic
- 1 green bell peppers, chopped
- 1/4 cup bunch of coriander, chopped
- 4 tablespoons vegetable oil
- 1/2 teaspoon ginger, green
- 1/2 teaspoon dried black lime powder, loomi
- 1 1/2 teaspoon baharat spice
- 1/4 teaspoon ground cardamom
- 1/4 tablespoon turmeric
- 5 saffron threads
- 1/4 cup rosewater

Rice:

- 3 cups rice, washed and soaked in cold water with a dash of salt
- 1 onion, sliced
- 3 tablespoons vegetable oil
- 1 cinnamon stick
- 2 cloves
- 3 whole black peppers
- 4 cardamom pods, partly opened
- salt to taste

Preparation:

1. Soak the saffron threads in the rosewater and set aside so the saffron releases its color. To cook the shrimp, place it in a saucepan with the turmeric and some salt. Pour enough water to cover and leave to boil until shrimp is cooked. Drain the shrimp and reserve the shrimp broth for later. Peel the black thread from the shrimp and leave in a strainer. To prepare the stuffing: Start by crushing the garlic cloves with the ginger and green peppers, and leave aside.

2. In a medium saucepan, roast the chopped onions and the dried black lime powder until onions are tender and brown. Sprinkle some water if onions stick to the pan. Add the crushed garlic mix and the rest of the stuffing ingredients: baharat, salt, cardamom powder, turmeric, vegetable oil and coriander. Mix for a few minutes before adding the shrimp to the stuffing then stir for 3 minutes. Sprinkle a little bit of the rosewater-saffron mix. Cover and simmer for a few minutes, and then remove from heat.

3. To prepare the rice: In a large saucepan put the reserved shrimp-broth along with some boiled water to make a total of 6 cups of liquid. Then add in the cardamom pods, cinnamon stick, black peppers, and cloves. Bring to a boil and add salt to taste. Add the rice and stir for a few seconds to prevent from sticking. Boil until rice is half-cooked, then drain and place back into the same saucepan. In the meantime, fry the sliced onion in 3 tablespoons of vegetable oil then mix with the shrimp stuffing.

4. Finally, take out some rice from the middle of the saucepan leaving rice at the bottom and the sides of the saucepan. Put shrimp in the hole and cover with the rice you took out. Sprinkle the remaining rosewater-saffron water, cover and simmer for 30-45 minutes. When done, remove the rice you covered the mixture with and take out the shrimps carefully and set aside, then move the rice to a serving platter and arrange the shrimps on top.

Dill with Rice

Ingredients:

- 4 tablespoons vegetable oil
- 1 medium onion or 150 grams, chopped
- 2 whole pieces dried limes, cut into halves
- 1 teaspoon saffron filaments
- 2 cups fresh dill or 150 grams, chopped
- 3 cubes MAGGI Chicken Bouillon
- 1 tin canned green peas or 400 grams, drained
- 1 teaspoon ground cardamom
- 2½ cups basmati rice or 500 grams
- 4½ cups water or 1125 milliliters

Preparation:

1. Heat oil in a saucepan and fry chopped onions for 2 minutes or until it becomes tender. Add dried limes, saffron threads, dill, MAGGI Chicken Bouillon cubes, strained green peas and cardamom then stir all for 1 minute. Add rice and water. Bring to boil then cover and simmer on low heat for 15-20 minutes or until rice is cooked.

Stuffed Zucchini with Chicken Wings

Ingredients:

- 25 baby zucchini or 2 kilograms
- ½ cup basmati rice or 100 grams
- 250 grams minced beef
- 4 tablespoons ghee, melted
- 1 tablespoon salt
- 1/3 cup fresh parsley or 25 grams, chopped
- 1/3 cup coriander leaves or 25 grams, chopped
- 1/3 cup fresh dill or 25 grams, chopped

- 1 small onion or 100 gramsrams, chopped
- 3 cloves garlic, mashed
- 1 medium tomato or 150 gramsrams, chopped
- 2 tablespoons raisins
- ¼ teaspoon white ground pepper
- ¼ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 tablespoons vegetable oil
- 1 kilogram chicken wings
- 5 tablespoons tomato paste
- 2 cubes MAGGI Chicken Bouillon
- 12 cups water or 3 liters

Preparation:

1. Hollow zucchini and wash well. Soak rice in water for half an hour then strain. Mix rice, meat, ghee, salt, parsley, raisins, coriander, dill, chopped onion, garlic, chopped tomatoes, and spices in a mixing bowl. Stuff zucchini with the rice mixture and keep 1cm empty from the top.

2. Heat oil in pot and fry chicken wings for 3 minutes or until they become golden in color. Add tomato paste and MAGGI Chicken Bouillon cubes then. Remove from heat. Place stuffed zucchini carefully in a pot, side by side. Secure zucchini with a plate on top. Add water and bring to boil then simmer on low heat for 1 hour 30 minutes or until zucchini are well cooked.

Potato and Rice Kibbeh

Ingredients:

- 2 cups basmati rice or 400 gramsrams, washed
- 3 cups water or 750 milliliters
- 2 cubes MAGGI Seasoning for White Rice
- 2 medium potatoes or 500 gramsrams, boiled and peeled

Stuffing:

- 2 tablespoons vegetable oil
- 2 medium onions or 250 gramsrams, chopped
- ½ kg minced lamb
- 1 tablespoon curry powder
- 2 cubes MAGGI® Mutton Bouillon, crumbled
- 3 tablespoons pine seeds, toasted
- 2 tablespoons raisins
- ¼ cup fresh dill or 20 gramsrams, finely chopped
- 2 cups vegetable oil, for deep frying

Preparation:

1. Place rice, water and MAGGI® Seasoning for White Rice cubes in a pot. Stir

constantly to boil then cover and cook over a low heat until rice is cooked. Remove and set aside to cool slightly. Mash the potato and the rice until puree then cover and set aside.

2. Meanwhile, heat oil in a medium pot, add onion and cook until tender. Add minced lamb and cook until golden brown. Add curry powder, MAGGI Mutton Bouillon cubes, pine seeds and raisins and stir until well combined. Remove pot from heat, mix in dill and leave to cool.

3. With wet hands, take medium sized pieces of the potato and rice mixture, form each portion into a ball shape, making a space in the center by pushing your finger through from one end. Stuff with some meat mixture, close firm to form a ball then flatten it slightly into small patties. Fry kibbeh by batches in deep hot oil until golden brown. Serve hot with green salad and yogurt.

Chicken Biryani

Ingredients:

Rice:

- 2½ cups basmati rice or 400 gramsrams, washed
- 3½ cups water or 875 milliliters

Chicken:

- 3 tablespoons ghee
- 1 medium onion or 125 grams, sliced
- 2 cloves garlic, crushed
- 1 teaspoon grated ginger
- 500 grams skinned chicken breast fillet
- 2 cubes MAGGI Chicken Bouillon
- 2 medium tomatoes or 300 gramsrams, peeled and pureed
- ½ cup yoghurt or 125 milliliters
- 1 teaspoon lemon juice
- 2 tablespoons tomato paste
- 1½ tablespoons ground garam masala
- ½ teaspoon ground turmeric
- 2 tablespoons coriander leaves, chopped
- 2 tablespoons fresh mint, chopped
- pinch of saffron filaments, soaked in ¼ cup or 60 milliliters water

Preparation:

1. Place rice, and water in a medium saucepan and cook with stirring until it boils. Cover and simmer for 15 minutes or until rice is cooked. Remove from heat and spread over a large platter to cool slightly. Meanwhile, heat ghee in large saucepan, cook onion with stirring for 4-5 minutes or until golden brown in color. Add garlic and ginger and stir until fragrant. Add chicken and stir until it's cooked.

2. Add MAGGI Chicken Bouillon cubes, tomato, yogurt, lemon juice, tomato paste and spices. Bring to boil and simmer for 10 minutes. Remove from heat and set aside. In a medium pot, place half the quantity of the prepared rice and the

chicken mixture on top. Sprinkle the chopped coriander and mint over the chicken mixture and cover the top with the remaining rice. Pour the saffron water on top. Cover firm with the pot lid and cook over low heat for 30 minutes or until rice is completely cooked.

Kyrgyzstan



Pilaf

Ingredients:

- 1/2 cup oil
- 1 pound lamb or 1 pound beef
- 1 large onion, chopped
- 1 pound carrot, julienned
- salt (as you prefer)
- 2 1/4 cups water
- 2 cups rice
- 1 pound of garlic
- 1 red hot pepper
- 1/2 teaspoon cumin
- 1/2 cup raisins

Preparation:

1. Heat oil in a large pot. Set the stove temperature a little bit high around 7 or to 10. Cook the meat in the oil, stirring occasionally until evenly browned. Add the chopped onion to the pot, still stirring, and cook until it is translucent. Stir carrots into the pot. Note that it will initially look like there are too many carrots in the dish; however, once they begin to absorb some of the oil they will shrink down and mix well into the the recipe.

2. Add salt according to your taste. Pour water into the pot. When the water boils, add the hot pepper and whole garlic bupound. Let them simmer in the mixture for five minutes, and then fish them back out and set them aside. Add cumin. Lower the stove temperature (to about 3 to 5) and allow the mixture to boil for 15 to 20 minutes.

3. After the 15 to 20 minutes, raise the heat (once again, no higher than 7 to 10) and add rice to the pot. Spread the rice out on top of the water, but do not mix it with the rest of the ingredients. When water is no longer visible above the rice, then spoon the rice towards the center. Replace the garlic bupound and red pepper into the pot, and pour raisins on top of the rice.

4. Place a lid on top of the pot and lower the heat to 3 to 10. Cook for 30 minutes. After that time, once again remove the hot pepper and the garlic, and stir the rest of the ingredients. This dish is often served with flatbread, yogurt, and salad with a vinegar dressing.

Besh Barmak

Ingredients:

- 1 medium sheep or 3 kilograms of mutton or beef
- 1 kilogram onions
- 4 cups of flour
- 1 egg

Preparation:

1. Put the meat in a large pot along with onions and boil for two hours. While the meat is cooking prepare the noodles (store bought noodles can be substituted). Make a pile with the flour. Beat the egg and add it to the flour, then mix in warm salt water (1-2 teaspoon salt) until it holds together but is not so sticky. Knead well and then let stand for 10 minutes. When meat is done it is removed from the water and the noodles are then boiled in the same water to give the noodles a meaty flavor - noodles only need to cook for 5 minutes or less.

Plov

Ingredients:

- 5 tablespoons oil salt, pepper to taste
- 2 cups rice 1 kilogram beef or mutton, cut into cubes
- 3 fresh peppers chopped 5-10 cloves of garlic, whole
- 3 large onions chopped
- 6 large carrots chopped

Preparation:

1. Wash and soak the rice. Heat the oil in a kazan (large, heavy pot) until hot; add the meat, cooking until brown on all sides. Add the carrots, onions, and peppers, and cook until tender. Add 5 cups of water and then all the rice so that the water covers the rice completely.

2. Push the cloves of garlic under the surface of the rice. Cover and lower the heat a little. Cover and cook until rice is done, about 30 minutes. There are many variations of plov so feel free to experiment with raisins, dried apricots or other vegetables.

Lagman

Ingredients:

- 1/2 kilogram meat (beef, or mutton)
- Noodles
- 1/2 cup of vegetable oil
- 1 marinated pepper
- 2 big onions
- 2 medium carrots
- 2 cloves of garlic
- 3 big green radishes
- 1/2 teaspoon red pepper
- 3 tomatoes (or 3 tablespoons of tomato paste)

Preparation:

1. Chop the meat into very small pieces and saute with butter and the red pepper in a kazan or heavy-bottomed pot. After about 5-7 minutes add 1/3 cup of cold water. Bring it to a boil and then add the onions, carrots, garlic, green radishes, and tomatoes. Steam in low heat for 30 minutes. Turn up the heat and stir for about 5 minutes.

2. Add cold water (depending on the number of people you are cooking for, approximately 1.5 to 2 cups per person) and bring to a boil again. Lower the heat and keep for 30 minutes more. In a separate pot prepare spaghetti or linguini noodles. Put the pasta in bowls and cover with the sauce.

Potato Vereniki

Ingredients:

- 1 egg
- 1 large onion
- 2 cups flour
- 1/4 cup melted butter
- 1/2 cup water
- 6 or 7 medium potatoes
- pinch of salt

Preparation:

1. Mix flour, water and salt in a bowl to make dough. Knead and set aside. Boil potatoes. Mash potatoes and add some of the onions. Roll dough on cutting board. Take small ball of dough and roll out to form small circle - about the size that fits will in your palm.

2. Put small spoonful of potato mixture in the center of the circle - press sides together around potato. Drop each vereniki into boiling water for 7 to 10 minutes. Drain water and serve vereniki with sauteed onions and melted butter.

Boorsok

Ingredients:

- 750 gramsrams flour
- 10 gramsrams dry yeast
- 100 milliliters water
- 12 grams salt
- 25 grams sugar
- 50 gramsrams margarine
- 2 eggs
- 200 milliliters milk
- 100 milliliters vegetable oil

Preparation:

1. Break and beat the eggs. In warm water pour warm milk (40° C) and the beaten egg. Add the sugar, salt, yeast and mix until they have all dissolved. Add the flour, and during the stirring add the melted margarine. Place the soft dough in a warm place to stand for 1.5 to 2 hours. During this time, it is necessary to knead the dough 2 or 3 times.
2. The prepared dough should be divided into 3 equal parts and put under a cloth or in a plastic bag. Part of the dough should be rolled to a thickness of 5 mm. Cut the rolled dough into strips about 4 cm wide. Each strip should then be cut diagonally into pieces, also about 4 cm wide. Place the cut pieces onto a dry wooden or porcelain surface.
3. Pour the vegetable oil into a metal dish with thick walls, (Kazan or kettle), and heat it. Afterwards, when the oil begins to smoke, lower 5-6 pieces of the prepared dough mix into the oil and stir gently, rotating them so as to roast them on all sides. When the boorsok are fried to a golden colour on all sides, put them in a colander to drain off the excess oil. Before serving, they can be sprinkled with powdered sugar.

Beshbarmak

Ingredients:

- Meat (mutton or beef) - 1.5 kilograms
- onions - 2 average size
- ground black pepper - 4 grams

Dough:

- Water - 200 milliliters
- salt - a flat teaspoonful
- eggs - 1

- flour - 0.5 kilograms

Preparation:

1. The meat is boiled in about 4.5 liters of water for about 1.5 hours. Then the cooked meat is allowed cool to room temperature and cut into small slices. The cut meat is put into a separate dish, covered and put in a warm place. To prepare the “chyk” sauce, small diced onions are mixed with boiling meat broth. To this mixture black ground pepper is added. The chyk should be hot when served with the meat and the noodles, so it is necessary to cover it and store it in a warm place in order to avoid it cooling.
2. Mixing the prepared dough. The ready dough should be divided into two equal parts and placed for 10-15 minutes under a dish. This procedure makes it soft and pliable for rolling. The dough is removed from under the dish, and both parts formed into a kind of bun which is then flattened into the form of a flat cake by pressing down on it from above. These flat cakes are covered with a linen cloth and left for 15 minutes. After that, the first flat cake is rolled out to a thickness of about 2-3 mm.
3. A layer to curtail рулетом or to combine an accordion (as shown in a photo) and to cut into the form of noodles about 2-3 mm wide. These noodles are lowered into the boiling broth from left over after cooking the meat. When noodles float to the surface, it is necessary to stir them and then let them simmer for a minute. Then they are skimmed from the pan, allowed to drain, and placed into a dish. The same process should be repeated and with the second flat cake – to roll it into a flat cake from which noodles are cut, boiled in a broth and then added to the already prepared noodles.
4. The noodles are boiled in a broth finely chopped meat is strew over them and water from the “chyk” hot sauce poured over them. They are either served on a general, communal, dish or divided into portions, having spread out in a big “Kese” (porcelain bowl). The broth is served separately in smaller bowls.

Salad

Ingredients:

- radish – 700 gramsrams
- carrots – 500 gramsrams
- onion – 1 medium size
- spring onion – 100 gramsrams
- dill or parsley 50 gramsrams
- garlic 1-2 cloves
- vegetable oil – 50 gramsrams
- vinegar – 6 grams
- red pepper (paprika) – 5grams
- salt to taste

Preparation:

1. Thoroughly wash and clean the vegetables. Slice the radish, place in a

separate dish, add the salt and leave to stand for 10-15 minutes. Prepare the dressing: pour the vegetable oil into a saucepan and add the red pepper and salt; the mixture should be heated to 70-80 degrees Celsius and then left for a few minutes to cool. Finely chop the onions, green onions and herbs (dill/parsley). Place all the vegetables and chopped herbs in a dish. Mix with the dressing. Add the vinegar and mix thoroughly. Serve as a mound decorated with fresh green herbs.

Jarkop

Ingredients:

- Lamb (fore end or brisket) – 1 kilogramrams
- onion – 3 medium sized
- potatoes – 500 gramsrams
- carrots – 300 gramsrams
- Tomato puree – 2 tablespoonful
- garlic – 5 cloves
- herbs (for example, dill or parsley) – 1 bunch
- vegetable oil – 100 milliliters
- water – 150 gramsrams
- ground red pepper and black pepper – 5 g each
- salt – half a tablespoon.

Preparation:

1. Cut the lam into pieces of about 10-15 g, fry on all sides in very hot oil. Clean the carrots and cut into halves lengthwise, then cut each half into pieces of about 1 cm. Clean the onions and cut each in half and slice each to make semicircular slices of about 2-3 cm. Add the cut carrots and onions to the meat and add the tomato puree, pepper and salt and mix well.
2. Cut the potatoes into large pieces, place into a saucepan and mix with the rest of the ingredients. Leave to stand on one side for about 5 minutes, then cover with water and bring to the boil. Turn the temperature down to a medium heat and allow it to cook for about 40 minutes. About 5 minutes before serving, add the finely chopped garlic. Decorate with green herbs prior to serving.

Manty

Ingredients:

- 1 kilogram of flour
- 1 egg
- 2 bupounds of garlic
- 200 gramsrams of fat
- 2 big onions
- 1 kilogram beef or mutton finely chopped or minced (Pumpkin or potatoes may be added or substituted for meat)
- ½ teaspoon red pepper

- ½ teaspoon black pepper
- salt

Preparation:

1. Mix the flour, egg, and 2 cups of hot water with one-teaspoon of salt to make the dough. Knead until soft. Leave it to stand, covered with a large bowl, for 30 minutes. Cut the fat into small piece and add to the finely chopped meat. Cut the onions and garlic into small pieces and add to meat mixture. Add peppers. Dissolve 1-tablespoon salt into 2 cups warm water and stir into mixture.
2. Divide the dough into four equal pieces. Roll the dough out onto floured board or table until the dough is thin but won't break. Cut it into strips, about 10 cm in width. Cut the strips to make squares, about 10cm square. Place one tablespoon of meat mixture on each square. Bring up two diagonal corners of the dough and press them together on top – do the same with the other two corners. Bring two corners next to each other on the sides and press them together. Do the same with the remaining two corners.
3. Oil the trays of the steamer. Place the prepared manty onto the steaming trays so that they don't touch each other (they will stick together if placed too close). Steam for 40 to 50 minutes. Prepared manty can then be either baked, or fried. Serve with vinegar.

Oromo

Ingredients:

Dough:

- Flour – 500 gramsrams
- water – 200 milliliters
- eggs – 1
- salt – 1 teaspoonful

Filling:

- Meat, (lamb) – 300 gramsrams
- onions – 3, medium sized
- black pepper – half a teaspoonful
- salt – 10 gramsrams
- finely cut pumpkin and / or potatoes

Preparation:

1. Dissolve the salt in warm water. Add the flour and egg and mix into a soft dough. Leave to stand for 30 minutes under a cloth, (or place into a plastic bag). Dice the meat and onion. Put them into a dish and add salt and pepper. At this point it is possible to add 50 milliliters of water. Roll the dough to a thickness of about 2-3 mm. Lay the filling on the rolled dough and spread across the surface. Roll the dough into a roulette, (a roll like a Swiss Roll).
2. Brush the steamer with oil, (see the photograph). Lay the roulette in the steamer, carefully bending it into a circle so that the filling does not fall out. Cover with a lid and place on the heat to boil the water. Steam for 30-40 minutes. When

ready, place onto a dish and cut into pieces. Serve hot.

Shashlyk

Ingredients:

- Mutton (brisket or hip) 220 gramsrams
- onions 60 gramsrams
- vinegar (3 %) 20 gramsrams
- ground red and black pepper, salt, other spices
- sugar - to taste

Preparation:

1. Cut the meat into cubes of about 15 g, marinate in a sauce made from the salt, pepper, finely cut onions, and vinegar for 4-7 hours. Place the meat onto skewers and fry (barbecue) over burning coals. When serving, dress with the marinated onions cut into thin rings. Also, it is possible to serve with a salad made from tomatoes cut slices on which the onions, cut into half rings, are spread together with pomegranate kernels.

Shakarap

Ingredients:

- Tomatoes – 0.5 kilogram
- onions – 2, average size
- red and black ground pepper
- salt to taste

Preparation:

1. Washed the tomatoes cut into halves, then cut into thin slices. Peel the onions and cut into half-rings. Mix in a dish. Add the salt and pepper to the tomato and onion mix. Can be served either in individual dishes or a general dish, to accompany meat and rice dishes.

Laos



Rice Balls and Sour Pork Salad

Ingredients:

- 2 tablespoon fish sauce
- 1 lime, juiced
- 1 teaspoon white sugar
- 4 kaffir lime leaves, finely shredded
- pinch of salt
- 65 grams (½ cup) crushed roasted peanuts, plus 70 gramsrams (½ cup) roasted whole peanuts
- ½ cup thinly sliced spring onions
- ½ cup coriander leaves
- butter lettuce cups or betel leaves (see Note) whole peanuts and deep-fried dried chilies, to serve

Sour Pork:

- 500 gramsrams lean pork, minced twice
- 1 cup pork skin, finely shredded
- 5 garlic cloves, crushed
- 2 teaspoon sugar
- 2 teaspoon salt
- ½ cup cooked sticky rice, washed
- Red curry paste
- 6 large dried chilies, soaked, drained, seeded and sliced
- 1 kaffir lime, rind finely shredded, or 6 finely shredded kaffir lime leaves
- 10 red Asian shallots
- 1 small knob fresh galangal
- 2 lemongrass stalks, white part only
- 1 tablespoon shrimp paste
- 2 tablespoon sweet paprika, optional

Rice balls:

- 740 gramsrams (4 cups) hot steamed jasmine rice

- pinch of salt
- 1 cup shredded fresh coconut, soaked in warm water to cover, squeezed and juice reserved
- 175 grams (1 cup) cooked crabmeat, flaked
- 2 tablespoon fish sauce
- 2 teaspoon white sugar
- 3 eggs
- 2 tablespoon corn flour
- vegetable oil, for deep-frying

Preparation:

1. You will need to begin this recipe 4 days ahead. To make the Rice Balls and Sour Pork Salad, combine all ingredients and using very clean hands, knead mixture for about 15 minutes, or until it forms a sticky dough. Pack tightly in an airtight container, cover closely with plastic wrap, then seal and stand at room temperature overnight. From the following day, refrigerate for 3 days to allow the pork to cure.

2. To make the red curry paste, use a mortar and pestle to pound all ingredients until a paste forms. To make the rice balls, season the hot jasmine rice with the salt and cool for 15 minutes. Combine the rice, red curry paste, squeezed coconut, crabmeat, fish sauce, sugar and 1 egg. Gently mix through, then roll mixture into large golf ball-sized round.

3. Combine corn flour and reserved coconut juice. In a separate bowl, beat the remaining 2 eggs. One-third fill a deep-fryer or wok with vegetable oil and heat to 180°C. Dip the rolled rice balls into the corn flour mixture and then the beaten egg. Deep-fry in batches for 3–4 minutes, or until golden and crunchy. Drain on paper towel and cool for 15 minutes.

4. To make the salad, break sour pork into small pieces and place in a mixing bowl. Season with the fish sauce, lime juice, sugar, lime leaves and a pinch of salt. Break rice balls into mixture and toss through with peanuts, spring onions and coriander. Serve in lettuce cups or on betel leaves and scatter with whole peanuts and deep fried chilies.

Green papaya salad

Ingredients:

- 1 green papaya, peeled
- 1 teaspoon salt
- 6 red birds eye chilies
- 2 tablespoon white sugar, or to taste
- 1 garlic clove
- 1 tablespoon Thai shrimp paste
- 3 snake beans cut into 2 cm pieces, or 4 small Asian eggplant, cut into thin wedges, or
- 3 chopped garlic leaves, to serve

- 125 grams cherry tomatoes, halved
- 2 large limes or 2 small lemons, juiced, or to taste
- 2 tablespoon padaek (fermented fish sauce)
- 1 teaspoon Thai fish sauce
- white cabbage wedges or sprigs of young morning glory and pork crackers, to serve

Preparation:

1. Using a large sharp knife, shred the papaya Lao-style by making long, thin shallow cuts into the flesh while turning the fruit. Use knife to shave the cuts into shards. Alternatively, use a mandolin fitted with a julienne blade. Using a mortar and pestle, pound the salt, chilies, sugar and garlic, if using, until broken up and mixed well. Add the shrimp paste and combine well.

2. Add the shredded green papaya and snake beans, eggplant or garlic leaves, if using. Add the cherry tomato, lime juice, padaek and fish sauce. Pound ingredients with pestle, using a spoon in the other hand to mix ingredients well. Once mixed, adjust flavours to taste for a balance of hot, sweet, sour and salty. Serve with cabbage wedges or young sprigs of morning glory on the side, and a separate plate of pork crackers.

Beef larb

Ingredients:

- 250 grams piece beef fillet
- 250 grams cooked tripe, thinly sliced
- 2 teaspoon thinly sliced red birds eye chilies, plus extra chilies to serve
- 2 teaspoon dried red chili flakes
- ½ cup toasted sticky rice, pounded until finely ground
- 1 tablespoon very finely sliced kaffir lime leaves
- ½ cup thinly sliced spring onions
- 1 cup coarsely chopped mint leaves, plus extra to serve
- ½ cup coarsely chopped coriander
- 1 tablespoon shredded phak phaew
- sliced cucumber, to serve

Marinade:

- 2 tablespoon fish sauce, plus extra to serve
- 1 tablespoon chicken seasoning
- 1 tablespoon finely chopped galangal
- 2 tablespoon lemon juice, plus extra to serve
- 2 teaspoon salt
- 1 tablespoon padaek (fermented fish sauce), plus extra to serve

Preparation:

1. Resting time 5 minutes and Marinating time 30 minutes. Place the beef in a bowl. To marinate, add the fish sauce and chicken seasoning. Cover and refrigerate for 30 minutes. Add the remaining marinade ingredients and combine

well.

2. Cook the beef on a charcoal grill, turning regularly, for 8 minutes, or until medium–rare. (Cooking time will vary according to thickness of the meat and heat of the grill.) Remove and stand for 5 minutes before thinly slicing. Place the beef in a large bowl and add the tripe, fresh and dried chilies, ground toasted sticky rice, kaffir lime leaves, spring onion, mint, coriander and phak phaew.

3. Adjust the seasoning with extra padaek, fish sauce and lemon juice. Serve with the cucumber, extra chilies, mint and sticky rice.

Sweet steamed sticky rice parcels

Ingredients:

- 500 grams sticky rice, soaked overnight in cold water
- 2 cups freshly grated coconut mixed with a pinch of salt
- 250 milliliters (1 cup) warm water
- 200 grams caster sugar
- 200 grams cooked kidney beans
- 12 pieces banana leaves
- 1 sweet Asian banana, halved lengthways and diagonally sliced
- 200 grams taro, diagonally sliced, cut into chips and boiled for 2 minutes, drained

Preparation:

1. Soaking time overnight and you will need to begin this recipe 1 day ahead. Rinse the soaked rice, then drain. Steam for 25 minutes, or until cooked. Place the grated coconut with salt and warm water in a bowl and combine well. Using your hands, squeeze coconut well to extract coconut cream, then strain liquid to remove any solids. You need 250 milliliters (1 cup) liquid for this recipe.

2. Place the coconut cream in a saucepan and bring to the boil. Stir in the sugar and cook until dissolved, then add the kidney beans. Pour the coconut mixture over the sticky rice and mix well. Cut each banana leaf into 21 cm pieces. To soften, steam for 5 minutes, or allow to dry in the sun until pliable. Place 1 tablespoon of the sticky rice mixture onto each banana leaf and top with a piece of sugar banana or taro. Repeat with remaining rice, banana and taro. Fold into parcels and steam, seam-side down, for 35 minutes.

Bamboo and Yanang soup

Ingredients:

- 2 handfuls yanang leaves or canned yanang extract
- 750 milliliters (3 cups) cold water
- 2 cups fresh thinly sliced bamboo shoot, cooked in boiling water for 10 minutes, drained
- 500 milliliters (1–2 cups) water or pork belly stock
- 1½ tablespoon padaek (fermented fish sauce)
- 1½ tablespoon fish sauce

- 1 cup diced pork belly
- 3 lemongrass stalks, chopped into 2 cm pieces
- 1 cup diced, peeled pumpkin
- ¼ cup dried fungus mushrooms, soaked in water until soft, drained
- 1 angled gourd or sponge gourd, peeled and cut into pieces
- 1 cup fresh oyster mushrooms
- 5 small hot chilies, bruised, plus extra to serve
- 2 teaspoon white sugar
- pinch of salt
- 1 cup Lao basil or rice paddy herb, plus extra to garnish
- 50 grams (¼ cup) raw sticky rice, soaked in cold water until soft, drained and ground with enough water to make a fine paste

Preparation:

1. Place the yanang and water in a large bowl and scrub leaves together to extract juice. Squeeze liquid out of leaves and place all but 250 milliliters (1 cup) of liquid in a saucepan. Add the cooked bamboo shoot, water or pork stock, padaek and fish sauce and bring to just below the boil, without stirring (see Note). Add the pork belly, if using, and simmer for 5 minutes.
2. Add the lemongrass, pumpkin and black fungus mushrooms and cook for another 5 minutes, or until pumpkin is just tender. Add the gourd, oyster mushrooms and chilies, and cook for 2 minutes. Add the reserved yanang liquid, sugar, salt, basil and sticky rice paste. Simmer gently until slightly thickened, then serve with extra chilies and herbs.

Fish Steamboat

Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, cut into wedges
- 2 garlic cloves, finely sliced
- 2 red Asian shallots, finely sliced
- 1 cm-piece fresh ginger, peeled, finely sliced
- 1 tablespoon tamarind pulp with the seeds (not tamarind purée)
- 2 teaspoon chili flakes
- 500 grams whole white-fleshed fish (such as snapper), cut into fillets, finely sliced, reserving the bones for the broth
- 1 tablespoon unsalted roasted peanuts
- 1 tablespoon caster (superfine) sugar
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- 1 liter young coconut juice
- 1 bruised lemongrass stem
- Juice of 1 lime
- 2 eggs, beaten

- 1 teaspoon freshly ground black pepper
- 16 butter lettuce leaves
- 7 Chinese cabbage leaves, finely sliced
- 1 large handful mint leaves
- 4 spring onions, cut into 3cm lengths
- 1 large handful coriander (cilantro), roughly chopped
- 1 large handful water spinach, torn into 3 cm lengths

Preparation:

1. Start by making the broth. Add the vegetable oil to a hot wok, then sauté the onion, garlic, shallots and ginger until browned. Stir in the tamarind pulp and chili flakes. Add the reserved fish bones and toss to coat them well. Add the peanuts, sugar, fish sauce, soy sauce, coconut juice, lemongrass, lime juice, half the beaten egg and a pinch of sea salt. Add the fish bones and simmer for 15 minutes.

2. On a separate plate, mix the sliced fish fillets with the pepper and the remaining egg. Take one lettuce leaf and place a little cabbage, mint, spring onion, coriander, water spinach and a few fish slices on top. Wrap the lettuce up around the filling, and then secure the ends with a bamboo skewer. Repeat with the remaining ingredients, securing each parcel with a bamboo skewer. Cook the fish parcels in the simmering broth for 1 minute, then enjoy straight away.

Beef wok-tossed in Lao whiskey

Ingredients:

- 2 garlic cloves, diced
- 2 tablespoon Lao or other whiskey
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon fish sauce
- 1 teaspoon caster (super fine) sugar
- 300 gramsrams beef fillet, finely sliced
- 2 tablespoon vegetable oil

Salad:

- 1 handful coriander (cilantro) leaves, sliced into thirds
- 3 spring onions (scallions), cut into 3 cm (1 inch) lengths
- 1 handful watercress sprigs, torn
- 5 butter lettuce leaves, torn
- 2 tomatoes, finely sliced
- 2 red Asian shallots, finely sliced frangipani or marigold petals, to garnish

Preparation:

1. Combine the garlic, whiskey, soy sauce, oyster sauce, fish sauce and sugar in a mixing bowl. Mix well to dissolve the sugar. Add the beef and toss until well coated, then cover and leave to marinate for 30 minutes. Meanwhile, arrange the salad on a serving platter.

2. Heat a wok or frying pan until smoking hot. Add the vegetable oil and wait until it smokes. Add the beef and toss for no longer than 1 minute, taking care as flames will rise. Add a pinch of freshly ground black pepper, then arrange the beef over the salad. Serve immediately, garnished with frangipani or marigold petals, if desired.

Luang Prabang salad

Ingredients:

- 4 hard-boiled eggs
- 1 bunch watercress, leaves picked
- 10 iceberg lettuce leaves, torn
- 1 handful coriander (cilantro) leaves, torn
- 1 handful celery leaves or mint leaves
- 1 Lebanese (short) cucumber, sliced
- 8 cherry tomatoes, quartered
- 2 teaspoon fried garlic
- 2 teaspoon roasted crushed peanuts

Dressin:

- 2 tablespoon caster (super fine) sugar
- 1 tablespoon fish sauce
- 100 milliliters (3 ½ ounces) garlic oil
- 2 limes, juiced

Preparation:

1. Peel the hard-boiled eggs, then cut them into quarters. Separate the egg whites and yolks. Place the egg whites in a salad bowl and set aside. To make the dressing, mash the egg yolks in a mixing bowl. Add the remaining dressing ingredients, along with a pinch of sea salt. Mix together well. Add the remaining salad ingredients to the egg whites and toss together. Drizzle the dressing over and serve immediately.

Steamed sticky rice cakes with banana

Ingredients:

- 500 gramsgrams glutinous rice, soaked in water overnight
- 400 milliliters coconut milk
- ½ teaspoon sea salt
- 200 gramsgrams caster (super fine) sugar
- 1 tablespoon vegetable oil
- 4 large banana leaves, cut into 20 cm x 30 cm rectangles
- 4 ripe bananas, peeled, halved lengthways, then crossways

Preparation:

1. Soaking time overnight. Strain the rice and place it in a hot wok or saucepan. Stir in the coconut milk, salt and sugar. Bring to a simmer and cook for 4-6

minutes, or until the coconut milk has been absorbed and the rice is thick and sticky. Stir in the oil, then transfer the mixture to a tray and cool for 5-10 minutes.

2. Soften the banana leaves, either over a gas fire, in a hot frying pan, or by steaming or microwaving them for a few minutes. Lay a banana leaf on the bench. Place 1 heaped tablespoon of the cooled rice in the centre of the leaf. Next add a single piece of banana, followed by another tablespoon of rice on top of the banana – the banana should be sandwiched between the rice. Now fold the sides of the leaves over, as you would a parcel.

3. Repeat with the remaining banana leaves, rice and banana. If you have softened the leaves properly, you won't need to use anything extra to secure the parcels. Half-fill a large steamer, wok or saucepan with water and bring to a rapid boil over high heat. Place the parcels in your steamer basket, seam side down, and set it over the pan of water. Steam for 30 minutes.

Ginger chicken

Ingredients:

- 2 tablespoon glutinous rice, soaked in water for 2 hours
- 2 tablespoon chicken stock
- 2 tablespoon vegetable oil
- 2 garlic cloves, sliced
- 4 cm piece of fresh ginger, peeled, julienned
- 300 grams chicken breast, finely sliced
- 1 handful Thai basil leaves
- 1 handful lemon basil leaves
- 2 red chilies, sliced
- 2 tablespoon oyster sauce
- pinch of caster sugar
- pinch of sea salt
- coriander sprigs (cilantro), to garnish
- sticky rice, to serve

Preparation:

1. Strain the rice and place in a mortar. Pound with a pestle for 4 minutes, or until crushed. Stir in the stock and set aside. Add the vegetable oil to a hot wok. Add the garlic and ginger, then sauté over medium-high heat until fragrant. Add the chicken and stir-fry for 2 minutes over high heat. Add the Thai and lemon basil and chili. Strain the stock mixture from the mortar, discarding the rice. Add to the chicken mixture and stir until combined. Add the oyster sauce, sugar and a pinch of sea salt and stir-fry for a further minute. Transfer to a serving platter, garnish with coriander and serve with sticky rice.

Pork laap

Ingredients:

- 250 milliliters pork stock (see note, below)

- 200 gramsrams lean pork tenderloin, diced
- 100 gramsrams pork liver, diced
- 2 handfuls mint leaves
- 1 handful sliced coriander (cilantro)
- 4 spring onions (scallions), finely sliced
- 2 red chilies, sliced, plus extra to garnish
- 1 tablespoon toasted rice powder
- 2 tablespoon padek (Laotian fermented fish sauce) or mam nem (Vietnamese fermented anchovy sauce)
- juice of 1 lime

Accompaniments:

- 1 Lebanese (short) cucumber, sliced
- 2 apple eggplants, quartered
- 4 bitter melon stems, with leaves
- 6 Chinese mustard green leaves
- 6 snake beans, cut into 4 cm lengths
- sticky rice, to serve

Preparation:

1. Pour the stock into a hot wok. When it begins to boil, add the pork meat and liver and cook, stirring, for 2 minutes, or until the meat is cooked. Transfer the mixture to a mixing bowl and allow to cool for 2 minutes. Add the mint, coriander, spring onion, chili, rice powder, padek or mam nem and lime juice. Mix together well, then transfer to a serving platter. Garnish with some extra chili slices. Serve with the raw vegetables and sticky rice.

Latvia



Sour porridge

Ingredient:

- 1 liter water

- 2 tablespoons barely groats
- 1 glass curdled milk
- 2 tablespoons sour cream

Preparation:

1. Rinse barely groats and add to boiling water, boil to semi-softness. Add curdled milk to porridge and stop boiling. Add sour cream to cooled porridge. If you want sour porridge, keep it in room temperature for 1-2 days and then serve with sour cream and add milk. Porridge can be made with buttermilk, or you can add to the porridge curdled milk that has been beaten to a homogenous consistency. Skabputra should be served well cooled.

Sausage and Scalloped Potatoes

Ingredient:

- 1 pound polish sausage
- 1 box scalloped potatoes

Preparation:

1. Make potatoes according to directions, bake for 10 minutes. Remove from oven and add chopped up sausage poking the pieces down into the potatoes. Return to oven and bake until done and bubbly.

Apple loaf

Ingredient:

- 5 ounces butter
- 1/2 cup sugar
- 3 eggs, separated
- 1 cup flour
- 2 teaspoons baking powder
- 2 teaspoons vanilla
- 3 tablespoons milk or cream
- 6 medium apples, peeled and thickly sliced (Granny Smith or Macintosh are best)
- 1 tablespoon sugar mixed with 1/4 teaspoon cinnamon

Preparation:

1. Making the batter: preheat oven to 375 degrees Fahrenheit. Grease a loaf pan. Sift flour with baking powder. Cream butter. Slowly add sugar to butter, beating well after each addition. Add egg yolks to butter mixture, one at a time, and beat well after each addition. Add vanilla. Add dry ingredients in 2 or 3 parts, alternating them with the milk. Whip egg whites until stiff. Gently fold them into the batter. Turn the batter into the loaf pan. Press the apple slices deeply into the batter. Sprinkle with sugar and cinnamon mixture.

2. Baking the loaf: bake about 30 to 50 minutes, or until tester comes out dry.

Sorrel Soup

Ingredient:

- 1 Pound Beef – Cubed
- 4 Medium Carrot – Chopped
- 5 Medium Potatoes – Chopped
- 1 Cup Sorrel – Chopped
- 1 Bunch Green Onion – Chopped
- 2 Tablespoons Dill – Snipped
- 2 Tablespoons Chives – Snipped
- Salt And Pepper - To Taste
- 2 Medium Hard-Boiled Egg - Chopped (Optional)
- 1/2 Cup Sour Cream
- 8 Cups Beef Broth

Preparation:

1. Bring beef and broth to a boil for 10 minutes. Add carrots and potatoes, simmer for 30 minutes. Add sorrel and simmer for 10 minutes. Add green onions, dill and chives. Season with salt and pepper. Simmer for 10 minutes. Serve sprinkled with egg and a dollop of sour cream.

Meatballs Soup

Ingredient:

- 1 Pound Ground Beef
- 1 Cup Bread Crumbs
- 2 Medium Eggs
- Salt And Pepper - To Taste
- 3 Medium Potatoes – Grated
- 5 Medium Carrot – Chopped
- 1/4 Cup Chives – Snipped
- 1/4 Cup Parsley – Chopped
- 10 Cups Beef Broth

Preparation:

1. Mix together beef, bread crumbs and eggs. Season with salt and pepper. Add potatoes to broth and simmer for 10 minutes. Add carrots and simmer for 10 more minutes. Make small meatballs with the beef and add to the broth. Add chives and simmer for 30 minutes. Serve sprinkled with parsley.

Beet Soup with Chicken

Ingredient:

- 4 Large Chicken Breast – Cubed
- 2 Large Beets – Grated
- 2 Medium Carrot – Chopped

- 3 Tablespoons Olive Oil
- 1 Medium Onion – Chopped
- Salt And Pepper - To Taste
- 5 Medium Potatoes – Cubed
- 1 Clove Garlic – Chopped
- 1 Bunch Green Onion – Chopped
- 1/2 Cup Sour Cream
- 1 Cup Parsley – Chopped
- 10 Cups Chicken Broth

Preparation:

1. Saute chicken, carrots and onion in oil until chicken is well browned. Season with salt and pepper. Add broth and beets. Bring to a boil and simmer for 15 minutes. Add potatoes and simmer for 15 minutes. Add garlic and green onions. Simmer for 20 minutes. Add parsley and simmer for 5 minutes. Serve with a dollop of sour cream.

Beet Soup with Beef

Ingredient:

- 1 Pound Beef – Cubed
- 1 Stalk Celery – Chopped
- 2 Medium Carrots – Chopped
- 1 Bunch Parsley – Chopped
- 1 Medium Onion – Chopped
- 1 Pound Beets – Grated
- 1 Tablespoon Flour
- 1 Tablespoon Sour Cream
- 1 Tablespoon Wine Vinegar
- Salt And Pepper - To Taste
- 10 Cups Beef Broth

Preparation:

1. Bring beef to a boil in the broth. Simmer for 20 minutes. Add celery, carrots, parsley, onions and beets. Simmer for 30 minutes. Mix flour with sour cream and add to the soup. Add vinegar, salt and pepper. Simmer for 5 minutes. Serve.

Gingerbread

Ingredient:

- 1/3 cup molasses
- 1/3 cup brown sugar
- 1/3 cup honey
- 1/2 cup butter
- 3 tablespoons lard
- 5 cups flour

- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon black pepper
- 1/2 teaspoon clove
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cardamom
- 1/2 teaspoon coriander
- 2 eggs
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder

Preparation:

1. Put the molasses, brown sugar, butter and lard in a pot and heat, stirring constantly under medium-low heat until the butter, lard and sugar are completely melted. DO NOT BOIL. The process can be sped up by first softening the butter and lard in the microwave. Do not allow the mixture to scorch, or the cookies will not hold together.
2. Take the mixture off the heat and add 2-1/2 cups of flour, along with all of the spices. Mix thoroughly and set aside to cool to lukewarm, stirring occasionally. Lightly beat the eggs and incorporate them into the dough. Let it cool completely.
3. Sieve together the remaining flour with the baking soda and baking powder. Add the flour gradually to the dough, stirring thoroughly after each addition. When the dough becomes too thick to stir, knead with your hands — first in the bowl, then on a well-floured work surface. Initially the dough will stick like glue, but eventually you will get a smooth, shiny and quite heavy dough. Add more flour if needed, but only a bit at a time.
4. Grease a bowl with butter and put the dough in it. Cover with cloth and let rest for a couple of hours. To bake: Generously flour your work surface. Take a piece of dough and roll it out very thinly. Cut out shapes and place on a cookie sheet. No need to grease the sheet — that's why the lard is there (you won't taste it at all). Bake in a 400 degree oven. The cookies should bake in no more than five or six minutes — watch them carefully, and when the bottom edge begins to brown and the surface looks dry, they should be ready.
5. Take the cookies out of the oven and put the pan on a rack. When the cookies cool, they should be harder and slide off the pan. If they are still moist or stick, pop them back into the oven for another minute or two. This recipe makes lots of cookies, so it can be halved (or doubled, for that matter). The dough will keep almost indefinitely in the fridge, covered with plastic wrap. When it comes out of the fridge, it will be quite hard, but a bit of kneading and rolling will make it soft and pliable again.

Piragas

Ingredient:

Filling:

- 4 cups finely chopped ham
- 1 pound finely chopped bacon
- 1 onion, minced
- 2 tablespoons black pepper
- 1 box Pillsbury hot roll mix

Flour:

- 1 beaten egg
- pinch of black coffee for the flavor

Preparation:

1. Prepare hot roll mix according to package directions. In a large pan, combine ham, bacon, onion and pepper. Cook on stovetop until the bacon is just barely cooked. Drain excess fat. Roll out the dough and place a tablespoon of the filling on the edge of the dough, stretch the dough over the filling and using a glass dipped in flour, use it to cut the dough so you make a half-circle shape with the filling in the middle. Continue making more rolls, rolling out the dough as needed.
2. Place rolls on a cookie sheet. Brush with beaten egg mixed with a little black coffee. Bake at 325 degrees for 10 to 12 minutes. You can also add caraway seeds to the dough.

Crepes

Ingredient:

- 3 eggs
- 1/2 cup flour
- 1/4 or 1/2 teaspoon salt
- 1/2 cup milk
- 3 tablespoon oil

Preparation:

1. Prepare batter ahead of time and let sit at least 1 hour. May be left in refrigerator overnight. Beat eggs well, in large bowl. When completely mixed, add flour and salt. Stir until all lumps are gone. Pour milk into a separate bowl, or large mixing cup, and add oil. Mix with fork until oil is no longer floating on top. Add little by little to flour & egg mixture. Let this sit at least 1 hour.
2. Heat frying pan to medium, or medium-high heat. Unless you are using a non-stick frying pan, put a tiny pat of butter and a few drops of oil into the pan before you pour in the batter for each new crepe. Use about half a ladleful of batter for each crepe. Pour batter onto pan. Immediately lift pan from stove and tilt pan until the batter has covered all of the bottom of the pan.
3. Cook on medium (or medium-high) heat until crepe lifts easily with spatula. Flip over and cook other side. When cooked, each side should have brown spots on it. Instead of syrup, spread sour cream and/or jam on your Latvian crepe.

Fresh Caraway Pretzel

Ingredient:

- 1 cup milk
- 2 tablespoons butter
- 2 tablespoons sugar
- 2 tablespoons salt
- 2 tablespoons caraway seeds
- 1¼ cups water
- 1 package quick-rising yeast
- 6 cups all-purpose flour

Preparation:

1. In a small saucepan heat the milk, butter, sugar, salt, caraway seeds, and water. When the butter is melted and the sugar and salt dissolved, set the pan aside to cool to warm, about 105°F. Place the liquid mixture in a heavy-duty mixer, and add the yeast to the liquid. Stir to dissolve. Add 5 cups of the flour to the bowl and mix on low until the dough begins to pull away from the side of the bowl, about 10 minutes.
2. Using the dough hook, knead in the remaining cup of flour until the dough is very smooth, another 5 minutes. Place on a plastic counter and cover with a large metal bowl. Allow to rise until double in bulk, about 1 hour, and then punch down. For each pretzel, cut off a bit of the dough about the size of a golf ball. Roll it into a snake about 10 inches long and form it into a pretzel. (See the illustration.) Place each pretzel on a floured kitchen towel and allow rising for about 15 minutes.
3. Fresh Caraway Pretzel: bring 8 quarts of salted water to a boil and gradually boil the pretzels, about 5 at a time, until they float. This should take just a minute or so. Remove them carefully with a slotted spoon and place them on a greased baking sheet. Bake at 400 degrees Fahrenheit until golden brown, about 20 to 25 minutes. These can be frounceen right after they come out of the oven and reheated later in a 350°F oven for just a few minutes.

Lebanon



Rice Pudding

Ingredients:

- 1 quart whole milk
- $\frac{3}{4}$ cup rice
- 1 cup sugar
- 2 to 3 Tablespoons vanilla
- Spoonful of orange marmalade

Preparation:

1. Cook the rice according to package directions. When rice is cooked, add the sugar and milk and mix well. Continue cooking over medium heat for 3 to 4 more minutes. Remove the pot from the stove. Add 2 to 3 Tablespoons of vanilla and mix well. Serve topped with a spoonful of orange marmalade.

Pita Bread

Ingredients:

- 2 teaspoons dry yeast
- 1 cup warm water
- 3 cups flour
- 1 teaspoon salt

Preparation:

1. Dissolve the yeast in 1 cup of warm water. Sift together the flour and salt. Combine the yeast and water with the flour and salt and mix well. Work the mixture into a dough and knead for several minutes. Cover the dough with a damp cloth and let rise in a warm place for 3 hours.

2. Preheat oven to 350 degrees Fahrenheit. Divide the dough into 6 equal portions and roll into balls. Using a hand or a rolling pin, pat and press each ball of dough into a 5 inch circle about $\frac{1}{2}$ inch thick. Place on an ungreased baking sheet and bake for 10 minutes, or until the pita are light golden brown.

Cucumber with Yogurt

Ingredients:

- 1 medium cucumber, peeled and diced
- 2 cups plain yogurt
- 2 or more cloves of garlic
- Salt and pepper, to taste
- 2 Tablespoons fresh mint, finely chopped
- A few sprigs fresh mint, for garnish

Preparation:

1. Put the cucumber in a serving bowl. In a separate mixing bowl, beat the yogurt and garlic together and season to taste with salt and black pepper. Stir in the mint. Pour the mixture over the cucumber. Garnish with sprigs of fresh mint and serve with pita bread.

Tabbouleh

Ingredients:

- $\frac{3}{4}$ cup cracked wheat, finely ground
- 2 cups fresh tomatoes, diced
- 2 Tablespoons dried mint
- 1 or 2 bunches of parsley, cut fine
- $\frac{3}{4}$ cup green onions, thinly sliced
- Juice of one lemon
- $\frac{1}{4}$ cup olive oil
- Salt and pepper, to taste

Preparation:

1. In a bowl, cover cracked wheat with warm water and let stand about 15 minutes. Drain thoroughly. Mix tomatoes, mint, parsley, onions, lemon juice, olive oil, and salt and pepper in a separate bowl. Add the drained wheat and mix well. Add more lemon juice and olive oil, if needed. Refrigerate at least 1 hour. Serve in a bowl, or on a bed of lettuce leaves, with pita bread cut into triangles.

Baked Kibbeh

Ingredients:

- 2 cups cracked wheat (bulgur)
- 4 cups cold water
- 2 pounds lean ground beef or lamb
- 1 medium onion, very finely chopped
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{4}$ cup butter, melted

Preparation:

1. Preheat oven to 375 degrees Fahrenheit. Place cracked wheat in a large mixing bowl and cover with the cold water. Let stand 5 minutes, and then drain. Press on grains to remove water. Add the remaining ingredients and mix well. Process in batches in a food processor fitted with the chopping blade or a blender. Butter a 9x12 inch baking pan.
2. Spread the mixture into the pan, smoothing the top with wet hands. Cut into 2 inch squares. It is traditional to cut the kibbeh into a diamond pattern. Pour melted butter over the top. Bake for 50 minutes and Serve with pita bread.

Easy Baklava

Ingredients:

- 2 cans (8 ounces each) refrigerated crescent dinner rolls
- 3 to 4 cups pistachio nuts (or pecans), chopped
- ½ cup sugar
- 1 teaspoon cinnamon
- 2 cups honey
- 2 Tablespoons margarine or butter
- 2 teaspoons lemon juice
- honey, poured over the pastry before baking, creates a sweet, sticky glaze over the baklava.

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Unroll one can of dough into an ungreased 9x13 inch baking pan. Press over bottom and ½ inch up sides to form crust, pressing perforations to seal. Bake for 5 minutes and remove from the oven. In a large bowl, combine nuts, sugar, and cinnamon. Sprinkle the mixture over baked crust. Unroll the second crescent roll dough and spread over top.
2. With a sharp knife tip, score top dough to form a diamond pattern. In a small saucepan, combine honey, butter or margarine, and lemon juice, and bring to a boil. Remove from heat and pour half of the honey mixture evenly over top of dough. Bake for 25 to 30 minutes or until golden brown. Drizzle remaining honey mixture over top of the hot baklava. Cool completely and cut into diamond-shaped pieces.

Coffee

Ingredients:

- 1¼ cups cold water
- 1 heaping teaspoon Arabic or Turkish coffee, ground
- 1 teaspoon sugar
- A few drops of orange blossom water
- Pinch of cardamom, ground

Preparation:

1. Using a saucepan, dissolve the sugar in the water and bring to a boil. Add the

coffee (with ground cardamom if desired) and stir well. Bring to a boil. When the foam rises to the top, remove the saucepan from the heat to let the foam subside for about 1 minute. Return the pot to the heat and bring to a boil again.

Traditionally, the coffee is brought to a boil at least three times. Serve with a few drops of orange blossom water, if desired.

Sugared Almonds

Ingredients:

- 1 pound almonds
- 1 egg white
- 1 Tablespoon water
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt

Preparation:

1. Preheat oven to 300 degrees Fahrenheit. Separate the egg yolk from the egg white, and discard the yolk. Beat the egg white and water in a bowl. Add the nuts and mix well. In a separate bowl, combine the sugar, cinnamon, and salt and mix well. Add the sugar mixture to the nut mixture. Spread on foil-covered pan. Bake for 15 minutes and Stir and bake another 15 minutes.

Ka'ak Cookies

Ingredients:

- 1 cup sugar
- 1 cup oil (or butter)
- 2 eggs
- 3 cups flour, or enough to make dough firm
- 1 cup milk
- 1 Tablespoon mahlab, pounded until fine (or substitute with ground cinnamon)
- 3 teaspoons baking powder

Preparation:

1. Mix all the ingredients in a bowl and let chill in the refrigerator for at least 1 hour. Preheat oven to 350 degrees Fahrenheit. Roll out the dough until it is about ¼ inch thick. Cut into circles and bake for 10 to 15 minutes.

Fresh Fruit Salad

Ingredients:

- 1 ripe melon
- ½ fresh pineapple
- 1 to 2 oranges
- Apples, pears, or strawberries (depending on season)
- 2 ripe bananas

Preparation:

1. Remove melon from rind and dice. Cut pineapple into chunks. Peel and section the oranges, removing all the white membrane. Cut the orange slices into chunks. Toss together in a bowl. Dice the apple, pear, and strawberries. Add them to the tossed fruit mixture. Just before serving, peel, slice, and add banana. Mix well.

Lemonade

Ingredients:

- 2 lemons
- 2 Tablespoons sugar
- 6 ice cubes
- 3 cups cold water
- 2 teaspoons orange flower water
- 4 slices lemon, for garnish

Preparation:

1. Wash lemons. If the lemons are thick skinned, cut off and discard the pointy end pieces. Cut each lemon into 4 to 6 pieces and place in a blender along with any juice that escaped during cutting. Place the lid on the blender and blend on maximum speed for 3 to 5 seconds. Add the remaining ingredients and blend again on high speed for 30 seconds. Pour through a sieve into a serving pitcher. Serve lemonade in tall glasses with extra ice and lemon slices.

Hummus be Tahini

Ingredients:

- 1 can cooked chickpeas
- 2 cloves garlic, crushed
- 3 Tablespoons tahini (a thick paste made from ground sesame seeds; found in specialty stores)
- ½ cup fresh lemon juice
- 2 Tablespoons parsley, chopped
- 1 Tablespoon olive oil
- 1 teaspoon salt
- 2 Tablespoons cold water

Preparation:

1. Heat the cooked chickpeas over medium low heat. Remove from heat and mash by hand or in a food processor, reserving a few whole ones for garnishing. Add tahini, lemon juice, crushed garlic, salt, and water. Blend the mixture until it is creamy. Pour the thick dip into a deep bowl. Garnish with whole chickpeas and chopped parsley. Sprinkle with olive oil and serve with pita bread.

Chicken

Ingredients:

- 4 boneless skinless chicken breasts
- 1/3 cup onion, chopped
- 1 clove garlic, minced
- 1 tablespoon butter or 1 tablespoon margarine
- 2 teaspoons orange zest
- 1/2 cup orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/8 teaspoon allspice
- 2 tablespoons honey
- 1 cup couscous

Preparation:

1. Rinse chicken and pat dry with paper towels. Cook chicken, onion and garlic in the butter in a large skillet for about 6 minutes or until chicken is browned, turning once. Add orange zest, orange juice and salt to skillet. Bring to boil; reduce heat and simmer, covered, for 5 minutes. Sprinkle cinnamon and all spice onto chicken. Drizzle with honey. Simmer uncovered for 5 to 7 minutes more or until chicken is tender and no longer pink. Meanwhile, cook couscous according to package directions. Top couscous, rice or noodles with chicken and sauce before serving.

Chicken Skewers

Ingredients:

- 6 boneless skinless chicken breasts
- 3 garlic cloves, crushed
- 1/4 cup olive oil
- 1 lemon, juice of
- 1 tablespoon paprika
- 1 (6 ounce) can tomato paste
- 1 cup yogurt
- 2 tablespoons sumaq
- 1 teaspoon salt
- 2 teaspoons black pepper

Preparation:

1. Cut chicken breasts into pieces for skewers. Mix remaining ingredients together to make a marinade. Add chicken to marinade, mix well and refrigerate in a non-reactive container from 2-8 hours. Thread chicken on skewers and grill or cook under a broiler.

Marinated Chicken

Ingredients:

- 4 boneless skinless chicken breasts

- 6 garlic cloves, finely minced
- 1/2 cup fresh lemon juice
- 2 teaspoons chopped fresh thyme
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/2 cup olive oil

Preparation:

1. Cut chicken into 1-in cubes and place in a shallow nonreactive container. Combine all marinade ingredients and pour over the chicken. Cover and marinate in the refrigerator for 6 hours or overnight. Thread chicken on skewers & grill or broil as desired.

Lesotho



Spinach and Tangerine Soup

Ingredients:

- 1.5 liters chicken stock
- 75grams yellow split peas
- 25 grams unsalted butter
- 100 gramsrams spring onions, chopped
- 1 teaspoon ground turmeric
- 225 grams fresh spinach, finely chopped
- 40 gramsrams parsley, chopped
- 50 gramsrams coriander, chopped grated zest of
- 2 tangerines juice of 3 tangerines
- 20 gramsrams ground rice or rice flour

- 150 milliliters cold water
- 225 grams natural yoghurt

Preparation:

1. Soak the split peas over night. The following day add the chicken stock to a pan and bring to a boil. Drain the split peas and add to the pan. Reduce to a simmer and cook for 10 minutes. Meanwhile, melt the butter in a pan and add the spring onions. Fry gently for 5 minutes before adding the turmeric.
2. Fry for 1 minutes then add the cold water and ground rice and stir in. Transfer the contents of the pan to the stock pot then add the coriander, spinach, parsley and tangerine zest and juice to the pan, cover and cook for 15 minutes, stirring occasionally. Ladle the soup into dishes, garnish with a dollop of yoghurt and sprinkle fresh coriander over the top. Serve immediately.

Pap

Ingredients:

- 300 grams maize meal (or polenta)
- 800 milliliters water salt, to taste

Preparation:

1. Bring the water to a boil, season lightly with salt, then add the polenta until a stiff mixture is attained. Leave to simmer for 25 minutes, stirring every five minutes to prevent burning. Serve with a stew or a sauce such as Chakalaka.

Chakalaka

Ingredients:

- 1 red bell pepper, finely chopped
- 2 tomatoes, finely chopped
- 1 onion, finely chopped
- 2 hot red chilies, finely chopped 1 carrot, finely chopped

Preparation:

1. Fry the carrots in a pan for a few minutes then add the onion, chilies and bell pepper. Fry for five minutes more then add the tomatoes. Cook until the tomatoes break down and form a mush. Season and serve with rice or Pap

Beetroot, Orange and Pumpkin Sambal

Ingredients:

- 800 grams cooked beetroot, peeled and diced 1 cinnamon stick
- 450 grams pumpkin, peeled and finely grated finely-grated zest of
- 2 oranges
- 1 tablespoon mustard powder
- 600 milliliters malt (or red wine) vinegar
- 220 grams granulated sugar

- 1/2 teaspoon cayenne pepper
- 1 tablespoon curry powder

Preparation:

1. Combine all the ingredients in a large pan and bring to a boil. Reduce to a simmer, cover and cook for 30 minutes, stirring occasionally. Allow to cool a little then spoon into sterilized jars and seal. Allow to mature for at least 3 weeks before using. Store in a cool, dry, place.

Red Latte

Ingredients:

- 1/4 cup rooibos tea, brewed double to triple strength
- 1/2 cup of steamed almond milk (or milk of choice)
- honey, to taste
- ground cinnamon, to taste

Preparation:

1. Brew tea double to triple strength or you can simmer on the stove for even more strength. I used 4-5 Rooibos tea bags to 2 cup of water. Add honey to taste. Top with steamed milk. I just heated up almond milk till hot and bubbly. Sprinkle in a dusting of cinnamon, or more to taste. Serve immediately and enjoy.

Chakalaka with Pap

Ingredients:

- 1 red bell pepper, finely chopped
- 2 tomatoes, finely chopped
- 1 onion, finely chopped
- 2 hot red chilies, finely chopped
- 1 carrot, finely chopped
- 2 Tablespoon Cooking Oil
- salt and pepper

Pap:

- 300 gramsrams maize meal or polenta
- 300 milliliters water

Preparation:

1. The first thing you need to do is to measure out the 300 milliliters of water into a medium pot and bring to a boil. While you wait for it to boil, Weigh out 300 gramsrams of polenta. (you can use corn meal if you don't have polenta). If you do not have access to a kitchen scale, 300 gramsrams is a little less than 2 cups.

2. The pap will be quite dry, but don't worry it tastes great when you mix it with the chakalaka. The pap will be quite dry, but don't worry it tastes great when you mix it with the chakalaka. Once the water is boiling, pour in the polenta and quickly give it a stir to mix it through. It will be a very dry, crumbly texture. Turn the heat all the way down to low, and put the lid on. You are going to let this simmer for 25

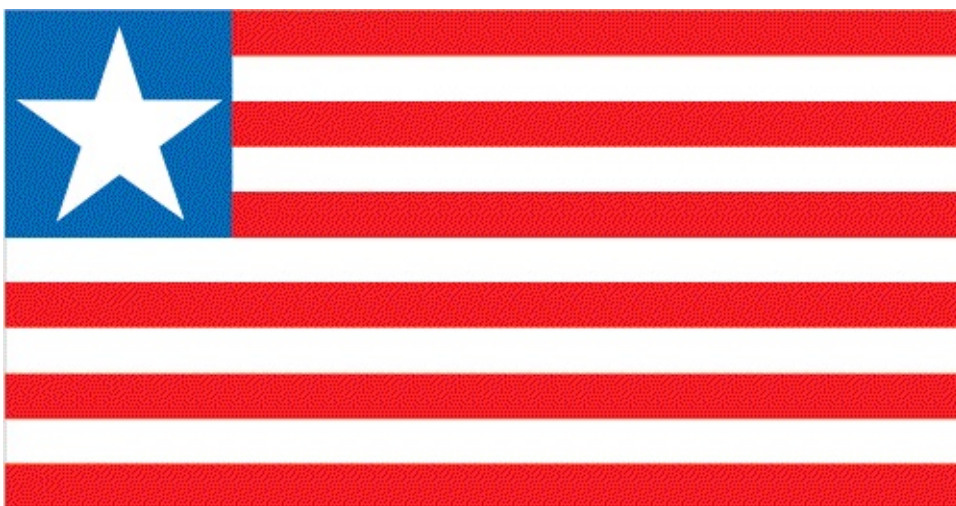
minutes, stirring every 4-5 minutes so that it doesn't burn the pap.

3. Next, chop the vegetables. make sure to remember to stir the pap every few minutes. At the halfway point, I added about 1/4 cup of warm water, but the original recipe did not call for it. Throw the carrot into a frying pan with about 2 Tablespoon of oil. Fry this for about 4-6 minutes.

4. Carrots are about ready. Once the carrots are cooked, throw in the rest of the vegetables except for the tomatoes. Fry these vegetables for about 5 more minutes. While this is cooking, you can add salt and pepper to both the chakalaka and pap (to taste).

5. Last, add the 2 chopped tomatoes to the pan, and cook this mixture until the tomatoes mush and form a type of sauce. Lastly, dish out the pap on to plates, and then cover with the chakalaka. Your dish is ready to serve.

Liberia



Palava

Ingredients:

- 1½ pounds cubed beef
- 1 onion, sliced
- 2 tomatoes, peeled and sliced
- Ginger, to taste
- Red pepper, to taste
- ½ cup peanut oil
- 2 10-ounce packages of frounceen, chopped spinach

Preparation:

1. Boil meat in a little water until tender, about 45 minutes. Fry onion, tomatoes, and spices in oil. Add spinach and meat to the onions and tomatoes, and simmer 10–15 minutes.

Jollof Rice

Ingredients:

- 1 pound boneless chicken
- ½ pound beef cubes
- ½ pound bacon
- ½ cup oil or shortening
- 2 onions, sliced
- 1 pepper, sliced
- 3 ounces tomato paste
- 1½ pounds cabbage, cut into chunks
- 1½ cups rice
- 6 cups water

Preparation:

1. Cut chicken, beef, and bacon into ½ inch chunks. Sprinkle with salt and pepper to taste, and coat with flour. Heat oil in a frying pan, add the meat in small batches, and brown the meat. Remove the meat, setting it aside in a bowl. Sauté the onions and pepper in the oil in pot until soft, about 5 minutes.
2. Return the meat to the pot and add the tomato paste. Add water, cover, and heat to boiling. Lower heat and simmer for 10 minutes. Add rice, bring to a boil. Reduce heat. Add cabbage, and simmer, stirring often, for 20 minutes. Serve while hot.

Sweet Potato Pone

Ingredients:

- 1 to 2 cups flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon ground cloves
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 eggs slightly beaten
- 2 cups sweet potatoes, mashed and chilled
- Oil for deep-frying

Preparation:

1. Combine flour, baking powder, salt, cloves, cinnamon, and nutmeg in a bowl and stir well to combine. In another large mixing bowl, beat the eggs and sweet potatoes together. Add the dry mixture to the wet mixture until a stiff dough is formed.
2. Roll out dough on a lightly floured surface to ½ inch thickness and cut into shapes. Heat about 1 inch of oil in a deep saucepan. Fry dough in batches for about 4 minutes. Drain, cool, dust with powdered sugar and serve.

Rice Bread

Ingredients:

- 2 cups rice, cooked and mashed
- 3 Tablespoons sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1½ bananas, mashed
- 2 eggs
- 1½ cups milk
- 1 cup oil

Preparation:

1. Mix together rice, sugar, baking powder, and salt. Add bananas, eggs, milk, and

oil. Bake in a greased 9- by 12 inch pan at 375 degrees Fahrenheit for 45 minutes.

Ginger Beer

Ingredients:

- 25 pieces ginger
- 2 pineapples, unpeeled and cut into pieces
- 2 teaspoons yeast
- 1 gallon water}
- 3½ cups molasses

Preparation:

1. Beat ginger pieces in a large kettle until soft. Add pineapple and yeast. Boil water and pour into ginger mixture. Let stand overnight. Strain, and add the molasses. Chill and serve.

Lemon Grass Tea

Ingredients:

- 1 cup chopped lemon grass leaves (can be found at Asian or health foods stores)
- 2 cups water
- Sugar
- Milk

Preparation:

1. Put the lemon grass leaves in a teapot. Boil water and pour over leaves. Steep for five minutes. May serve with sugar and milk.

Goat Soup

Ingredients:

- 2 pounds goat meat (can substitute lamb or beef)
- Hot peppers
- 2 medium onions, sliced
- 2 quarts water
- 3 tomatoes
- 8 ounces tomato paste
- Salt, black pepper

Preparation:

1. Cut up the meat into 2–3 inch pieces. Marinate with peppers, salt, black pepper, and onion for about an hour. Add water and boil until meat is tender. Add tomatoes and paste and cook until tomatoes are soft.

Dry Rice with Pork

Ingredients:

- 300 gramsrams rice
- 225 grams salted pork (or smoked fish)
- 1 medium onion, chopped
- 2 liters boiling water (or more for softer rice)
- 3 hot chillies, pounded to a paste
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 2 Maggi or bouillon cubes
- 2 teaspoons oil

Preparation:

1. Wash the rice with plenty of cold running water and add to the pot along with 2liters water. Add the salt, bring to a boil then add the chopped salted pork or flaked smoked fish), Maggi cubes, pepper and chili paste. Bring to a boil, cover and reduce to a simmer. Cook for 25 minutes or until the rice is tender and all the liquid has been absorbed. Add more water if required. Serve immediately.

Cabbage Soup with Spicy Meatballs

Ingredients:***Meatballs:***

- 4 Scotch Bonnet Chillies
- 1 small onion, finely sliced
- 300 gramsrams minced beef
- 1 egg
- 1/2 teaspoon freshly-ground black pepper
- 1/2 teaspoon ground cumin
- salt to taste

Soup:

- 8 Scotch Bonnet chillies
- 3 onions, coarsely chopped
- 3 ripe tomatoes
- 2 small cabbages (or collard greens or green cabbage or leeks or spring greens) finely shredded (a chiffonade)
- 1/2 teaspoon black pepper
- 100 milliliters beef stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric

Preparation:

1. Begin by preparing the meatballs. Add the chillies to a pestle and mortar and pound to a paste. Add the onions and pound these in (or place in a food processor and pulse until roughly chopped). Add the ground beef to the chili and onion mix along with the seasonings and spices.

2. Mix together well then add an egg to bind. For the mixture into small balls and

deep fry in oil until a rich brown in colour. Set aside. For the soup, begin by mashing the chilies with a pestle and mortar then add the onions and pound those in as well. Chop the tomatoes coarsely and pound those into the chili and onion paste (alternatively prepare this paste in a food processor but pulse to chop rather than puréeing).

3. eat oil in a wok or large cooking pot then add the chili paste and fry until cooked. Add the shredded cabbage (or greens) and allow to fry for a few minutes before adding the spices and seasonings. Add the stock and just enough water to cover the cabbage. Bring to the boil then allow to simmer for twenty minutes. Finally add the meatballs to the broth and simmer for a further twenty minutes. Serve hot with rice.

Beef and Cassava Leaf Soup

Ingredients:

- 1 kilograms beef, cut into large cubes
- 1 large onion, sliced into rings
- 2 Maggi (or stock) cubes
- 1 teaspoon (heaped) ground black pepper
- 1 teaspoon salt
- 6 tablespoons dried chilies (preferably piri-piri) ground to a powder
- 10 fresh Scotch Bonnet chilies
- 3 whole dried smoked fish, washed and flaked
- 1 kilogram minced cassava leaves
- 50 milliliters red palm oil

Preparation:

1. Place the beef and onions in a lidded casserole pot along with the Maggi cubes, salt and black pepper. Heat, stirring constantly. Meanwhile mix half the scotch bonnet chilies with the dried chilies and pound to a paste. Add the remaining chilies, whole, to the beef mixture. When the meat is almost done add 2l water to the pot. Bring to a boil and add 4 tablespoons of the chili paste.
2. Return to a rapid boil and reduce the volume by about 1/4 before adding the cassava leaves. At this point add 1 tablespoon of the chili paste and all the flaked fish. Return to the boil and cook for 20 minutes. Now add the red palm oil and stir into the other ingredients to mix thoroughly. Add the remaining chili paste and cook for a further 5 minutes. Serve, hot, on a bed of rice.

Prawn Bisque

Ingredients:

- 120 grams butter or margarine
- 450 grams medium prawns, peeled and chopped (reserve the shells)
- 80 grams onion, chopped
- 80 grams celery, chopped
- 75 grams plain flour

- 700 gramsrams water
- 1 tablespoon tomato paste
- 1 Maggi or chicken stock cube
- 1 bay leaf
- 1 tablespoon salt
- 1 teaspoon hot chili pounded to a paste
- 360 milliliters evaporated milk
- 2 tablespoons water (or dry white wine)

Preparation:

1. Add the water to a pan, bring to a boil, add the prawn shells and simmer for 15 minutes. Take off the heat, strain and reserve the liquid. Melt 2 tablespoons butter in a medium pan then add the onion, celery and chili paste and cook for 2 minutes before adding the prawns. Cook, stirring occasionally, until the prawns turn pink then remove from the pan and set aside. Melt the remaining butter in the same pan on medium heat. Stir-in the flour to form a roux.

2. Allow to cook, stirring all the while, for 1 minute then add the prawn shell stock a little at a time and mix to a smooth paste. When all the water is incorporated add the tomato paste, Maggi cube, bay leaf and seasoned salt. **Bring** to a boil the reduce to a low simmer and cook, stirring frequently, for 2 minutes. Remove the bay leaf, then add the prawn mixture and cook for 2 more minutes before adding the evaporated milk and wine. Allow to heat through, but do not boil. Serve the bisque in warmed soup bowls, garnished with a little parsley.

Libya



Couscous Salad with Grilled Sausages

Ingredients:

- 5 tablespoons olive oil
- 2 garlic cloves, minced

- 1 1/3 cups couscous
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 3/4 teaspoon salt
- 1 cup tomato juice
- 1 cup water
- 1 pound Italian sausage
- 1 tablespoon lemon juice
- 1 tomato, diced
- 1/2 cup fresh cilantro, chopped

Preparation:

1. In a large frying pan with a lid, heat 1 tablespoon of the oil over moderately low heat. Add the garlic, couscous, cumin, cayenne, and 1/2 teaspoon of the salt to the pan. Cook, stirring occasionally, until the couscous starts to brown, about 3 minutes. Stir in tomato juice and water. Bring to a simmer. Cover, remove from the heat and let stand for 5 minutes.

2. Transfer the couscous to a platter or large glass bowl to cool. Meanwhile, heat the broiler. Coat the sausages with 1/2 tablespoon of the oil. Broil the sausages, turning occasionally, until completely cooked through, about 10 minutes. Remove from the heat. When the sausages are cool enough to handle, cut them into thin slices. Toss the cooled couscous with the lemon juice and the remaining oil, salt and tomato. Top with the sausages and cilantro.

Baked Chicken with Lemon and Herbs

Ingredients:

- 1 tablespoon butter
- 1/3 cup dry breadcrumbs
- 1 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1 1/2 cups milk
- 1 pound boneless chicken breast
- 1 small onion, chopped
- 1 garlic clove, minced
- 2 tablespoons cornstarch
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 2 tablespoons fresh lemon juice

Preparation:

1. Preheat oven to 375 degrees Fahrenheit (or 190 degrees Celsius). Place half of butter in 13x9 inch (3.5L) glass baking dish. Heat in oven for 5 minute. In shallow dish combine bread crumbs and half each of the basil and rosemary. Place 2 tablespoons of milk in separate bowl. Dip chicken first in milk then in crumb mixture, pressing to coat. Transfer to plate. Discard any leftover milk and crumbs.

2. Remove baking dish from oven and swirl to coat with melted butter. Place breaded chicken in dish and return to oven. Bake for about 12-15 minutes or until chicken is starting to brown. Meanwhile, in saucepan, melt remaining butter over medium heat. Cook remaining basil, rosemary, onion and garlic, stirring for 3 minutes or until softened. Whisk remaining milk into cornstarch; whisk in lemon rind. Whisk into pan; increase heat to medium high. Cook stirring for 3 minutes or until thickened and glossy. Stir in salt and lemon juice. Pour sauce over top of chicken in dish. Bake for 5 minutes longer or until chicken is cooked through.

Red Lentil and Vegetable Stew

Ingredients:

- 1 cup red lentil
- 1 carrot, finely diced
- 1 stalk celery, finely diced
- 1/2 medium onion, finely diced
- 2 garlic cloves, minced
- 2 cups vegetable stock or 2 cups chicken stock
- 4 teaspoons ground cumin
- 4 dashes TABASCO brand Chipotle Pepper Sauce
- 2 tablespoons extra virgin olive oil
- 14 ounces canned diced tomatoes

Preparation:

1. Sauté the carrots, onion, and celery in the olive oil until they start to caramelize a bit. Add the garlic about a minute before the vegetables are finished sautéing. Add the red lentils, and stir until mixed with the vegetables. Add the stock, tomatoes and juice, cumin, and Tabasco, if using. Bring to a simmer over medium heat and reduce heat to medium low. Simmer until the lentils are tender, about 25 minutes. If the liquid all evaporates and the lentils are not done, add a little water to keep the simmer going.

Almond Chicken

Ingredients:

- 3 pounds whole chickens
- 1 (10 ounce) package frounceen peas
- 2 cups chicken stock
- 1 tablespoon sherry wine
- 1/2 cup almonds, chopped
- 1 cup celery, diced
- salt, to taste
- 3 tablespoons vegetable oil

Preparation:

1. Boil chicken in water until tender - about 30 minutes. Take out and set aside to

cool. Save 2 cups of the chicken stock. Debone the cooled chicken. Heat the oil. Then add the celery, peas, chicken stock, almonds, salt and sherry.

2. Simmer 10 minutes. Thicken sauce with 2 tablespoons cornstarch mixed in 1/4 cup water. Add to sauce and bring to a boil until it thickens. Serve with noodles or a bowl of steaming rice.

Pumpkin Dip

Ingredients:

- 1 butternut squash
- 2 cups water
- 1/2 tablespoon salt
- 7 garlic cloves
- 1/4 cup olive oil
- 1 tablespoon sweet paprika

Preparation:

1. Peel and chop butternut squash. Place in a sauce pan with water oil and salt. Bring to the boil. Simmer covered until butternut squash is cooked, then uncover and simmer until all the water has evaporated. Grate or crush garlic and add to the pan along with the paprika. Stir in and cook for a further five minutes. Leave to cool and refrigerate, serve chilled with bread or rolls. Or alternatively serve hot over rice.

Tabbouleh Salad

Ingredients:

- 1 cup bulgur
- 1 1/2 cups boiling water
- 1 1/2 teaspoons salt
- 1/4 cup fresh lemon juice or 1/4 cup lime juice
- 1 teaspoon garlic (crushed)
- 1/2 cup chopped scallion (include greens)
- 1/2 teaspoon dried mint flakes
- 1/4 cup olive oil ((good quality)
- fresh black pepper
- 2 medium tomatoes (diced)
- 1 cup fresh parsley (chopped and packed)
- 1/2 cup cooked chickpeas
- 1 chopped green red bell pepper
- 1/2 cup coarsely grated carrot
- 1 chopped cucumber

Preparation:

1. Combine bulgur, boiling water, and salt in a bowl. Cover and let stand 15-20 minutes, or until bulgur is chewable. Add lemon juice, garlic, oil, and mint, and mix

thoroughly. Refrigerate 2-3 hours. Just before serving add the vegetables and mix gently. Correct seasonings and garnish with olives.

Orange Custard with Caramel

Ingredients:

- 8 egg yolks
- 4 tablespoons caster sugar
- 1 pinch salt
- 800 milliliters milk
- vanilla essence, to taste
- 6 oranges, peeled and thinly sliced
- 1/2 tablespoon orange zest
- 225 grams granulated sugar
- 2 tablespoons hot water

Preparation:

1. Beat the eggs and sugar lightly in the top of a double boiler, add the salt and heated milk, while stirring continuously. Place the pan over hot water and stir until the custard thickens. Remove the pan from the heat and place it over cold water to cool the custard. Flavour the custard with vanilla.
2. Arrange the orange slices in a shallow glass dish and when the custard is cold pour it over the orange slices. In a heavy-based pan, heat the sugar until it has melted but not browned and then slowly add the hot water and orange zest; stir and cook for 1 minute, then pour over the top of the custard.

Deep Fried Lamb

Ingredients:

- 6 lamb leg steaks, halved
- 1/2 teaspoon turmeric
- 1 garlic clove, grated
- 1 egg, beaten
- 1/2 teaspoon freshly-ground black pepper
- 1/2 teaspoon salt
- juice of 1 lemon
- 300 grams breadcrumbs
- oil for deep frying

Preparation:

1. Combine the lemon juice, salt and spices in a bowl then add the lamb pieces and toss to combine. Set aside to marinate for 10 minutes then remove the lamb before beating the egg in to the marinade. Return the lamb to the bowl then cover and refrigerate for 80 minutes.
2. When the lamb is has marinated long enough heat oil in your deep fryer or to a depth of 6cm in a wok or large pan. When the oil is hot remove the lamb from the

marinade and roll in the breadcrumbs to coat evenly. Add to the hot oil and fry until browned and cooked through (about 10 to 20 minutes depending on the size of the steaks and how well done you want the meat).

Lamb Stew

Ingredients:

- 1 medium onion, chopped
- 1 large garlic clove, chopped
- 1/2 tablespoon dried red pepper flakes (use less for a milder dish)
- 3/4 pound lamb shoulder, cubes (trimmed of as much fat as possible and cut into small (1/2 inch)
- 2 fresh tomatoes, skinned, seeded and roughly chopped
- 1 tablespoon turmeric
- 1 teaspoon cumin
- 1/2 teaspoon five-spice powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups water
- 1 (15 ounce) can garbanzo beans, drained and rinsed (chickpeas)
- 1/3 cup dried macaroni (use your favorite soup pasta)

Preparation:

1. In a large saucepan, cook first three ingredients for a few minutes over high heat until onion is translucent. Add lamb cubes to saucepan. Saute until the lamb is browned, then stir in next seven ingredients, up to the water. Reduce heat, and simmer, uncovered, for 15 minutes then add the beans. Simmer for another 5 to 10 minutes, then add the pasta. Continue simmering until the pasta is al dente (depends on your pasta choice, 5-12 minutes), and serve with a good hearty whole wheat bread.

Spicy Fish

Ingredients:

- 3 tablespoons olive oil
- 100 milliliters water
- 1 lemon, juice of
- 5 tablespoons tomato puree
- 4 garlic cloves, finely chopped
- 1 pinch salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground caraway
- 2 teaspoons paprika (mix hot and sweet)
- 4 (140 grams) tuna steaks

Preparation:

1. Mix oil, water, lemon juice, tomato puree, garlic, salt and spices. Pour into a wide shallow pan and simmer for 10 minutes. Add the fish and turn it over on both sides so it absorbs the sauce. Cover and cook on a low heat for 15 minutes. Sprinkle with parsley or coriander and serve.

Liechtenstein



Rolled Veal Breast

Ingredients:

- 750 grams (about) breast of veal
- salt
- freshly-ground black pepper and lemon juice, to taste
- 300 grams (about) Kapoundsbrät (minced veal and fat, used for sausage stuffing)
- 4 tablespoons butter
- 2 onions, finely chopped
- 3 carrots, finely diced
- 1 turnip, finely diced
- meat stock, to moisten

Preparation:

1. Remove any rib bones and cartilage from the veal breast then wash thoroughly and dry completely. Season liberally on both sides with salt and black pepper then sprinkle with lemon juice. Turn the breast skin side down then take the veal sausage meat and cover the breast with this 1.5cm thick. Roll the breast up, Swiss (jelly) roll fashion then secure firm with string. Melt the butter in a pan, add the onion and fry for about 4 minutes, or until soft.
2. Now add the carrots and turnip and stir to coat in the butter. Nestle the veal

breast in the pan, pour over a little stock then cover the pan securely and cook for about 60 minutes. Top-up the meat stock, as needed, to prevent the contents of the pan from burning. Turn the breast over half way through the cooking time so that it cooks evenly. Remove the meat from the pan and cut away the string. Slice and arrange on a warmed plate with the pan vegetables. Serve with fried potatoes.

Apple Ring Fritters

Ingredients:

- 100 gramsrams plain flour
- pinch of salt
- 125 milliliters white wine
- 1 egg, separated
- 1 teaspoon butter, melted and cooled
- 4 apples, peeled, cored and cut into thick rings clarified
- butter, for frying
- 30 milliliters Brandy or Cognac

Preparation:

1. Sift together the flour and salt into a bowl. Add the white wine and combine to form a thick batter then stir in the egg yolks and the melted butter. Beat the egg white until stiff then fold into the batter. Heat clarified butter in a frying pan, dip the eggs in the batter, to coat, then add to the pan and fry on both sides until golden. Pour over the alcohol and set alight. Serve the fritters as soon as the flames have died down.

Shopska Salad

Ingredients:

- 4 ripe tomatoes, chopped
- 2 cucumbers, chopped
- 1 onion, peeled and finely chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/3 bunch of flat-leaf parsley, finely chopped
- 2 tablespoon olive oil
- 3 tablespoon red wine vinegar
- 200 gramsrams Macedonian salted cheese (or substitute Feta cheese), grated

Preparation:

1. Chop the tomatoes, cucumbers and bell peppers (leave the tomato pieces slightly larger) then combine in a bowl. Add the onions and parsley and toss to combine. Sprinkle over the oil and vinegar then mix well to dress and combine. Grate the cheese over the top and serve as a first course and/or an accompaniment to any meal.

Rabbit Stew

Ingredients:

Meat:

- 2 tablespoon fat
- 600 grams rabbit meat, chopped
- salt, freshly-ground black pepper and fresh thyme, to taste
- 1 large onion, chopped
- 4 juniper berries, crushed
- 100 milliliters white wine
- 200 milliliters cream
- 1 teaspoon parsley, finely chopped

Garnish:

- 4 medium pears, peeled, halved and cored
- 100 milliliters water
- 100 milliliters white wine
- 1 tablespoon lemon juice
- sugar, to taste
- 4 tablespoon cranberry preserve

Preparation:

1. Melt the fat in a stockpot, add the rabbit pieces and fry until browned then season to taste before removing from the pan and setting aside to keep warm. Add the onion and juniper berries to the fat remaining in the pan and fry for about 6 minutes, or until translucent. Deglaze the pan with the white wine then stir in the cream. Bring to a simmer and cooling down for a few minutes.
2. Now add the meat to the sauce, adjust the seasoning to taste then bring to a simmer and cook for 10 minutes. In the meantime, prepare the fruit accompaniment. Combine the pears and wine, water, lemon juice and sugar in a pan, bring to a boil and cook for several minutes, or until just tender. Drain the pears, fill with the cranberry preserve then serve as an accompaniment to the rabbit.

Button Noodles

Ingredients:

- 440 grams semolina flour
- 4 eggs
- salt and freshly-grated nutmeg, to taste
- 2 tablespoon oil
- 200 milliliters milk
- 2 liters water
- 4 medium potatoes, peeled and diced
- 160 grams cheese, grated
- crisp-fried onions, to serve

Preparation:

1. Combine the semolina, egg, salt and nutmeg in a bowl with the oil. Stir in the milk and water until you have a batter the consistency of thick oil. Bring a pan of lightly-salted water to a boil, add the potatoes and cook for about 15 minutes, or until tender. Drain and set aside to keep warm. Bring another large pan of salted water to a boil then force the batter into this through a Knöpfel sieve or a colander.
2. Cook until the knöpfle rise to the surface then remove from the pan with a slotted spoon. Take a serving dish and arrange the potatoes and knöpfle in this, separated by layers of the grated cheese. Garnish with the crisp-fried onions and serve.

Käsknöpfe

Ingredients:

- 2 cups of flour
- 5 eggs
- 2 teaspoons of salt
- 1 ½ cup of water
- 8 ounces Gruyere, Emmental or similar cheese, grated
- 2 medium onions, thinly sliced

Preparation:

1. Sift the flour into a bowl. Add salt. In another bowl, beat the eggs and 1 cup of water. Add eggs to flour. Mix well to form a thick dough. If the dough is not thin enough to go through the holes in the ladle or colander, add a little water until reaching the right texture. Set aside for twenty minutes. Meanwhile, fry the onions in a lightly oiled pan. Stir regularly until onions are caramelized, about 15 to 20 minutes. Bring water to a boil in a large pot.
2. Add a tablespoon of salt. When the water is boiling, push the dough through the holes of a slotted spoon or colander. The dough should fall like "thick rain" and form tiny oblong balls. Kasknopfle shaping Kasknopfle boiling. The pasta is ready when it floats back to the surface after one to two minutes. Immediately drain the pasta in a colander. Put the pasta in a bowl and add the cheese. Stir so that the cheese melts. Serve in individual bowls and garnish with the caramelized onions.

Triple Cheese Pasta with Sweet Onion

Ingredients:

- 4 eggs
- 1 cup milk
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups flour
- 2 Tablespoon butter
- 2 onions, sliced thinly
- 1/3 cup (heaping) shredded Gruyere

- 1/3 cup (heaping) shredded Emmenthaler
- 1/3 cup (heaping) shredded Fontina
- Garnish with extra cheese, as desired
- Serve with apple sauce

Preparation:

1. Whisk together the eggs, milk, salt, pepper, and flour. Pretend it's a flurry of snow. Eventually a thick, somewhat pasty batter will form. In this case, pasty is a good thing. It'll make the noodles perfectly in texture. Set it aside for about 30 minutes to rest and let the bumps even out.
2. Meanwhile, cut and caramelize the two onions. I stopped when they were deep golden, but in Liechtenstein they sometimes fry them until crispy... it's up to you! Now, shred up the cheeses. You can easily add more cheese to this recipe if you want to take a walk on the wild side. I almost recommend it. After all, what is the world without extra cheese? Next, bring a large pot of water to boil. Add plenty of salt to the water and reduce to a simmer, then begin the process of making the Käsknöpfle. Once the squiggly pasta is cooked (it should only take a couple of minutes – they'll float when ready), add it to the pan of caramelized onion with all the cheeses. Serve at once, melted, and be with plenty of homemade apple sauce...

Lithuania



Beef Rolls

Ingredients:

- 1/2 cup dried mushroom, porcini preferred
- 2 tablespoons butter

- 2 cups finely chopped onions
- 3 cups chopped button mushrooms, about 8 ounces
- 1/2 cup fresh rye breadcrumbs
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 3/4 pounds sandwich steaks or 1 3/4 pounds round steaks
- freshly ground pepper
- salt
- 1/4 cup flour
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1/2 cup low-sodium chicken broth, possibly a little more
- 1 bay leaf
- 1/2 cup sour cream (optional)

Preparation:

1. Rinse the dry mushrooms and place in a small bowl. Cover with boiling water and let stand overnight, or at least four hours. Preheat oven to 350 degrees Fahrenheit. Remove the dried mushrooms with a slotted spoon. Chop the mushrooms. Strain and reserve the soaking liquid. Melt the butter in a large skillet. Add the onions and both types of mushrooms and saute, over medium high heat, until the liquid released by the mushrooms start to evaporate, 10-12 minutes.

2. Remove to a bowl, add the breadcrumbs, salt and pepper, and mix well. Set aside. (You can prepare to this point, and refrigerate until you are ready to complete the dish). 1 1/2 pound of sandwich steaks comes as four large slices, typically. Place one slice on your work surface, lightly salt and pepper, and cut in half into roughly equal rectangular pieces. If you are using round steak, try to buy it thinly sliced. Cut into 8 or 10 equal pieces, cover with plastic wrap and pound with a meat mallet until it becomes about 1/4 inch or so thick, about 4"x6". Salt and pepper as above.

3. Place a spoonful of the filling at one end, and roll it up, tucking in the sides. Use toothpicks to secure the packet (the round ones work best), If toothpicks are not available, tie up with kitchen string, but I think toothpicks are easier. Heat the remaining butter and oil in a large skillet over medium high heat. Dredge the rolls in flour, tapping off the excess, and brown in the skillet. As the rolls finish browning, remove them to a Dutch oven or similar covered casserole dish, keeping them in a single layer.

4. Reduce the heat to medium low, add 1/2 cup chicken stock and heat, scraping up the fond. Measure the mushroom soaking liquid and add enough broth to equal 1/2 cup. Add to the skillet and allow to heat. Pour over the rolls, add the bay leaf, cover tightly and place in oven, for about 45 minutes. Test with a knife - the roll should pierce with no resistance. Remove the rolls to a serving dish, removing the toothpicks. Defat the juices and serve on the side.

Kugelis

Ingredients:

- 1 pound bacon, diced
- 2 large onions, diced
- 1/2 cup butter
- 5 pounds russet potatoes, peeled and shredded
- 1 (12 fluid ounce) can evaporated milk
- 6 eggs

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Place bacon in the oven set over medium heat, cover, and cook until the bacon has softened and begun to release its grease. Stir in the onion and cook until softened and translucent. Remove the cover, and continue cooking and stirring until the mixture caramelizes and turns a deep, golden brown. Remove from heat and stir in butter to melt.
2. Stir shredded potatoes into the onion mixture, then stir in the evaporated milk and eggs until well combined. Pour into a 9x13 inch glass baking dish. Bake in preheated oven for 1 hour, or until golden on top. Remove and let stand for 10 minutes before slicing into 3x3 inch squares. Serve hot.

Potato dumplings with mushroom sauce and bacon

Ingredients:

- 400 grams waxy potatoes
- 1 large egg, beaten
- 1 shallot, finely diced
- 250 grams pork mince
- ½ teaspoon ground caraway seeds
- 1 garlic clove, crushed
- 1 tablespoon plain flour, plus extra for dusting

Sauce:

- 2 tablespoons dried porcini mushrooms
- 1 teaspoon butter
- 2 shallots, finely diced
- 200 grams chestnut mushrooms, sliced
- 200 grams crème fraîche

Serve:

- 2 rashers smoked streaky bacon
- 1 tablespoon chopped dill
- green vegetables

Preparation:

1. Divide the potatoes into 2 batches. Chop one batch into large chunks and boil for 15-20 minutes until tender, then drain and mash. Finely grate the remaining potatoes using the smallest blade on a grater and tip into a large bowl lined with a

clean tea towel. Bring the edges of the tea towel together and squeeze tightly to expel any liquid; keep 2 tablespoons of this juice and discard the rest. In another large mixing bowl, add the reserved potato juice, the grated potato, mashed potato and half of the beaten egg. Beat everything together well, season, set aside to cool, then chill while you prepare the filling.

2. Mix together the shallot, pork mince, caraway seeds, garlic, remaining egg and some seasoning. Mix 1 tablespoon of flour into your potato mixture and divide into 8. Dust the work surface with flour and make sure there is flour on your hands too, as the mixture can be quite sticky. Lightly shape the potato dough into flat round patties, approximately 1cm thick. Put 1 heaped teaspoon of the pork filling in the middle of each patty, then gently pull the dough up and around to encase the pork and form a dumpling. Roll them in your hands to achieve the signature zeppelin shape. Repeat with the rest of the patties and filling.

3. Bring a large saucepan of water to a rolling boil, then reduce the heat to a simmer. Carefully lower in the dumplings, cover and simmer gently for 30 minutes. Keep an eye on this - the water must not boil or the dumplings won't hold their shape. Meanwhile, grill the bacon until crisp, then chop into very small pieces and set aside. To make the sauce, pour 100ml of boiling water over the dried porcini and leave to stand for 5 minutes.

4. In a saucepan, heat the butter and add the shallots, frying gently until they are soft and translucent. Add the chestnut mushrooms and cook for 5 minutes more. When they are cooked, pour in 1 tablespoon of the liquor from the porcini and discard the rest. Chop the porcini and add them to the pan. Fold in the crème fraîche, bring to a simmer, and then season. Put 2 dumplings on each plate and pour over the mushroom sauce. Sprinkle the dill and bacon pieces over just before serving with green veg and crusty bread to mop up the sauce.

Cold Beet Soup

Ingredients:

- 10 beets, 3½ pounds, with greens
- 3½ quarts water
- 2 medium cucumbers, peeled and coarsely julienned
- ¼ cup finely chopped fresh dill
- ¼ cup distilled white vinegar
- Salt and freshly ground black pepper to taste
- 1 pint sour cream

Garnish:

- 2 russet potatoes, boiled until just tender
- 1 medium yellow onion, peeled and finely chopped
- 4 tablespoons butter
- 4 tablespoons vegetable oil
- 2 tablespoons chopped fresh dill

Preparation:

1. Remove and save the beet greens for another use. Leave 1 inch of the stem on the beets to prevent excess bleeding. Scrub the beets clean and place them in a 5- to 6-quart pot. Cover with 3½ quarts of water; bring to a boil, and simmer, uncovered, for 20 minutes or until just tender. Drain the beets, reserving the beet water, and allow cooling. Strain the water, making sure to remove any dirt that may have clung to the beets. Set it aside.

2. Trim and peel the beets and cut 8 of them into short julienne. Grate the remaining 2 beets on the coarse side of a hand grater. In a 6- to 8-quart stainless steel pot, combine 3 quarts of the reserved beet water, the beets, cucumbers, dill, vinegar, and salt and pepper. In a separate bowl, whip the sour cream with 1 cup of the reserved water. Mix until smooth, add to the pot, and stir in. Chill several hours. Peel and dice the potatoes. Saute the onion in the butter and oil until clear. Add the potatoes and dill, and toss until hot. Serve the potato mixture on the side as a garnish for the cold soup.

Fish in Tomato Marinade

Ingredients:

Marinade:

- ¾ cup vegetable oil
- 2 cups coarsely chopped onions
- ¾ cup tomato paste (6 ounces)
- 3 tablespoons white distilled vinegar
- 1 teaspoon sugar
- ¼ teaspoon powdered cloves
- 1 bay leaf, coarsely crumbled
- 5 whole black peppercorns
- 1 teaspoon salt

Fish:

- 1½ pounds whitefish fillets with skin left on, cut into 2 inch pieces, or 6 schmaltz herring fillets, soaked in cold water for 12 hours, cut into 2 inch pieces and patted dry with paper towels
- 1 tablespoon salt
- Freshly ground black pepper
- ½ cup flour
- ½ cup vegetable oil

Garnish:

- 2 tablespoons finely chopped parsley
- 1 hard-cooked egg, finely chopped

Preparation:

1. Marinade: In a heavy 10- to 12 inch skillet, heat the oil over high heat until a light haze forms above it. Drop in the onions, reduce the heat to moderate and, stirring frequently, cook for 8 to 10 minutes, or until the onions are soft but not brown. Stir in the tomato paste, vinegar, sugar, cloves, bay leaf, peppercorns and

salt and bring to a boil. Cover the pan; reduce the heat to low, and simmer undisturbed for about 15 minutes. Then remove from the heat and cool the marinade to lukewarm.

2. Fish: If you are using the whitefish, sprinkle it with the tablespoon of salt and a few grindings of pepper. Because they are quite salty to begin with, the herring pieces need only be sprinkled with pepper. Whatever the fish, coat it well with the flour and vigorously shake off any excess. In a heavy 10-to 12 inch skillet, heat ½ cup of oil over high heat until a light haze forms above it. Add 6 or 8 pieces of the fish, lower the heat to moderate and brown them 3 to 5 minutes on each side, turning the pieces over with tongs. Transfer the browned fish with tongs to a double thickness of paper towels to drain, and fry and drain the remaining fish similarly. Pour 1/3 of the marinade into a shallow 2-quart enameled, glass or stainless steel baking dish and arrange half the fish in it in one layer. Moisten the fish with 1/3 more of the marinade and arrange the remaining fish in another layer on top. Pour in the remaining marinade and let the fish marinate uncovered and unrefrigerated for at least 6 hours. Then refrigerate, tightly covered with plastic wrap, for at least 24 hours before serving. The herring will keep as long as 1 week in the refrigerator; in fact, its flavor will improve with longer marinating.

3. Garnish: To serve, transfer the fish to a serving platter, moisten it with a little of the marinade if you like, and sprinkle with the parsley and hard-cooked eggs.

Smoked Sausages

Ingredients:

- 4 pounds pork butt, coarsely ground
- 1 pound beef, coarsely ground
- 1½ tablespoons salt allspice
- ½ teaspoon garlic powder
- ½ teaspoon MSG
- ½ teaspoon mustard seeds
- ¾ tablespoon curing salt
- ½ cup cold water

Preparation:

1. Mix all the spices in a small jar. Shake well to mix them. Grind the meats and the fatback coarsely in a meat grinder or food processor. Place the mixture in a bowl. Add the seasonings and mix thoroughly through the meat. Mix in the cold water, which will make the meat easier to stuff. Stuff the mixture into casings. Tie the stuffed casings into rings and smoke them.

Potato Pancakes

Ingredients:

- 2 pounds potatoes
- 1/4 cup potato starch (1/2 cup flour can be substituted)
- 1 small onion

- 2 eggs
- Salt, pepper

Preparation:

1. Traditionally, the potatoes are peeled and grated and the onion chopped fine. Then, the egg/salt/pepper are mixed in. Once you have the batter prepared, heat your griddle or frying pan. Add a generous amount of cooking oil. Drop by spoons-full or pour pancake mixture on the hot griddle. Fry until golden on both sides. Place cooked blynai on paper towels or newspaper briefly to absorb the excess grease. Serve with a dollop of sour cream and/or applesauce.

Ravioli

Ingredients:

- 2 medium-sized onions
- Seasoning
- Fat for frying
- 8 ounces noodle paste
- 1 pound minced cooked lamb
- Salted water
- ¼ cup water
- Melted butter

Noodle Paste:

- 8 ounces flour
- ½ teaspoon salt
- 1 ounce butter or lard

Preparation:

1. Slice the onions and fry them, then mix with the minced lamb, water and seasoning. Make the noodle paste, roll it out thinly and cut into 4 inch rounds. Place some of the meat mixture on each round, fold over and seal the edges. Boil in salted water for a few minutes, until they float to the top, then lift out and serve immediately with melted butter.

2. Noodle Paste: Mix flour and salt, and rub in butter or lard. Add a beaten egg and enough milk and water (or water only) to make very stiff dough. Knead until smooth and divide into portions for rolling out.

Luxembourg



Roast Pork

Ingredients:

- 1 neck of pork
- Vinegar
- 1 bay leaf
- 1 clove
- Parsley, thyme and tarragon
- A few onions
- A garlic clove
- Fat for frying
- Salt
- Cream
- 1 ounce butter
- 1 ounce flour
- Mustard

Preparation:

1. This will take at least 3 to 4 days to prepare. Wipe and trim the meat. Boil 1 cup vinegar and 1 cup water together, with the spices and herbs, and pour this mixture over the meat. Cut some onions in slices and place over the meat, which should be only half covered by the liquid as it is to be turned daily for 3 - 4 days and basted with the liquid.

2. Roasting Meat: Before roasting the meat, place it in about 1 inch of boiling water to which some vinegar, a chopped onion or two and a small piece of garlic have been added, and leave for about 30 minutes. Then dry the meat, fry it lightly in hot fat, sprinkle with a little salt and just a little of the pickle mixture, cover and roast gently in a moderate oven for 1½ - 2 hours. While it is cooking, baste it several times with some cream. Make a gravy with the meat liquid, butter and flour, stir, simmer and serve together with some mustard mixed with cream.

Rice and Tomato Soup

Ingredients:

- 2 onions
- 2 tablespoons cooking fat
- 3 pints water
- Salt
- 4 ounce rice
- A few tomatoes
- Chopped parsley
- 1 cup cream or top of the milk

Preparation:

1. Chop the onions and brown them in the fat. Add the water, salt and the well-washed rice and allow to simmer very slowly for $\frac{1}{2}$ hour until it is quite cooked and soft-do not boil quickly or the rice will be starchy. Before serving, add some chopped and fried tomatoes, chopped parsley and a cup of cream or top of the milk. Serve at once.

Lentil and Bacon Soup

Ingredients:

- 1 pint lentils
- A small bunch of parsley
- 2 pints water
- Salt
- Garlic to taste
- $\frac{1}{2}$ pound bacon
- 1 clove
- 1 pound potatoes

Preparation:

1. Wash lentils and soak them overnight. Boil them in the water in which they have been soaked, adding the garlic, clove, coarsely minced parsley and the salt. Add the diced bacon and allow the mixture to simmer until both the lentils and bacon are cooked. Then add the potatoes, peeled and cut into very small dice, and cook for a further 20 minutes. If a thicker soup is required, brown some butter with a little flour and add to the soup just before serving.

Roll Cake

Ingredients:

- $1\frac{1}{4}$ pound flour
- 5 ounce butter
- 1 ounce yeast
- 2 egg whites
- 1 pint milk
- 4 ounce sugar

- A little salt
- 4 ounce sultanas
- 3 eggs
- 2 ounce sugar for glazing

Preparation:

1. Prepare the dough as in the recipes for Streiselkuch and as soon as it forms bubbles put it on a board sprinkled with flour and beat with the hands until it comes away from the board - add a little more flour as may be necessary. Allow to rise once more, then put in a cool place, let it rise again, and then beat it down again.
2. Repeat this two or three times, then knead the dough for a few minutes, roll to an oblong strip and cut into fingers. Mix one egg white, the sugar and sultanas, and roll together. Place these rolls in a shallow pan about 1 inch apart and allow to rise again.
3. Before baking, brush over lightly with egg white and bake in a hot oven (450°F) for about 45 minutes. When it is taken from the oven, cover with a thick syrup made by boiling 2 ounce. sugar with a little water and replace in a slow oven until the sugar mixture is firm and white.

Fried Tripe

Ingredients:

- Tripe
- Parsley or 2 bay leaves
- 1 Clove
- Little nutmeg
- Salt and pepper
- Flour
- Breadcrumbs
- Fat for frying

Preparation:

1. Wash some uncooked tripe and soak for 24 hours, changing the water several times, then add some parsley, one or two bay leaves, 1 clove and a little nutmeg and boil till tender, which may take about 5 hours cooking. The boiling should be very gentle indeed. Drain the tripe, cut it in square pieces and rub these with salt and pepper; dip in a thin batter of flour and water and then in breadcrumbs. Fry in hot cooking fat in an open frying pan and serve on a hot dish with brown or mustard sauce.

Lamb Lettuce Salad

Ingredients:

- 1 bunch lamb's lettuce or corn salad
- 1 small head leafy lettuce

- 1/3 cup olive or salad oil
- 6 cold, cooked or canned small beets, drained and sliced thinly
- 3 medium-sized stalks celery, cleaned and chopped
- 3 scallions, cleaned and sliced, with some tops
- 1 tablespoon wine vinegar
- Salt, pepper to taste

Preparation:

1. Remove any stems from the lamb's lettuce. Wash and dry lettuces; cut into bite-size pieces and refrigerate. When ready to serve, put in a salad bowl; add oil; toss lightly. Add remaining ingredients; toss. Serve at once.

Special Pastry

Ingredients:

- 750 grams flour
- 2 eggs
- 4 ounce butter
- 1/2 teaspoon bicarbonate
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 cup milk
- 1 grated lemon rind

Preparation:

1. Prepare a dough and put on a pastry board, leave for one hour. Then roll out and cut into thin strips, approx. 4-5 inches long, knot them and put on a slightly floured board, cover with a cloth for about 10-15 minutes to allow mixture to settle.

2. Deep fry in hot fat until golden brown, drain and sprinkle with icing sugar. One could use yeast instead of bicarbonate in which case the pastry would not be as crisp.

Beef salad

Ingredients:

- 600 grams beef for stewing
- 2 potatoes, peeled, cooked 20 minutes and cubed
- 1 onion, chopped
- 1 tablespoon capers
- 2 eggs, cooked 10 minutes and sliced
- 1 clove garlic, chopped
- handful tarragon, cut
- 3 tablespoon vinegar
- 2 tablespoon oil
- 1 tablespoon mustard

Preparation:

1. Stir fry the onion 3 minutes. Add the meat, fry until brown on both sides. Add 1 cup of boiling water and simmer for two hours. Drain the fluid, cut the meat in thin strips, add meat and onions to the potatoes; add the eggs. Mix, for the dressing, the oil with the vinegar and the mustard, the tarragon and the garlic and pepper and salt to taste. Pour this over the beef mixture and sprinkle the capers on top.

Veal Prince Orloff

Ingredients:

- 600 gramsram veal, in one piece
- 1/2 cup cream
- 50 gramsram butter, soft
- 1/2 cup veal fond
- 1/2 cup white wine
- 1 onion, chopped
- 2 cloves garlic, chopped
- 150 gramsram ham, sliced
- 150 gramsram cheese, sliced

Preparation:

1. Distribute the butter over the veal and sprinkle it with salt and pepper. Put the veal together with the onion and garlic in a baking tray and cover it with aluminum foil. Bake the veal 1 hour in the oven at 180 degrees Celsius. Let it stand for 10 minutes, then slice it. Put the slices in a baking tray, alternated with cheese and ham slices and bake it 10 minutes more in the oven. Pour the fluid in a pan (keep the meat warm) and add the wine, fond and cream. Reduce on high heat until the sauce thickens. Serve the sauce with the meat.

Trout with walnuts

Ingredients:

- 4 trout, cleaned
- 100 gramsram butter, cold and cubed
- 1 glass wine
- 1/2 cup cream
- 50 gramsram walnuts, chopped
- 2 tablespoon flour

Preparation:

1. Mix the flour with salt and pepper to taste and dust the trout with it. Fry them in half of the butter, 10 minutes per side. Take them out of the pan and keep them warm. Add the wine to the pan and reduce to one quarter. Add the cream and cook on high heat until the sauce becomes thick. Switch off the heat. Add the remaining butter, stir well until all has dissolved. Add the walnuts. Serve the trout with the sauce.

Macau



Style Chicken

Ingredients:

- 4 Chicken Legs (can be substitute with white meat, but dark meat will work better. Chop into smaller pieces, skin and keep in the bone in for more flavors)
- 2 medium Potatoes (chop into small chunks)
- 1 large Onion (chop into small chunks)
- 6 large Fried Tofu Pieces (available in Chinese supermarket, absorbs all the goodness from the sauce, very delicious in curry. Chop into smaller pieces)
- 2 cups of Cooked White Rice
- 3 Bay Leaves
- 1 cup of Evaporated Milk
- 2 cans of Coconut Milk
- 6 ounces piece of Chouriço

Marinade:

- 2 tablespoons of dark soy sauce
- 2 tablespoons of light soy sauce
- A few pinches of salt and pepper
- 3 tablespoons of turmeric powder
- 1 tablespoon of paprika powder
- 1 teaspoon of chili powder
- 1 tablespoon of Olive oil

Preparation:

1. Marinade chicken for at least an hour. In a large pot, saute chicken over high heat until the meat starts to turn brown. Add potato and onion chunks. Mix well and cook for another 10-15 minutes. Pour in evaporated milk and coconut milk. Add bay leaves. Turn heat down to medium for about 5 minutes. Simmer for about 20 minutes. Chop the Chouriço into medium size pieces. Add the Chouriço pieces and fried tofu pieces. Mix well. Cook for another 10-15 minutes

2. Preheat oven to 325 degrees. Spread rice in the bottom of a large casserole dish. Transfer chicken mixture over the top. Sprinkle some paprika powder on top. Cover dish with foil and bake for about 25-30 minutes. Serve hot!

Egg Tart

Ingredients:

- 3 tablespoons cornstarch
- 1/2 vanilla bean
- 1 cup white sugar
- 1 cup milk
- 6 egg yolks
- 1 (17.5 ounce) package frozen puff pastry, thawed

Preparation:

1. Preheat oven to 375 degrees Fahrenheit or 190 degrees Celsius. Lightly grease 12 muffin cups and line bottom and sides with puff pastry. In a saucepan, combine milk, cornstarch, sugar and vanilla. Cook, stirring constantly, until mixture thickens. Place egg yolks in a medium bowl.
2. Slowly whisk 1/2 cup of hot milk mixture into egg yolks. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Cook, stirring constantly, for 5 minutes, or until thickened. Remove vanilla bean.
3. Fill pastry-lined muffin cups with mixture and bake in preheated oven for 20 minutes, or until crust is golden brown and filling is lightly browned on top and serve.

Minchi

Ingredients:

- 750 grams beef, pork or mix of both
- 1 Onion chopped
- 1 Shallot chopped
- 1 Clove garlic minced
- 2 Soup spoons olive oil
- 3 Soup spoons of soy sauce
- Potato in small cubes
- Pepper & Salt q.b.
- 1 Bay leaf
- Water
- 125 grams Portuguese sausage minced
- Steam Rice
- 1 Fried Egg
- Mince the meat with sausage

Preparation:

1. Stew chopped onions and mashed garlic, in olive oil, and add the bay leaf. As

onions starts cracking, add the meat, season with salt, cover pan and simmer, stirring occasionally. When meat is cooked, sprinkle with pepper and add the soy sauce. Continue to stew, with pan always covered. When becoming dry, cover with water, cover again and let finish cooking, always on soft flame; sauce must be reduced. Finally, add the deep-fried potato cubes. Served with steam rice and a fried egg.

Golden Codfish

Ingredients:

- 4 Slices dried salted codfish
- 4 Cloves garlic minced
- 2 Shallots minced
- 2 Teacups coconut milk
- Saffron
- Olive oil
- Pepper and Salt
- Chili oil

Preparation:

1. Soak the codfish for a while; Remove the skin and bones; and dry with cloth and flake in cloth. Allow the olive oil to simmer with the saffron in a pan. When aroma is released, add the chopped shallots with garlic and the coconut milk. Add the codfish flakes and season with salt and pepper; stir-fry everything quickly under low flame, mix well with a spoon, and add the chili oil. When dry, well toasted, spicy and loose, serve hot with butter rice and spring greens, or salad.

Soup

Ingredients:

- 500 grams Medium size shrimps
- 50 grams Balichão (Shrimp paste)
- 1 Pack rice flour vermicelli
- 400 grams Onion chopped
- 1 Spring onion chopped
- 60 milliliters Olive Oil
- 2 pieces bay leaf
- Pepper and Salt

Preparation:

1. Wash and peel the shrimps, boil the shells in 5lts of water and season shrimps with salt and some pepper. Drain broth when shells are boiled. Scald the vermicelli. Stir the onion, bay leaves and balichão in olive oil and add shrimps, broth and finally the vermicelli in a gradual way, in order to maintain consistency of soup. Boil for about half an hour, adjust the seasoning. Remove the bay leaves and sprinkle the chopped spring onions before serving.

Coconut Milk Custard

Ingredients:

- 1 Teacup cornstarch
- 3 Teacups milk
- 2 ½ or 3 Teacups coconut milk
- 2 Teacups sugar
- 6 Egg yolks
- ¼ Lemon grind

Preparation:

1. Mix the cornstarch with cold milk, sugar, coconut milk and heat. When the mixture comes to boil add the lemon grind. As soon as mixture thickens, remove from flame, mix in egg yolks. Bring to boil in low flame for a few minutes. Pour into greased mould and place in oven to toast; and serve cold.

Sweet Potato Cake

Ingredients:

- 180 gramsrams Sweet potato or regular potato mashed
- 70 gramsrams Condensed milk
- 100 gramsrams Butter
- 140 gramsrams Sugar
- 1 Coconut milk
- 140 gramsrams Flour
- 3 Egg yolks
- 1 Egg

Preparation:

1. Cook the potatoes in little water, then mash into fine purée. Cream the butter and sugar until soft and fluffy; gradually beat in the egg a little at a time. Add the flour, the potato purée and the coconut milk. Finally, add the condensed milk, mixing well until blended. Place in buttered floured mould and put it to bake in an oven of 200°C for about 1 hour.

Macanese Curry Prawns

Ingredients:

- 500 gramsrams (1 pound) Shelled king prawns; (tail on)
- 2 medium Onions; chopped
- 3 tablespoons Peanut oil
- ½ bunch Coriander (extra coriander for garnish)
- 3 tablespoons Peanut oil
- 1 large Onion; diced
- 2 Cloves garlic; minced
- 2 small Red chillies; minced

- 2 teaspoons Minced ginger
- 1 teaspoon Curry powder
- ¼ teaspoon Garam masala
- 250 milliliters Thai coconut milk
- 250 milliliters Water
- Salt and pepper to taste

Preparation:

1. First, make the curry sauce. Heat the oil and add the onion, garlic, chili and minced garlic and saute, gently until the onions are golden, about 10 minutes. Add the curry powder and garam masala and continue to cook until fragrant, another 5 minutes. Add the coconut milk and water and simmer gently then puree in a food processor until smooth.
2. Season to taste with salt and pepper. Meanwhile, heat the oil and saute, the onions until golden. Add the curry sauce and coriander and just bring to the boil. Add the prawns and simmer for 5 minutes until the prawns are orange and cooked through. Serve on a bed of steamed rice with a little extra coriander.

Macanese Garlic Prawns

Ingredients:

- 6 tablespoons Extra Virgin Olive Oil
- 500 grams (1 pound) 16-20 Prawns, shell on
- 2 Bay Leaf
- 2 tablespoons Shallot, minced
- 4 T tablespoons Garlic, fresh, fine minced
- 60 milliliters 1/4 cup Chopped Scallions, White Part
- 120 milliliters (1/2 cup) Chopped Scallion, Green Part
- 120 milliliters (1/2 cup) White Wine
- 2 Tablespoons Chili Paste
- 2 Tablespoon Chicken Broth
- 1 Tablespoon Cilantro, chopped
- Lemon Half

Preparation:

1. In a hot wok, drizzle 4 Tablespoon Olive Oil. Add Prawns and Bay Leaves. (keep the prawns separated to enhance the cooking). Cook for approximately 15-20 seconds on each side, slightly Smoking and Charring the prawns. (Move or swirl frequently).
2. Add 2 Tablespoon Shallots, 4 Tablespoon Garlic and 1/4 cup Scallions Add 1/2 cup White Wine, 2 Tablespoon Chili Paste and 2 Tablespoon Chicken Broth to de-glaze and cook prawns until just done (approx. 30 to 45 seconds). Add ½ cup Chopped Scallions (green part), 1 Tablespoon Cilantro and 2 Tablespoon E V Olive Oil then toss well. Garnish with a Lemon Half.

Pork Chop Bun

Ingredients:

- Pork chop.
- Crisp crust bread bun

Preparation:

1. The chop may be cooked either by grilling or deep frying. The bun should be refreshed by placing in a warm oven for 5 to 10 minutes.

Pig Ears Salad

Ingredients:

- 3 Whole star anise
- 5 cm (2-in) of sliced fresh ginger
- 240 milliliters (1 cup) Raw carrots cut in thin strips
- 1 Cucumber (peeled, seeded and cut in slices)
- 2 Green onions (tops only)
- 120 milliliters (1/2 cup) Plum Sauce or Mango Chutney
- Salt and freshly ground pepper
- Lemon juice to taste
- Lettuce leaves
- Toasted sesame seeds
- 2 pig ears

Preparation:

1. Pig Ears: Remove any hairs on the ears by singeing over an open flame or by plucking. Scrub well (using a vegetable brush if desired) and then sprinkle with salt, rubbing it into the skin. Rinse well with cool water; pat dry. Remove any excess fat. Parboil in salted water (1 teaspoon salt for each quart water) for 5 minutes. Drain, discarding water. This step serves the purpose of ridding the meat of running blood as well as clinging meat, fat or bone residue.

2. Return ears to pot with water to cover, star anise and ginger. Bring to a boil, reduce heat, cover and simmer for 45 minutes, or until ears are tender. Remove ears, let cool and chill. Cut into thin strips (1/8 inch). Cut Green Onion tops, slivered lengthwise and into 2-in julienne.

3. Combine pig ears, carrots, cucumbers and onions and toss lightly with plum sauce. Season with salt and pepper and a little fresh lemon juice if a slightly tart flavor is desired. Serve on crisp lettuce and sprinkle with sesame seeds.

Macedonia



Fresh Fruit

Ingredients:

- 4 cups fresh fruit
- 1 cup dry red wine or 1 cup dry white wine or 1 cup champagne
- 1/4 cup sugar
- 1 tablespoon lemon juice
- whipped cream (optional)

Preparation:

1. If necessary, peel fruits and cut into bite-size pieces to make 4 cups. Combine wine, sugar, and lemon juice. Pour wine mixture over fruits; stir gently to mix. Cover; refrigerate for 1 to 2 hours. To serve, top with dollop of whipped cream, if desired.

Easy Brunch

Ingredients:

- 1 cup fresh blueberries
- 1 cup fresh raspberry
- 1 cup fresh strawberries, hulled and chopped
- 1/2 honeydew melon, cut into chunks
- 1/2 cantaloupe, cut into chunks
- 1 -2 cup fresh pineapple chunk
- 1 cup coconut rum
- 1/4 cup fresh mint leaves
- 1 -2 tablespoon sugar
- 1 cup whipped cream

Preparation:

1. Combine fruits, rum, sugar and mint in mixing bowl. Refrigerate mixture for 1 hour before serving. Place fruit into sherbet cups and top with a dollop of whipped cream.

Pasta

Ingredients:

- 2 small onions or 1 large, coarsely chopped
- ¼ pound butter
- 1 pound mezzania, thin tubular pasta, cooked and drained
- 16 ounces sour cream
- 1 ½ cups crumbled feta cheese
- 12 ripe calamata olives, pitted and sliced
- ½ cup finely grated Pardo or Parmesan cheese
- Salt and freshly ground black pepper to taste
- 1 pound fresh spinach, steamed
- Additional feta cheese

Preparation:

1. Sautee the onions over medium heat until translucent. Mix together the pasta, sour cream, onion, feta, olives and 1/2 cup cheese. Season with salt and freshly ground black pepper. Place in serving bowl. Top with spinach and additional cheese.

Vine Leaf Sarma

Ingredients:

- 1/2 colander full of vine leaves in brine
- 1/2 large head of brined cabbage (or equivalent of sauerkraut)
- 1 kilogram minced meat (pork, lamb, beef, goat or any other meat)
- 300 grams long grain rice
- 2 medium onions, chopped
- 2 tablespoons plain flour
- 1 tablespoon ground paprika
- sunflower oil
- water, brine from the cabbage or vegetable stock
- 1 tablespoon anchovy essence or Worcestershire sauce
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat 2 tablespoon olive oil in a pan. Add the onions and fry for about 2 minutes, or until just softened. Add the meat and fry, stirring frequently, until the meat is cooked through and well browned. Stir in the rice at this point and add a little water, cabbage brine or vegetable soup. Bring to a simmer and cook for about 6 minutes, or until the rice is half done (top-up with liquid as the mixture cooks, you are aiming for a mixture that is dry and not gloopy) then stir in the anchovy essence (or Worcestershire sauce).

2. Take the vine leaves, wash and pat dry then cut off the stem. Add about 1 teaspoon of the rice and meat mix near the stem end of the vine leaf and fold the leaf over the filling. Tuck in the sides then keep rolling the leaf towards the end, so

that you have a neat parcel. Set these aside, seam side down, as you fill more vine leaves. When you have used up the filling mix, take the cabbage leaves and shred them finely. Take a casserole dish and add a layer of the sarmas, packing them in tightly. Cover with a layer of shredded cabbage leaves then continue this layering process, finishing with a final layer of shredded cabbage leaves. Season to taste with salt and black pepper then pour in about 300ml of vegetable stock.

3. Cover the pot tightly, place in an oven pre-heated to 170 degrees Celsius and bake for about 2 hours. At the end of this time, add 80 milliliters vegetable oil to a frying pan. Scatter the flour and paprika over the top and stir to combine. Cook for a few minutes, or until the flour is golden then pour the mixture into the sarma. Place on the hob, bring to a simmer and cook, uncovered, for 5 minutes. Serve hot.

Vegetarian Pizza

Ingredients:

Dough:

- 1 kilogram plain flour
- 4 eggs
- 1 packet active, dried, yeast
- 1/4 teaspoon salt water

Filling:

- 12 eggs, hard-boiled
- 300 grams cheese, diced

Preparation:

1. Dissolve the yeast in about 60ml warm water. Combine the flour and salt in a bowl, mix in the eggs then add the yeast mixture. Stir to combine then add just enough warm water to bring the mixture together as a dough. Knead well, until smooth and elastic then divide the dough into four equal pieces. Take one piece, place on a floured work surface and roll or stretch into a long elliptical shape. Transfer to a greased baking tray then make the next three dough shapes.
2. Pinch the edges of the dough to raise them then divide the meat between the breads. Chop the eggs and divide between the breads then scatter the cheese on top. Transfer to an oven pre-heated to 240 degrees Celsius and bake for about 20 minutes, or until done. If desired, you can crack an egg on top of the meat after cooking for 10 minutes then return to the oven and bake for a further 10 minutes.

Cabbage Stew

Ingredients:

- 1 medium brined cabbage water, brine from the cabbage, or vegetable stock
- 200 grams smoked meat (pork ribs, bacon or sausage)
- 2 medium onions, chopped
- 2 tablespoon olive oil

- 2 tablespoon plain flour
- 1 tablespoon paprika
- 1 bay leaf
- salt and freshly-ground black pepper
- 80 milliliters olive oil

Preparation:

1. Heat the oil in a hot pan, add the onions and fry for about 4 minutes, or until soft. Add the cabbage, along with a little liquid, bring to a simmer and cook for about 6 minutes. Cut the meat into bite-sized pieces, add to the stew along with the bayleaf then pour in enough water, cabbage brine or vegetable stock to just cover the ingredients.
2. Bring to a simmer, cover, and cook gently for about 90 minutes. Ensure that the cabbage is covered with liquid during the entire cooking process. At the end of this time, add 80ml olive oil to a second pan. When hot, scatter the flour and paprika over the top and stir to combine. Cook until golden brown then stir into the cabbage stew. Cook, uncovered, for about 5 minutes, or until the sauce has thickened, remove the bay leaf and serve.

Sorrel Sarma

Ingredients:

- 1/2 colander full of sorrel (*Rumex acetosa*) leaves
- 1/2 large head of brined cabbage (or equivalent of sauerkraut)
- 1 kilograms minced meat (pork, lamb, beef, goat or any other meat)
- 300 gramsramsrams long gain rice
- 2 medium onions, chopped
- 2 tablespoon plain flour
- 1 tablespoon ground paprika sunflower oil water, brine from the cabbage or vegetable stock
- 1 tablespoon anchovy essence or Worcestershire sauce
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat 2 tablespoon olive oil in a pan. Add the onions and fry for about 2 minutes, or until just softened. Add the meat and fry, stirring frequently, until the meat is cooked through and well browned. Stir in the rice at this point and add a little water, cabbage brine or vegetable soup. Bring to a simmer and cook for about 6 minutes, or until the rice is half done (top-up with liquid as the mixture cooks, you are aiming for a mixture that is dry and not gloopy) then stir in the Vegeta substitute.
2. Take the sorrel leaves, wash and pat dry then cut off the stem. Add about 1/2 teaspoon of the rice and meat mix near the top of the sorrel leaf and fold the leaf over the filling. Tuck in the sides then keep rolling the leaf towards the stem end, so that you have a neat parcel. Set these aside, seam side down, as you fill more sorrel leaves. When you have used up the filling mix, take the cabbage leaves

and shred them finely. Take a casserole dish and add a layer of the sarmas, packing them in tightly. Cover with a layer of shredded cabbage leaves then continue this layering process, finishing with a final layer of shredded cabbage leaves.

3. Season to taste with salt and black pepper then pour in about 300 milliliters of vegetable stock. Cover the pot tightly, place in an oven pre-heated to 170 degrees Celsius and bake for about 2 hours. At the end of this time, add 80ml vegetable oil to a frying pan. Scatter the flour and paprika over the top and stir to combine. Cook for a few minutes, or until the flour is golden then pour the mixture into the sarma. Place on the hob, bring to a simmer and cook, uncovered, for 5 minutes. Serve hot.

Posna Sarma

Ingredients:

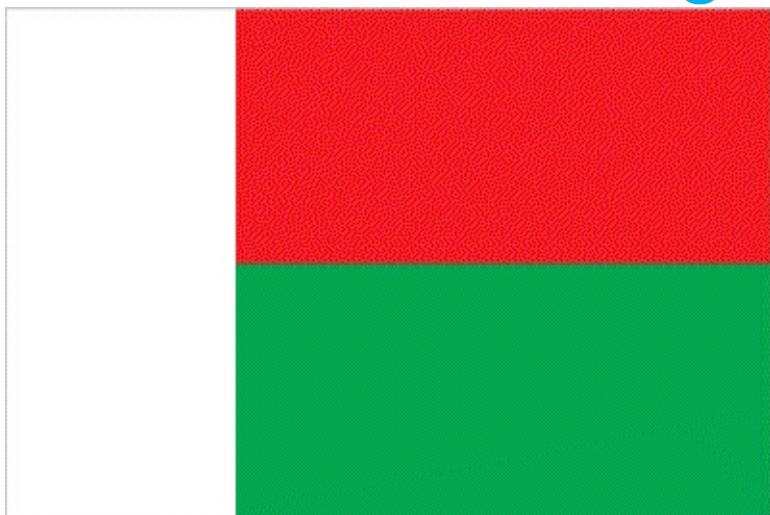
- 1 large head of cabbage
- 400 grams long-grain rice
- 2 leeks, chopped
- 1 medium onion, chopped
- 2 tablespoon plain flour
- chili powder and freshly-ground black pepper, to taste
- dried mint, crumbled
- 280 milliliters sunflower oil water, brine from the cabbage or vegetable stock
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat 2 tablespoon olive oil in a pan. Add the onions and garlic and fry for about 2 minutes, or until just softened. Add the the rice along with a little water, cabbage brine or vegetable soup and chili powder, to taste. Bring to a simmer and cook for about 6 minutes, or until the rice is half done (top-up with liquid as the mixture cooks, you are aiming for a mixture that is dry and not gloopy).
2. Season to taste with black pepper and dried mint then take off the heat. Take the cabbage and separate the leaves. Blanch these lightly in boiling water then cut off the thicker parts of the leaf base and make a small slit in the stem (this will help you fold the leaves). Add about 2 teaspoon of the rice and mix near the top of the cabbage leaf and fold the leaf over the filling. Tuck in the sides then keep rolling the leaf towards the stem end, so that you have a neat parcel. Set these aside, seam side down, as you fill more cabbage leaves. When you have used up the filling mix, take any remaining cabbage leaves and shred them finely.
3. Take a casserole dish and add a layer of the sarmas, packing them in tightly. Cover with a layer of shredded cabbage leaves then continue this layering process, finishing with a final layer of shredded cabbage leaves. Season to taste with salt and black pepper then pour in about 200 milliliters of vegetable stock and 200milliliters of the oil. Cover the pot tightly, place in an oven pre-heated to 170 degrees Celsius and bake for about 2 hours.

4. At the end of this time, add 50 milliliters vegetable oil to a frying pan. Scatter the flour over the top and stir to combine. Cook for a few minutes, or until the flour is golden then pour the mixture into the sarma. Place on the pot, bring to a simmer and cook, uncovered, for 5 minutes. Serve hot.

Madagascar



Chicken

Ingredients:

- 2 (1/2 pound) boneless skinless chicken breast half
- 2/3 cup coconut milk
- 1 1/2 cups yellow onions, chopped
- 1 bell pepper, chopped, any color
- 3 garlic cloves, minced
- 2 teaspoons ground ginger
- 1 lemon, juice and zest of
- 1/3 teaspoon cayenne, adjust to taste
- salt and pepper, to taste

Preparation:

1. Grate the lemon rind, removing the yellow only and leaving the bitter pith on the fruit. Reserve rind. Cut chicken into bite sized pieces and squeeze the juice of the lemon over the meat. Allow it to marinate for 30 minutes. Drain and season with salt and pepper to taste. In a hot skillet with a little oil or cooking spray, brown chicken over medium heat leaving chicken only partially cooked.
2. Remove chicken and discard any oil, leaving just a light film or spray pan again. Add onions and cook until slightly browned. Add bell pepper and garlic and saute for 3 minutes. Reduce heat to simmer, add coconut milk, ginger, cayenne powder, and grated lemon rind. Return chicken to pan, cover and simmer 30 minutes or

until in thick stew consistency. If mixture is too thin simmer with lid removed until desired consistency is reached. Serve over a bed of steamed white rice.

Chicken in Coconut Milk

Ingredients:

Marinate:

- 1 whole chicken, de-boned and cut into pieces
- 1 lemon, juice of
- 1 teaspoon grated lemon rind
- salt
- pepper
- cayenne pepper

Stew:

- oil (for frying, coconut oil if possible)
- 2 onions, chopped
- 2 garlic cloves, minced
- 2 -3 tomatoes, chopped
- 1 teaspoon fresh ginger, minced
- 1 cup unsweetened coconut milk

Preparation:

1. Marinate the chicken in the lemon juice, lemon rind, salt and pepper for about an hour. Heat oil in dutch oven or large covered pot. Saute the onion and garlic for a few minutes. Add the chicken and continue to cook and stir until the chicken is nearly done. Reduce heat, add tomatoes and ginger and stir for a few minutes. Add coconut milk and simmer over low heat until chicken is fully cooked and sauce is thickened. Serve over rice.

Spiced Minced Beef and Potato Stew

Ingredients:

- 500 gramsrams minced beef
- 1 medium onion, chopped
- 2 tablespoon vegetable oil
- 200 gramsrams tinned, diced, tomatoes
- 1 red bell pepper, chopped (with seeds)
- 1 liter water
- 1 beef bouillon cube
- 2 teaspoon salt
- 1/2 teaspoon ground turmeric
- 2 teaspoon ground cumin
- 2 large baking potatoes, quartered
- 1 lemon
- 1 French baguette

Preparation:

1. Heat the oil in a pan, add the onion and fry for about 5 minutes, or until soft and translucent. Now stir in the tomatoes and bell pepper. Continue cooking until the tomatoes begin to break down then add the minced beef and crumble in the beef bouillon cube. Stir in the water and bring to a simmer then add the spices and potatoes.
2. Cook over medium heat for about 25 minutes, or until the potatoes are tender and the sauce has thickened. Turn the resultant stew into a serving bowl and squeeze over the juice of the lemon. Break the baguette into pieces and use this to scoop up the khimo (rather than using a spoon).

Paprika Chicken

Ingredients:

- 1 chicken
- 3 tablespoon groundnut oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 250 grams tomatoes, blanched, peeled and chopped
- 100 grams shelled peas
- 250 grams rice, washed and drained
- 1 tablespoon paprika
- salt and freshly-ground black pepper

Preparation:

1. Wash the chicken and joint into serving pieces. Season these with salt and black pepper. Heat the groundnut oil in a large pan. Add the chicken pieces and fry until golden brown. Remove the chicken pieces at this point and set aside to keep warm. Fry the onion in the pan for about 6 minutes, or until golden brown. Stir in the chopped tomatoes, garlic and paprika then season with a little salt and black pepper.
2. Bring to a simmer and cook for about 10 minutes, or until the tomatoes have begun to break down. Return the chicken pieces to the pan then stir in the peas and rice. Mix in 750 milliliters of boiling water. Bring to a simmer, cover the pan and cook for about 30 minutes, or until the chicken and rice are tender. Adjust the seasonings to taste, turn into a dish and serve immediately.

Rice with Greens and Minced Beef

Ingredients:

- 500 grams minced beef
- 2 tablespoon oil
- 1 large onion, chopped

- 1 1/2 tablespoon grated garlic
- 1 1/2 tablespoon grated ginger
- 1 teaspoon salt
- 1 teaspoon finely chopped cayenne pepper
- 3/4 teaspoon freshly-ground black pepper
- 200 gramsrams tinned, diced, tomatoes (with juice)
- 500 gramsrams coarsely-chopped mixed greens (kale or collard greens, spinach and watercress)
- 300 gramsrams rice
- 1.6 liters water

Preparation:

1. Heat the oil in a large saucepan over medium heat. Add the onion and fry for about 5 minutes or until soft and translucent. Stir in the meat, garlic, ginger, salt and cayenne pepper. Fry until the meat is browned and cooked through then add the tomatoes and greens. Stir to combine, cover the pan and simmer over low heat for 15 minutes, or until the greens are wilted.

2. Wash the rice and stir into the pan then add the water and 2 teaspoon salt. Bring to a simmer, cover the pan and cook gently for about 25 minutes, or until the rice is tender. The mixture should be thick, but remains a little gloopy (add a little more water half way through the cooking time if it is drying too quickly). This is typically served as a kind of pottage and is often served for breakfast, accompanied by a fried egg.

Steamed Banana and Peanut Cakes

Ingredients:

- 3 very ripe bananas
- 105 grams rice flour
- 40 gramsrams brown sugar
- 120 gramsrams raw peanuts, chopped in a blender
- 1/4 teaspoon vanilla extract
- 2 tablespoon honey banana leaves, corn husks or greaseproof (waxed) paper, to wrap

Preparation:

1. Mash the bananas thoroughly in a bowl then stir in the peanuts, sugar, vanilla extract and honey to form a thick paste. Take your wrapper (soften the banana leaves or corn husks by boiling) and place a heaped tablespoon of the batter in the centre of each. Fold over to form a neat parcel and tie with string.

2. Place in a steamer basket and steam over boiling water for about 25 minutes, or until firm. Remove the packages from the heat and allow to cool to room temperature before unwrapping the cakes and serving.

Pork Kebabs with Mango Salsa

Ingredients:

- 1 kilogram pork, cubed
- 1 green bell pepper, cut into large squares
- 1 red onion, cut into wedges
- 2 tablespoon ginger, grated
- 3 garlic cloves, grated
- 3 tablespoon sesame oil
- 2 teaspoon mustard seeds, crushed
- 3 tablespoon freshly-grated lemon zest
- 4 tablespoon lemon juice
- 4 tablespoon lemon marmalade, melted

Mango Salsa:

- 1 green mango, diced
- 80 gramsrams red onion, finely chopped
- 80 gramsrams cucumber, peeled and finely chopped
- 2 tablespoon lemon zest, chopped
- 1/2 tablespoon ground cumin

Preparation:

1. Combine the bell pepper, red onion, ginger, garlic, mustard seeds, lemon juice, marmalade, soy sauce, sesame oil, lemon zest and salt in a bowl. Whisk to combine then add the cubed pork and toss to combine. Cover the bowl and set aside in the refrigerator to marinate for at least 6 hours. Now prepare the mango salsa. Simply combine all the ingredients in a bowl. Toss to combine, cover and set aside in the refrigerator to chill until needed.

2. In the meantime, soak your skewers in a large bowl for at least 2 hours to prevent them from burning. Thread the marinated pork onto the skewers, alternating with the squares of bell pepper and the onion wedges. Cook either on a hot barbecue or under a hot grill for about 4 minutes per side, or until done through. Serve hot, accompanied by white rice and fried plantains. Serve the mango salsa on the side.

Malawi



Steak Cooked in Milk

Ingredients:

- 1 kilogram stewing steak
- 2 tablespoon plain flour
- 1 tablespoon butter, for frying
- 4 large onions, very finely chopped
- 225 milliliters whole milk
- salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the meat into 3cm cubes then roll in seasoned flour to coat. Heat the butter in a large frying pan, add the butter and when the foaming has subsided add the onions along with the floured steak pieces and cook for about 8 minutes, or until the onions are golden brown and the steak is nicely coloured all over. Gradually work in the milk, stirring constantly.
2. The milk will absorb the flour from the meat and the sauce will thicken. When all the milk has been added, immediately turn the contents of the pan into a casserole dish then cover with a lid and transfer to an oven pre-heated to 160 degrees Celsius. Cook for 90 minutes, or until the meat is tender and the sauce is well flavoured. Serve hot, accompanied by rice.

Banana Fritters

Ingredients:

- 3 ripe bananas
- 1 teaspoon sugar
- 100 gramsrams ufa (cornmeal) generous

- pinch of salt
- oil for frying

Preparation:

1. Mash the bananas and mix thoroughly with the salt, sugar and cornmeal. Heat the oil to a depth of about 3cm in a wok until very hot. Add teaspoonfuls of the banana mixture to the oil and fry until golden brown. Drain on kitchen paper and serve hot as a snack.

Stuffed Chicken

Ingredients:

- 1 whole, oven-ready chicken
- 1/4 red onion, chopped
- 10 small prawns (shrimp)
- 10 blanched almonds (or cashew nuts)
- 100 gramsrams boiled potatoes (or sweet potatoes)
- 1/2 teaspoon dried oregano, crumbled
- 1/2 teaspoon ground cinnamon
- 2 teaspoon hot chili powder (or to taste)
- 50 gramsrams ground peanuts
- 2 teaspoon raisins 2 tins (450 gramsrams) tuna juice of
- 3 lemons
- 400 gramsrams sweetened dark chocolate bars
- oil for frying
- salt, to taste

Preparation:

1. Heat the oil in a frying pan, add the onions and fry for a few minutes, or until softened then add the prawns, almonds, potatoes, raisins and peanuts. Scatter over the cinnamon, oregano, salt and chili powder. Fry until the nuts begin to colour then turn the mixture into a bowl. Add the drained tuna along with the lemon juice. Combine the ingredients thoroughly then use this mixture to stuff the body cavity and the neck of the chicken. Sit the chicken on a rack in a roasting tin then transfer to an oven pre-heated to 210 degress Celsius and roast for 20 minutes.

2. Reduce the oven temperature to 180°C and continue roasting for 44 minutes per kg (20 minutes per pound). When done, insert a skewer into the thickest part of the thigh to ensure the juices run clear (if not, roast for longer). Place the bird on a cutting block, cover with foil and allow to rest for 20 minutes. Whilst the chicken is cooking chop the chocolate. Place in a heat-proof bowl and set over a pan of barely-simmering water. Stir until the chocolate has melted. Cover the chicken with the melted chocolate then bring to the table and carve.

Cabbage

Ingredients:

- 450 grams fresh cabbage, shredded
- 2 tomatoes, chopped
- 1 onion, chopped
- salt to taste
- oil for frying

Preparation:

1. Add enough oil to cover the bottom of a pan and use to fry the onions for 4 minutes. Add the tomatoes and fry for 2 minutes more then add the cabbage. Stir to mix, cover and cook for about 8 minutes until the cabbage is still crisp but tender. Season with salt and serve with rice.

Sweetened Maize Porridge

Ingredients:

- 750 milliliters water
- 150 grams ngaiwa (whole, ground, maize meal)
- 120 milliliters milk pinch of salt sugar to sweeten

Preparation:

1. Combine the water, maize meal, milk and salt in a saucepan. Bring to a boil over high heat and cook, stirring constantly to prevent lumps forming. Continue boiling for about 15 minutes or until the porridge is thick and the maize meal is no longer raw. Sweeten to taste with sugar (typically a lot of sugar is added) and serve for breakfast.

Vegetable Ndiwo

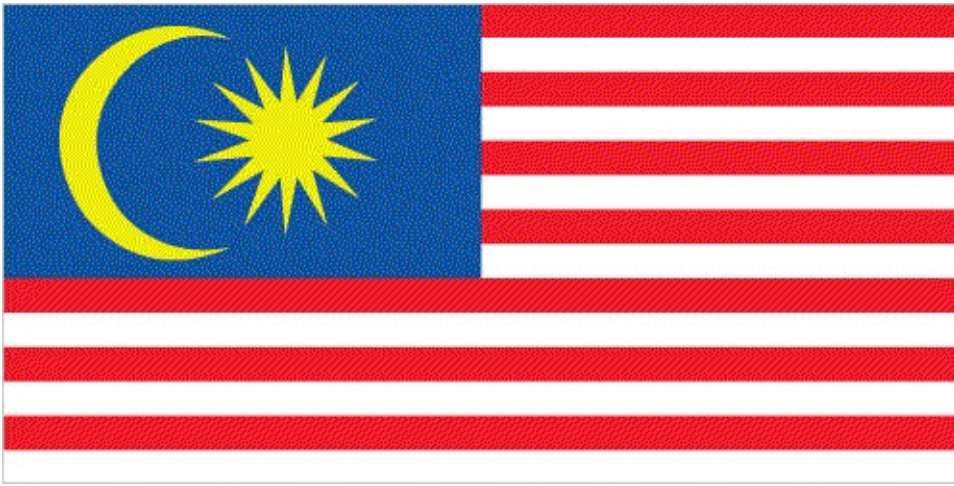
Ingredients:

- 600 grams mixed greens (eg cassava leaves, sweet potato leaves, bean leaves, pumpkin leaves, Chinese cabbage, mustard leaves, rape leaves, kale, cabbage, collard greens) finely chopped
- 1 small onion, chopped
- 1 tablespoon oil
- 2 tomatoes, chopped
- 250 milliliters water
- salt, to taste

Preparation:

1. Fry the onions in the oil until soft then add all the remaining ingredients, bring to a boil, cover the pan and reduce to a simmer. Cook on medium heat for 5 minutes until the greens are tender. Serve with rice or Nsima.

Malaysia



Chicken Curry

Ingredients:

Curry Paste:

- 5 garlic cloves, peeled
- 4 -5 long red chilies, trimmed
- 2 lemongrass, stalks trimmed, outer leaves removed and sliced
- 5 cm piece fresh gingerroot, peeled and chopped
- 4 shallots, peeled and chopped
- 1 teaspoon ground turmeric
- 2 tablespoons oil

For curry:

- 800 gramsrams chicken thighs, cut into bite sized pieces
- 1 tablespoon oil
- 1 teaspoon ground turmeric
- 2 onions, peeled and thinly sliced
- 4 kaffir lime leaves
- 1 cinnamon stick
- 3 star anise
- 400 milliliters light coconut milk
- 100 milliliters chicken stock
- 1 teaspoon palm sugar (or soft brown sugar)
- 2 tablespoons light soy sauce
- 2 tablespoons fish sauce
- 400 gramsrams green beans, trimmed
- salt and pepper
- coriander leaves, roughly torn

Preparation:

1. To make the curry paste. Put the garlic, chilies, lemon grass, ginger and shallots in a food processor to form a paste. (Or you can use a pestle and mortar). Next, heat the oil in a large heavy-based pan. Tip in the curry paste with 1 teaspoon ground turmeric and stir over a medium heat for a few minutes. Add the onions and cook, stirring for 5 minutes. Season the chicken pieces with salt and

pepper and add to the pan, stirring to coat in the paste.

2. Add the lime leaves, cinnamon stick, star anise, coconut milk, stock, sugar, soy and fish sauces and bring to the boil. Reduce the heat to a simmer and cook gently for half an hour to an hour until the chicken is tender. Skim off any excess oil on the surface of the curry. Taste add salt and pepper if you think its needs. Add the beans and cover for another few minutes until the beans are tender. To serve, scatter the coriander leaves over the curry and serve with rice and roti.

Fish Curry

Ingredients:

- 5 garlic cloves
- 1 medium onion
- 3 tablespoons fish curry powder
- 3 tablespoons dried tamarind
- 560 milliliters water (2 1/4 cups)
- 4 tablespoons oil
- 1 teaspoon black mustard seeds
- 1/4 teaspoon fenugreek seeds
- 1 teaspoon cumin seed
- 1 stalk curry leaf
- 2 medium tomatoes, cut into wedges
- 500 grams rams grouper (or trevally, black pomfret)
- 10 okra, stalk ends removed
- 2 green chilies, halved lengthwise
- 125 milliliters coconut milk
- 1 teaspoon salt

Preparation:

1. process garlic and onion to a smooth paste in a spice blender, adding a little oil if needed to keep the mixture turning, set aside. mix curry powder with 4 tablespoon water to form a paste, set aside. soak tamarind pulp in 500 milliliters (2 cups) of water for 5 minutes, then squeeze and strain to obtain juice set aside. heat oil in a wide saucepan, add mustard seeds, fenugreek, cumin and curry leaves.

2. fry until mustard seeds start to pop (around 30 seconds) add the garlic onion paste, stir fry over low heat until mixture smells fragrant and starts to brown (about 5 minutes). add curry paste and cook over low heat until dry and oil starts to separate (8 to 10 minutes). add tamarind juice and bring to a boil. add fish and okras, tomatoes, chilies, coconut milk, salt. simmer gently about 10 minutes (or until fish and okras are cooked through).

Noodle Stir-Fry

Ingredients:

- 800 grams rams hokkein noodles

- 2 Chinese sausage (lap cheong, available at asian grocery stores)
- 1 tablespoon water
- 2 tablespoons olive oil
- 1 carrot, sliced
- 2 sticks celery, sliced
- 1 zucchini, sliced
- 1 red pepper, deseeded & membranes removed, sliced
- 1/4 cabbage, sliced
- 500 grams chicken breasts, sliced
- 1 onion, sliced
- 1 teaspoon gingerroot, grated
- 2 garlic cloves, minced
- 1 teaspoon sambal oelek
- 1/4 cup soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons ketjap manis or 2 tablespoons thick soy sauce

Preparation:

1. Soak hokkein noodles in hot water for 5 minutes, until they easily separate. Drain. Microwave lap cheong with water for 1 minute. Allow to cool slightly, then slice thinly. Heat 1 tablespoon oil in wok, then add all vegetables except cabbage and onion, stirring for a few minutes until partly cooked. Add cabbage to wok and cook for a further 3 minutes, stirring often. Remove from wok.
2. Heat remaining oil. Add chicken to wok and cook until almost done. Add lap cheong, onion, ginger, garlic and sambal oelek, stirring, cook for a further few minutes, until onion starts to become translucent. Add noodles and vegetables to wok, stirring to combine. Add sauces to wok, stirring through. Heat for a couple of minutes, stirring.

Deep Fried Potato Patty

Ingredients:

- 1/2 kg potato, peeled washed and cut into circles
- 1 bunch spring onion, chopped finely
- half bunch cilantro, chopped finely
- 1/2 cup fried shallots
- egg, beaten and used for coating purposes before deep frying (at least 2)
- white pepper
- black pepper
- salt
- enough oil (for frying)

Preparation:

1. Most people deep fry the potatoes, drain the oil and then mash them in a dry bowl. Boiling, however, is a healthier alternative and I have done it a lot of times. Works either way. Throw in all the chopped ingredients including shallots and mix

thoroughly. Season well and shape into medium sized balls with the palms of your hands before flattening. Coat begedil in the beaten eggs and fry till lightly browned.

Fried Shrimp with Sugar Snap Pea Pods

Ingredients:

- 1 pound large shrimp, shelled
- 1/4 cup soy sauce
- 1/4 cup Scotch whisky
- 1 teaspoon sugar
- 1 teaspoon cornstarch
- 2 tablespoons peanut oil
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced fresh garlic
- 1 tablespoon curry paste
- 1 sliced onion
- 6 ounces sugar snap peas
- 1/4 cup chicken stock
- 1 tablespoon soy sauce
- 1 tablespoon lime juice
- 1/4 cup chopped coriander or 1/4 cup mint

Preparation:

1. Combine shrimp, soy sauce, Scotch, sugar, and cornstarch. Marinate for 30 minutes. Heat oil in wok or skillet on high heat. Stir in ginger, garlic and curry paste. Stir fry for 1 minute. Add onion and sugar snaps. Stir fry until sugar snaps are slightly cooked, about 2 minutes. Add shrimp and marinade and cook 1 minute longer or until shrimp are just beginning to turn pink. Pour in stock, soy sauce and lime juice. Stir everything together and remove from heat as soon as shrimp are pink and curled. Stir in coriander and serve over noodles. Garnish with pea sprouts, if desired.

Chicken and Potato Curry

Ingredients:

- 6 medium sized chicken pieces
- 3 potatoes
- 1 inch ginger
- 5 pieces red shallots
- 2 garlic cloves
- 1 cinnamon stick
- 3 whole cloves
- 2 star anise
- 2 tablespoons curry powder
- 1 cup coconut milk

- 2 tablespoons vegetable oil
- 1 cup water
- 1 tablespoon lime juice
- 1 teaspoon salt

Preparation:

1. Mince garlic, and shallots. Peel and cut potatoes into 1.5 inch cubes. Mix curry powder with the 1 cup water. Set aside. Heat the 2 tablespoon oil in a pot on medium high heat. When the oil is hot fry Ginger, Shallots, Garlic, Cinnamon stick Clove and Star Anise until fragrant (Careful not to burn). Add curry powder paste. Put in chicken and cook until chicken is half done. Add potatoes. Stir every couple of minutes, so that the bottom won't burn and everything is cooked evenly. Add in the coconut milk and salt.

2. If you like your curry watery, just add water a little at a time. When potatoes are cooked, simmer for a little while more. Poke the chicken to make sure it's not red on the inside. The Potatoes should be tender but not soft until it turns to mush. After cooking I usually fish out the spices, like the cloves, anise, cinnamon, and ginger, because it is quite unpleasant to bite into them because they have such a strong taste.

Pineapple Pastries

Ingredients:

- 1/2 medium fresh pineapple
- 1/2 cup sugar
- 1/3 cup water
- 1/2 cup butter
- 2 cups all-purpose flour
- 2 egg yolks, beaten
- 1/2 teaspoon vanilla
- 5 -6 tablespoons cold water
- 2 egg whites, slightly beaten

Preparation:

1. Peel pineapple, remove eyes and core. Chop pineapple to make 1 1/2 cups. In sauce pan combine pineapple, sugar, and 1/3 cup water. Bring to boiling; reduce heat to medium till thickened, stirring occasionally.(Watch closely the last 5 minutes to prevent sticking.) Cool. Meanwhile, in bowl cut butter into flour till mixture is crumbly. Add egg yolks and vanilla; stir till well combined. Sprinkle 1 tablespoon cold water over part of mixture, gently toss with fork. 2. Push to side of bowl. Repeat till all is moistened. Form dough into ball. Cover; chill 1 hour. Divide dough in half. On lightly floured surface roll each half to 10x10 inch square. Cut into sixteen 2 1/2 inch squares. Spoon about 1 teaspoon pineapple filling diagonally in center of each square. Bring up two side corners/ overlap slightly. Place on ungreased baking sheet. Brush lightly with egg white to seal. Bake in 400 degree oven for 10 to 12 minutes till golden brown. Cool on wire rack.

Chicken in Red Chili And Tomato Sauce

Ingredients:

- 3½ pounds chicken, cut into 6 or 8 serving pieces

Sauce:

- 6 dried ancho chilies
- 1 cup boiling chicken stock, fresh or canned
- 1 cup coarsely chopped onions
- 3 medium tomatoes, peeled, seeded and coarsely chopped (see salsa cruda), or substitute 1 cup drained, canned Italian plum tomatoes
- 1 teaspoon finely chopped garlic
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- ½ teaspoon ground coriander seeds
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 1½ teaspoons salt
- ¼ teaspoons freshly ground black pepper
- 4 tablespoons lard

Preparation:

1. Under cold running water, pull the stems off the chilies, break them in half, and brush out the seeds. With a small, sharp knife, cut away any large ribs. Tear the chilies into small pieces, pour 1 cup of boiling stock over them and let them soak for 30 minutes. Pour the chilies and the stock into the jar of a blender and puree at high speed for about 15 seconds. Add the onions, tomatoes, garlic, vinegar, sugar, coriander, cinnamon, cloves, salt and black pepper, and blend for 30 seconds, or until the mixture is reduced to a thick puree.

2. To make the sauce by hand, puree the chilies, onions, tomatoes and garlic a cup or so at a time in a food mill set over a bowl. Then stir in the vinegar, sugar, coriander, cinnamon, cloves, salt and black pepper. In a heavy 8 inch skillet, heat 1 tablespoon of the lard over moderate heat. Add the puree and cook, uncovered, stirring occasionally, for 5 minutes. Remove from the heat; cover the skillet to keep the sauce warm. Preheat the oven to 350 degrees Fahrenheit. Pat the chicken pieces dry with paper towels (they will not brown well if they are damp). In a heavy 10- to 12 inch skillet melt the remaining 3 tablespoons of lard over moderate heat until a light haze forms above it.

3. Brown the chicken a few pieces at a time, starting them skin side down and turning them with tongs. As the pieces turn a rich golden brown, place them in a 3-quart heatproof casserole. Pour the chili sauce into the casserole and turn the chicken about in it until the pieces are thoroughly coated with the sauce. Cover the casserole tightly and bake, undisturbed, in the middle of the oven for 45 minutes. Then remove the cover and bake 15 minutes longer, basting the chicken every now and then with its sauce. Serve directly from the casserole or arrange the chicken attractively on a serving platter and pour the sauce over it.

Braised Chicken and Peas in Coconut with Chili Sauce

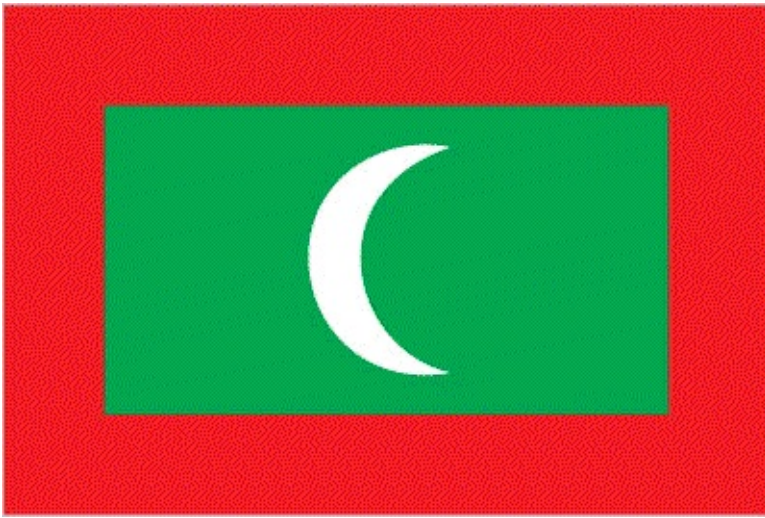
Ingredients:

- 15 fresh hot chilies, each about 4 inches long, stemmed and seeded
- 12 medium-sized shallots, peeled
- 1 inch piece of fresh ginger root, scraped
- 4 pounds chicken, cut into 8 serving pieces
- 4 cups rich coconut top milk
- 2 teaspoons salt
- ¼ teaspoon white pepper
- 1½ cups fresh peas (about 1½ pounds in the shell), or substitute 1½ cups frozen peas, thoroughly defrosted
- 2 teaspoons strained fresh lime juice
- 1/3 cup finely sliced scallions, including 2 inches of the green tops

Preparation:

1. Chop the chilies, shallots and ginger coarsely and put them through the finest blade of a meat grinder. Or combine the chilies, shallots and ginger on a cutting board and, with a large, sharp knife, chop them together as fine as possible. Place the chicken pieces in a heavy 4- to 5-quart casserole. Add the chili mixture, coconut milk, salt and pepper, and cook over moderate heat until small bubbles begin to appear around the edge of the pot.
2. Do not let the coconut milk boil or it may curdle. Reduce the heat to low, cover the pot tightly and simmer the chicken for about 30 minutes, or until it is tender but still intact. Then transfer the chicken to a plate and drape foil over it to keep it warm. Stir the peas and lime juice into the simmering sauce remaining in the casserole. Regulating the heat to prevent the milk from boiling, simmer uncovered until the peas are tender (this may take anywhere from 5 to 15 minutes depending on their size).
3. If you are substituting frozen peas, simmer them for 2 or 3 minutes, or until they are heated through. Return the chicken and any juices that have accumulated around it to the casserole. Taste the sauce for seasoning and simmer covered for 4 or 5 minutes to heat the chicken through. Sprinkle the scallions over the top and serve the Ayam Masak Rose at once, directly from the casserole.

Maldives



Eggless Cake

Ingredients:

- 1/2 cup Margarine
- 1/2 cup Flour
- 1/2 cup Condensed Milk
- 1/2 teaspoon Baking Powder
- 1 teaspoon Vanilla Essence

Preparation:

1. Mix Flour in Baking Powder. Add margarine into the flour mixture and knead for 2 minutes. Mix the condensed milk and vanilla essence into the mixture and knead until soft. Pour the mixture into a tray and bake in an oven for 25-30 minutes.

Mashuni

Ingredients:

- 1 cup smoked tuna – diced or sliced
- 1 cup coconut – scraped or grated
- 1 Dorset Naga (Chinese capsicum/ ghost chili or githeyo mirus) – finely chopped
- ½ cup onion – finely sliced
- ½ cup lemon juice
- Salt to taste

Preparation:

1. Squash the onions, and Dorset Naga with the lemon juice and salt. Add the tuna and mix well. Next mix in the coconut. Serve with roshi.

Pumpkin Mashuni

Ingredients:

- 1 cup smoked tuna – diced or sliced

- 1 cup pumpkin (barabo) – boiled, drained and mashed
- 1 cup coconut – scraped or grated
- 1 Dorset Naga (Chinese capsicum or ghost chili or githeyo mirus) – finely chopped
- ½ cup onion – finely sliced
- ½ cup lemon juice
- Salt to taste

Preparation:

1. Squash the onions, and Dorset Naga with the lemon juice and salt. Add the tuna and mix well. Then add the pumpkin and finally the coconut. Serve with roshi.

Raihaakuru Huni

Ingredients:

- 1 cup coconut – scraped or grated
- 1 Dorset Naga (Chinese capsicum/ ghost chili/githeyo mirus) – finely chopped
- ½ cup onion – finely sliced
- 3 tablespoon rihaakuru
- ½ cup lemon juice
- Salt to taste

Preparation:

1. Squash the onions, and Dorset Naga with the rihaakuru, lemon juice and salt. Mix in the coconut.

Cole Slaw

Ingredients:

- 1 cup cabbage – shredded
- 1 cup carrot – grated
- ½ cup onion – chopped

Dressing:

- ½ cup mayonnaise
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 1 teaspoon mustard sauce
- salt and pepper to taste

Preparation:

1. Mix the cabbage, carrot and onion. Mix dressing ingredients in a small bowl until sugar is dissolved. Add to salad and mix well. Transfer to a smaller bowl, cover and refrigerate. Stir again before serving.

Potato Salad

Ingredients:

- 5 medium potatoes – peeled, diced into 1 inch cubes
- ½ cup mayonnaise
- 3 eggs – hard boiled, cut into cubes
- ½ teaspoon salt

Preparation:

1. Boil potatoes until tender, drain and let cool for about 5 minutes. Add mayonnaise, salt, eggs and mix (gently, so the potatoes and eggs are not squashed). Chill.

Chicken Casserole

Ingredients:

- 3 medium potatoes – diced into 1 inch pieces
- 2 large chicken breasts – quartered and skinned
- 1 tablespoon olive oil
- 2 cloves garlic – minced
- 1 green pepper – sliced into 1 inch pieces
- 1 medium onion – sliced
- 1 cup mashed Italian plum tomatoes or leftover tomato sauce
- ¼ teaspoon fennel seeds
- 1 teaspoon oregano
- Freshly milled pepper to taste
- 3 tablespoons parmigiano cheese – grated
- Salt to taste

Preparation:

1. Preheat oven to 190 degrees Celsius or 375 degrees Fahrenheit. Steam potatoes for five minutes and set aside. Wash chicken and pat dry with paper towels. Oil baking pan with olive oil. Put chicken breasts in pan, skinned side down. Place steamed potatoes around the chicken, being sure that they are on the bottom of the pan to catch cooking juices. Distribute garlic, green pepper and onion evenly over chicken and potatoes.

2. Ladle tomato sauce over casserole. (If sauce is thick, add ¼ cup water.) Sprinkle fennel seeds and oregano on top, and cover with liberal grating of fresh pepper. Sprinkle the cheese over all and cover with tin foil. Bake for ½ hour in preheated oven. Remove foil and turn the potatoes. Season with salt and baste with the cooking liquid. Bake another 15 – 20 minutes uncovered.

Banana Bread

Ingredients:

- 1 cup plain flour
- 1 teaspoon baking powder
- ½ teaspoon salt

- ½ teaspoon Bicarbonate of soda
- ½ cup sugar
- 2 Eggs
- 3 tablespoon water
- 2 cups banana – mashed

Preparation:

1. Preheat oven to 180 degrees Celsius or 350 degrees Fahrenheit. Combine dry ingredients and add egg, water and banana. Beat until well combined. Spoon into greased 20 x 10 cm loaf tin and bake for 45 minutes or until a skewer inserted into the center comes out clean.

Beef Curry

Ingredients:

- 1kilograms chuck steak – cut into about 3 cm cubes
- 2 tablespoon coriander – ground
- 1 tablespoon cumin – ground
- 1 teaspoon turmeric powder
- ½ teaspoon black pepper – coarsely ground
- 1 teaspoon chili powder
- 2 cup onion – finely sliced
- ¼ cup curry leaves
- 2 teaspoon ginger – grated
- 3 cloves garlic – pressed or grated or very finely chopped
- 1 Dorset Naga (Chinese capsicum or ghost chili or githeyo mirus) – finely chopped
- 3 cardamoms
- 2 ½ tablespoon lemon juice
- 2 tablespoon olive oil
- 2 teaspoon tomato paste
- 1 tablespoon meat curry powder
- ½ teaspoon white vinegar

Preparation:

1. Combine coriander, cumin, turmeric, pepper, chili powder, garlic, ginger and lemon juice in a bowl to form a paste. Set aside. Heat oil in a large saucepan over high heat. Add half the beef. Cook, stirring, for 2 to 3 minutes, or until browned. Transfer to a bowl. (This may have to be done in 2 batches) Reduce heat to medium. Sauté the onions, curry leaves, Dorset Naga and cardamoms. Add spice paste.

2. Cook for 1 minute. Return beef to saucepan. Add the vinegar and cook, stirring, for 1 minute, or until meat is coated with paste. Add tomato paste and bring to the boil. Reduce heat to low. Cover. Cook for about 1 hour 15 minutes, or until beef is tender. Remove lid. Cook, uncovered, for a further 15 minutes, or until sauce has reduced and thickened slightly.

Potato Fry

Ingredients:

- 500 gramsrams potato – diced into about 1 inch cubes
- 4 tablespoon cooking oil
- 2 cup onion – diced into about 1 inch cubes
- ¼ cup curry leaves
- 1 teaspoon ginger – grated
- 3 cloves garlic – pressed or grated or very finely chopped
- 1 teaspoon mustard seeds
- 1 Dorset Naga (Chinese capsicum or ghost chili or githeyo mirus) – finely chopped
- 3 cardamom seeds
- ½ teaspoon chili powder
- 1 teaspoon curry powder
- Salt to taste
- Vegetable oil for frying

Preparation:

1. Deep fry the potatoes on medium heat until crispy and brown. Leave aside. Heat the 4 tablespoon oil and sauté the onions, garlic, ginger, curry leaves and mustard seeds. Add the fried potato, cardamom seeds and Dorset Naga. Toss. Add the chili powder, curry powder and salt and stir. Simmer for about 2 minutes, stirring occasionally.

French Toast

Ingredients:

- 4 eggs
- ¾ cup milk
- 3 tablespoon soft brown sugar
- 1 teaspoon nutmeg (thakuvah) – ground
- 12 slices bread
- 1 tablespoon cinnamon – ground
- oil or butter for frying

Preparation:

1. In a large mixing bowl, beat the eggs. Add the milk, brown sugar and nutmeg stirring well to combine. Soak bread slices in the egg mixture until saturated. Heat a lightly oiled frying pan over medium high heat. Brown slices on both sides, sprinkle with cinnamon and serve hot.

Banana Fritters

Ingredients:

- ¾ cup plain flour

- ¼ teaspoon cinnamon – ground
- ¼ cup caster sugar
- 1 egg – lightly beaten
- ⅓ cup chilled soda water
- 4 large bananas, peeled – cut diagonally into 6 slices
- vegetable oil, for shallow frying

Preparation:

1. Sift flour and cinnamon together into a large bowl. Stir in sugar. Make a well in the center. Add egg and soda water. Whisk until a smooth batter forms. Cover and refrigerate for 30 minutes. Pour oil into a large, non-stick frying pan until 5mm deep. Heat oil, dip 1 piece of banana at a time into batter and allow excess batter to drain. Cook, in batches, for 1 to 2 minutes each side or until golden and cooked through. Drain on paper towels and serve.

Chicken Curry

Ingredients:

- 1 (1200 grams) whole chicken – skinned, cut into 8 pieces
- 4 tablespoon cooking oil
- 1 cup onion – finely sliced
- ¼ cup curry leaves
- 1 teaspoon ginger – grated
- 4 cloves garlic – pressed or grated or very finely chopped
- 1 Dorset Naga (Chinese capsicum or ghost chili or githeyo mirus) – chopped
- 3 pieces of Pandan (rampe or raambaa) leaves – cut into ½ inch pieces
- 3 cardamom seeds
- 1 teaspoon chili powder
- 2 tablespoon chicken curry powder or paste
- 1 cup coconut cream or milk (thick)
- 1 cup coconut cream or milk (thin)
- 1 cup water
- Salt to taste

Preparation:

1. Heat the oil, sauté the onions, garlic, ginger, curry leaves, Pandan leaves. Add the chili powder, while stirring, then add the curry powder or paste and ½ cup water and cook on low heat, stirring frequently. When this curry paste starts bubbling, add the chicken pieces and toss until all chicken pieces are well coated. Add salt, Dorset Naga, cardamoms, thin coconut cream or milk and the remaining water and cook on low heat, stirring occasionally. When the chicken is cooked, add the thick coconut cream or milk and simmer for about a minute.

Chili Salt Prawns

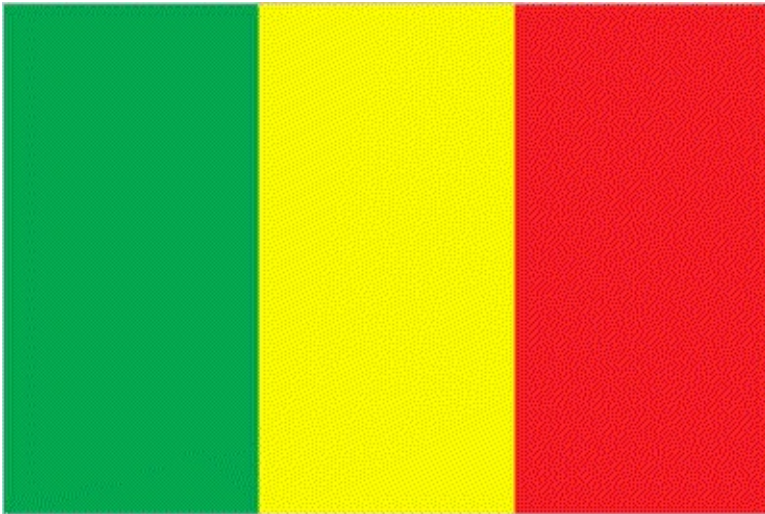
Ingredients:

- 2 tablespoon plain flour
- 2 tablespoon rice flour
- 1 tablespoon salt
- 2 teaspoon white pepper
- 2 teaspoon chili powder
- 8 cups peanut oil
- 18 large king prawns – peeled leaving tails intact

Preparation:

1. Combine the plain flour, rice flour, salt, white pepper and chili powder in a bowl. Preheat oven to 160°C. Line a baking tray with 5 layers of paper towel. Place the oil in a large saucepan or wok. Heat over medium heat (when the oil is ready a cube of bread will turn golden brown in 10 seconds).
 2. Place one-quarter of prawns in the flour mixture. Toss to coat. Shake off excess. Add to the oil and cook, stirring, for 1 minute or until golden. Use a slotted spoon to transfer to the lined tray. Place in oven to keep warm. Repeat, in 3 more batches, with flour mixture and remaining prawns.
-

Mali



Chicken in Peanut Sauce

Ingredients:

- groundnut oil for frying
- 1 chicken, cut into bite-sized pieces
- 2 onions, diced
- 2 garlic cloves, minced
- 1 small tin tomato paste
- 250 milliliters peanut butter

- 250 milliliters water
- cayenne pepper, to taste
- salt and black pepper, to taste

Preparation:

1. Heat about 3 tablespoon oil in a deep pot. Add the chicken and fry on both sides until well browned. Remove the chicken and set aside. Fry the onions and garlic in the same pan until just softened then add the tomato paste.
2. Reduce the heat and simmer for a few minutes then return the chicken to the pot. Add the peanut butter and reduce the heat to low. Now add just enough water to form a smooth sauce. Add spices to taste, stir to mix and simmer until the chicken is done. This dish is traditionally served with fried or boiled plantains or on a bed of rice.

Chicken and Rice

Ingredients:

- 600 gramsrams chicken thighs (or 1 whole chicken, jointed)
- 60 milliliters tomato purée
- 2 onions, chopped
- 250 gramsrams cracked rice (if you cannot get any, break rice by pulsing in a food processor)
- 500 gramsrams vegetables (aubergines, cabbage, carrots, peppers and yams are typical)
- 4 fresh tomatoes, chopped
- oil for frying
- 1 garlic clove, finely chopped
- salt and hot chili powder, to taste
- 1 Maggi (or bouillon) cube

Preparation:

1. Wash the chicken then mix with the garlic and parsley. Heat oil in a pan, add the chicken pieces and fry until nicely browned all over. Remove the chicken pieces and set aside then add the onions to the oil remaining in the pan and fry for about 6 minutes, or until golden brown. Season with salt and black pepper then mix the tomato purée with a little hot water and add the fresh tomatoes.
2. Add this to the onion mixture then bring to a simmer and cover the pot. Cook for 10 minutes or until the tomatoes have broken down then add the peeled and cubed vegetables. Add just enough water to cover then bring to a simmer, cover and cook for 30 minutes. At this point return the chicken pieces to the pot, bring back to a simmer and cook for 45 minutes before adjusting the seasoning to taste. In the meantime, wash and drain the rice then steam for 15 minutes until just over half done.
3. Drain the rice and stir into the chicken sauce. Bring back to a simmer, cover and cook for about 15 minutes or until the rice is tender. After this time check the dish. The rice should be cooked and the mixture should be almost dry. If it is not

ready, uncover the dish, increase the heat slightly and continue cooking until the dish is almost dry. Turn onto a serving dish and bring to the table.

Banana Fritters

Ingredients:

- 4 bananas
- 4 tablespoon plain flour
- 4 tablespoon caster sugar
- 2 eggs
- oil for deep frying
- icing sugar for dusting

Preparation:

1. Peel the bananas and chop then mash with a fork. Turn into a bowl and mix in the eggs before adding the flour and caster sugar until you have a smooth paste. Heat the oil in a wok or deep-sided skillet. When the oil is hot, add about 4 generous tablespoons of batter well spaced in the pan.
2. Fry for about 2 minutes per side, or until nicely browned and cooked through. Drain on kitchen paper and fry the next batch of batter. Sprinkle with icing sugar and serve.

Prawn Fried Rice

Ingredients:

- 500 grams cooked rice
- 12 fresh, large, prawns, peeled and de-veined
- 3 onions, diced
- 2 tomatoes, diced
- 2 teaspoon finely-chopped garlic
- 2 eggs, beaten,
- salted, fried as an omelette and cut into wedges
- 250 milliliters vegetable oil, for frying
- 2 tablespoon vegetable oil
- 1 tablespoon shrimp sauce
- 1 teaspoon sugar
- 1 teaspoon Maggi sauce

Preparation:

1. Heat the oil in a pan, add the salted egg omelette pieces and fry for 4 minutes then remove with a slotted spoon and set aside. Pour off all but 4 tablespoon of the oil, add the garlic and fry for about 3 minutes or until browned. Add the prawns and stir-fry for 2 minutes then pour in the rice and stir-fry for 4 minutes more. Add the vegetables and stir into the rice.
2. Stir-fry for about 2 minutes, or until warmed through. In a small bowl, whisk together the 2 tablespoon vegetable oil, shrimp sauce, sugar and Maggi sauce to

form a dressing. Arrange the fried omelette slices on a plate then spoon over the rice mixture. Drizzle over the dressing and serve garnished with slices of cucumber, tomatoes and lemon.

Mutton Stew with Peanuts and Spinach

Ingredients:

- 600 grams mutton (or substitute beef), cubed
- 200 grams peanut butter
- 500 grams spinach
- 2 spring onions, finely chopped
- 1 leek, finely chopped
- 1 tomato, coarsely chopped
- 1 tablespoon okra powder (dried and ground okra, used as a thickener)
- 2 tablespoons groundnut oil
- 1 hot chili
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a pan, add the meat and cook over high heat until coloured. Stir in the spring onions and leeks then add the tomato, okra powder and chili. Season to taste with salt and black pepper then reduce the heat. In a bowl, whisk the peanut butter with 500 milliliters water until smooth.
2. Pour this into the pan with the meat. Wash the spinach, shred coarsely and add this to the pan. Bring the mixture to a simmer, cover the pot and cook the mixture for 75 minutes, or until the meat is very tender and the sauce is smooth. Serve hot, accompanied by rice.

Steamed Catfish with Citrus Sauce

Ingredients:

- 2 catfish fillets (or any other firm white fish)
- 3 unwaxed oranges juice of
- 4 oranges thinly-pared zest of
- 1 unwaxed lemon, finely shredded juice of
- 1 lemon
- 100 milliliters double cream
- 125 grams butter pinch of cayenne pepper
- 2 hot chilies
- salt, to taste

Preparation:

1. Use a potato peeler to pare the zest from the oranges (shred this finely) then use a knife to remove the skins and pith from the oranges. Using a sharp knife cut out the orange flesh. Place the orange segments in a pan with the thinly-pared zest, lemon zest, orange juice, lemon juice and 2 tablespoons water. Bring to a

boil, reduce to a gentle simmer and cook for about 20 minutes or until the volume has reduced to 1/3 of the original. At this point, whisk in the cream then gradually add the butter, a small piece at a time, whisking to combine after each addition.

2. Season with the salt and cayenne pepper then take off the heat and set aside as you prepare the fish. Cut each catfish fillet into two equal portions. Halve the hot chilies and place in the centre of each fish fillet. Roll the fillets up to enclose the chili half inside and secure with a toothpick. Place in a steamer basket and cook over boiling water for about 8 minutes, or until done thorough. Heat the citrus sauce gently. Arrange the fish on a bed of couscous, spoon over the sauce and serve.

Braised Lamb with Okra

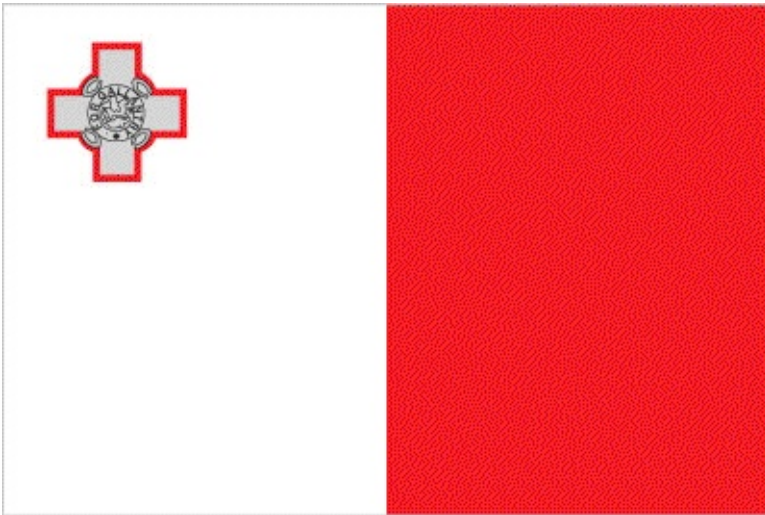
Ingredients:

- 1 kilogram okra, ends trimmed and finely chopped
- 2 kilograms lamb, cut into bite-sized pieces
- 2 onions, chopped
- 2 tomatoes, chopped
- 2 tablespoon tomato purée
- 3 tablespoon red palm oil
- 6 Maggi cubes
- 2 kilograms fragrant long-grain rice, washed and drained
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the red palm oil in a pan, add the meat in batches and fry until browned all over. Remove the last of the meat from the pan, add the onions and fry for 5 minutes then stir in the tomatoes and fry for 4 minutes more before adding the meat back to the pan. Stir in the tomato purée and cook, covered, for 5 minutes more. At this point add water to come half way up the contents of the pan.
2. Stir in the Maggi cubes and season to taste. Bring back to a simmer, add the okra, cover and cook for 30 minutes, or until the meat is tender. In the meantime, cook the rice in a pan in double its volume of water. Boil for about 25 minutes, or until the rice is tender. Serve the stew accompanied by the rice.

Malta



Rabbit Stew

Ingredients:

- 1/4 cup oil
- 1 (3 pound) rabbit, cleaned and cut into pieces
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1/2 cup red wine
- 1 bay leaf
- 1 cube beef bouillon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons tomato paste
- 1/4 teaspoon white sugar
- salt and pepper to taste
- 4 large potatoes, peeled and quartered
- 2 carrots, chopped
- 1/2 cup peas

Preparation:

1. Heat the oil in a large saucepan over medium heat; cook the rabbit, onion and garlic in the hot oil until the garlic and onion are fragrant and the rabbit is brown. Stir in the wine, bay leaf, beef bouillon, nutmeg, tomato paste, and sugar; season with salt and pepper.
2. Add the potatoes, carrots, and peas. Pour enough water over everything until covered. Bring stew to a boil; reduce heat to low and allow to simmer until the potatoes are completely cooked through, about 1 hour.

Beef Rolls

Ingredients:

- 10 thin slices of rump steak For the Stuffing:
- 225 grams minced beef
- 6 rashers of streaky bacon

- 2 hard-boiled eggs
- 2 tablespoon parsley, finely chopped
- 4 tablespoon breadcrumbs
- 1 carrot, grated
- salt and freshly-ground black pepper, to taste

Sauce:

- 2 large onions, chopped
- 3 garlic cloves, crushed
- 4 tomatoes, peeled and chopped
- 1 teaspoon tomato purée
- 2 carrots, scraped and thinly sliced
- 90 grams garden peas
- 2 potatoes, peeled and quartered
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 120 milliliters red wine

Preparation:

1. Begin with the stuffing: Combine all the ingredients in a bowl and mix thoroughly. Now sandwich the steaks between two sheets of cling film (plastic wrap) and pound out until very flat (but be careful the meat does not tear). Place about 2 tablespoon of the stuffing mix on each flattened piece of steak then roll up the beef slice, making certain that you tuck in the ends. Secure with toothpicks to ensure the beef olives do not unravel during cooking. Now prepare the sauce.
2. Add the onion and garlic to a pan then pour over just enough water to cover. Bring to a simmer and cook for about 8 minutes, or until the onions are tender. Add the rolled beef olives and cook until the beef is browned all over. Take the beef olives from the pan and set aside. Add the potatoes to the pan, along with the tomatoes, carrots, tomato purée, herbs and wine.
3. Season to taste then bring to a simmer and cook, stirring gently, for 10 minutes. Return the beef rolls to the pan at this point then add the peas and bring the mixture to a boil. Reduce to a gentle simmer and cook for at least 20 minutes, or until the beef olives have cooked through and the sauce has thickened (add more water if the sauce thickens too much and begins to dry before the meat is properly cooked). Serve hot.

Couscous with Broad Beans

Ingredients:

- 300 grams couscous
- 150 grams fresh broad (fava) beans, peeled
- 150 grams blanched and peeled tomatoes
- 60 grams tomato purée
- 1 onion, chopped
- 2 garlic cloves, chopped

- 2 tablespoon mixed herbs, chopped
- 1.2 liters water
- olive oil, for frying

Preparation:

1. Heat a little olive oil in a pan, add the onion and garlic and fry for about 8 minutes, or until golden brown. Now add the chopped tomatoes and the tomato purée.
2. Stir in the herbs and the water then bring the mixture to a boil. Add the couscous, reduce to a simmer and cook for about 8 minutes, or until done. Now add the broad beans and cook for a further 10 minutes, or until tender. Serve hot.

Fish Soup

Ingredients:

- 450 gramsrams white fish (whole), cleaned and scaled
- 2 onions, chopped
- 12 garlic cloves, minced
- 450 gramsrams tomatoes, blanched, peeled, and chopped
- 1 teaspoon tomato purée
- 1 teaspoon olive oil pinch of dried marjoram
- pinch of dried mint
- 5 black pepper corns
- 100 gramsrams cooked rice (optional)
- 1 liter fish stock
- olive oil, for frying

Preparation:

1. Heat olive oil in a pan, add the onion and fry for about 6 minutes, or until soft but not coloured. Add the garlic, herbs and tomato purée and cook gently for a few minutes, stirring frequently. Now add the tomatoes and the fish stock and bring the mixture to a boil.
2. Add the fish, return to a boil, then reduce to a simmer and cook for 10 minutes. Immediately before serving stir in the cooked rice. Turn the soup into a warmed tureen and serve.

Sausages

Ingredients:

- 1 kilogram coarsely-minced pork with fat
- 100 gramsrams sea salt
- 40 gramsrams crushed black pepper corns
- 40 gramsrams crushed coriander seeds
- 5 garlic cloves, minced

Preparation:

1. In a bowl, thoroughly mix the minced pork with the salt, ensuring that the salt has been evenly dispersed through the meat. Add all the remaining ingredients and mix thoroughly once more then cover the bowl and set aside for 30 minutes for the flavours to infuse. Attach the sausage skins to a sausage machine then feed in the pork and spice mix and carefully fill the skins.
2. Tie the sausages at about 10cm apart to make links. Though the sausages can be frounceen like this, they are traditionally dried before use. To dry them, prick all over with fine pins then hang in the coolest part of the house for 2 to 4 days to dry.

Stuffed Aubergine

Ingredients:

- 4 large aubergines (eggplants)
- 1 onion, sliced
- 3 garlic cloves, crushed
- 450 gramsrams minced meat (mix of beef and pork)
- 2 tablespoon margarine (or butter)
- 2 eggs, beaten
- 1 tablespoon parsley, finely chopped
- 2 teaspoon tomato purée
- 1 tomato, chopped
- 60 gramsrams breadcrumbs
- 120 gramsrams cheese, grated
- salt and freshly-ground black pepper, to taste

Preparation:

1. Cut each aubergine in half lengthways. Bring a pan of lightly-salted water to a boil, add the aubergine halves and parboil for about 10 minutes. Remove from the water with a slotted spoon or a spider then allow to cool slightly before scooping out the centers. Chop this pulp and reserver. In the meantime, melt the margarine (or butter) in a pan, add the onion and garlic and fry for 5 minutes.
2. Now stir in the meat, reserved aubergine pulp, tomato purée, tomato, parsley and breadcrumbs. Fry, stirring frequently, until the meat is no longer pink. Take off the heat and turn into a bowl. Stir in the eggs and cheese then season to taste with salt and black pepper.
3. Arrange the hollowed out aubergine halves in a baking dish and stuff with the meat mixture. Sprinkle a little mixed cheese and breadcrumbs over the top then transfer to an oven pre-heated to 170°C and bake for 60 minutes. Serve hot.

Almond Cakes

Ingredients:

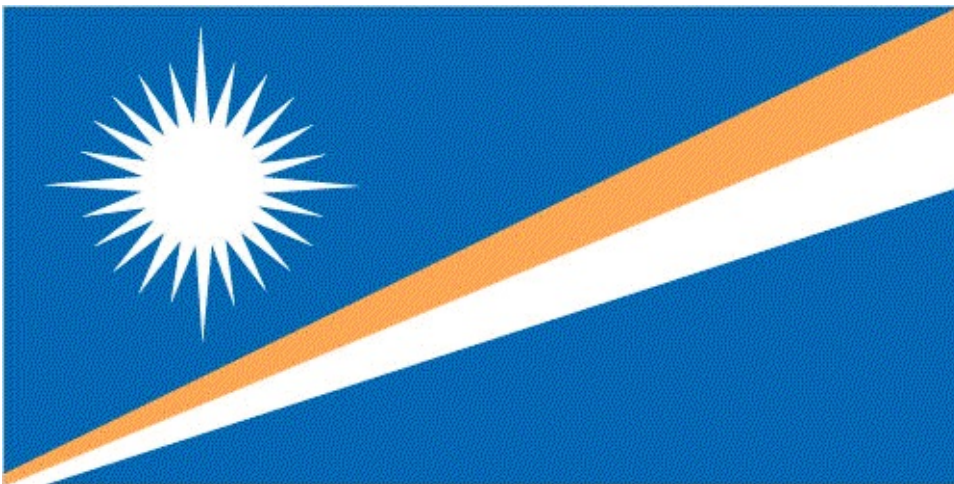
- 200 gramsrams blanched almonds
- 200 gramsrams plain flour, sifted
- 250 gramsrams caster (or golden caster) sugar
- 1 teaspoon ground cinnamon

- orange flower water freshly-grated zest of
- 1 lemon freshly-grated zest of
- 1 orange freshly-grated zest of

Preparation:

1. Lightly-toast the blanched almonds then grind coarsely in a coffee grinder. Mix in a bowl with the flour, sugar, cinnamon, citrus zests and a little orange flower water. Add just enough water to bring the mixture together as a stiff dough. Turn out onto a lightly-floured work surface and knead until smooth. Take pieces of the dough and shape these into ovals about 18cm long, 5cm wide and 2mm thick. Transfer these ovals onto a greased and floured baking tray then place in an oven pre-heated to 190°C and bake for about 20 minutes, or until golden. Whilst the almond cakes are still hot brush with honey then press in the whole almonds.

Marshall Islands



Macadamia Nut Pie

Ingredients:

- 1/3 cup shredded coconut
- 1 recipe pastry for a 9 inch single crust pie
- 2 cups coarsely chopped raw macadamia nuts
- 4 eggs
- 1 cup light corn syrup
- 1/2 cup white sugar
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1 cup heavy whipping cream
- 3 tablespoons cream of coconut

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Press coconut into bottom and sides of unbaked pie shell. In a large bowl, mix together the eggs, corn syrup, sugar, vanilla, and salt until well blended. Fold in macadamia nuts. Pour into pie shell.
2. Bake for 15 minutes in the preheated oven. Reduce oven temperature to 325 degrees Fahrenheit or 165 degrees Celsius), and continue baking until top is brown, and filling is set; this will take about 30 more minutes. Let pie cool. To make Topping: In a chilled bowl, whip cream to soft peaks. Gradually pour in cream of coconut while whipping just until cream of coconut is fully incorporated. Slice pie into wedges and serve, passing coconut cream separately.

Barbecue Limas

Ingredients:

- 3 cans (15 ounces) of Seaside Lima Beans (Butter Beans)
- 3/4 pound beef sausage
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 2 (16 ounces) cans tomato sauce
- 1 teaspoon prepared mustard
- 3 tablespoons brown sugar

Preparation:

1. Brown the sausage, onion and garlic. Add tomato sauce, mustard and brown sugar. Cook for a few minutes. Add lima beans, cover and bake in oven for 45 minutes at 350 degrees.

Sweet Macadamia Pie

Ingredients:

- 1/4 cup shredded, unsweetened coconut
- 1 3/4 cups macadamia nuts, coarsely chopped
- 3 eggs
- 3/4 cup packed brown sugar
- 1/2 cup honey
- 1 Tablespoon butter, melted
- 2 Tablespoon coconut milk

Garnish:

- 1 cup fresh whipped cream
- a few tablespoons coconut milk (fold in until you like the flavor)

Preparation:

1. Let's get our toes wet. Let's cook with a view. This is about right. The Marshall Islands, Majuro, Photo by Stefan Lins. Now put on your happy apron and preheat the oven to 375 degrees Fahrenheit. While it heats up, coarsely chop the macadamia nuts.

2. Next, fit the prepared, chilled, and rolled out pie dough into a large tart or pie pan – this one is 9×9 square. Sprinkle with a snowfall of shredded coconut. With your fingers, gently spread the coconut evenly across the tart base, then whisk together the remaining ingredients – honey, melted butter, coconut milk, brown sugar, and eggs. Fold in the mountain of macadamia nuts.

3. Pour the thick filling into the prepared tart pan and bake at 375 degrees Fahrenheit for 15 minutes. Reduce the heat to 325 degrees Fahrenheit and cook for another 25-35 minutes. The pie will emerge all puffed up and it will flatten once cooled completely. Whip heavy cream with a bit of coconut milk and serve immediately.

Sweet Potatoes and Fried Bananas

Ingredients:

- 1 1/2 pound Sweet potatoes, boiled, then peeled and cubed
- 2 bananas
- 2 Tablespoon butter (or coconut oil for vegan version), for frying

Preparation:

1. While the sweet potatoes are boiling, fry up the bananas until golden on each side. I go crazy for butter, but coconut oil would be totally authentic, too. Toss the crispy, nummy bananas with the cubed sweet potatoes.

Pork Buns

Ingredients:

Dough:

- 5 eggs
- 3/4 cup sugar
- 6 cups flour
- 1 teaspoon salt
- 3 packets dry yeast, dissolved in 1 cup warm water

Filling:

- 1/2 -1 medium onion, chopped fine
- 4 cloves garlic, minced
- 1 carrot, peeled and cubed
- 2 pounds pork, cubed small (you can use beef, chicken or shrimp if you prefer)
- 3 teaspoon sugar
- 4 Tablespoon. soy sauce
- 1 teaspoon black pepper
- salt or extra soy sauce to taste
- 3 hard-boiled eggs, cut into eighths
- A little flour to thicken sauce if needed

Preparation:

1. In a stand mixer fitted with a dough hook, combine all the ingredients and

knead for 10 minutes until smooth. Gather into a ball, coat with a little oil and let rise in a bowl covered with a clean towel for an hour. Slice the eggs. Saute the garlic, onion and carrot. Add pork, stir, and simmer covered for 15 minutes. (Don't let the pork get dried out - add a little water if needed). Add soy sauce, sugar, and pepper. Thicken sauce with a little sprinkling of flour at the end.

2. After the dough has risen, break off 4 pieces at a time, about the size of a golf ball. Roll each piece into a ball, then pat it gently using the palm of your hand to form a circle. On a lightly floured board, roll each piece out with a rolling pin to about 3-4 inch pancakes. Put filling and a piece of egg in the center of the pancake. Stretch the edges around the filling and seal them together so they look like little purses. Place on a square of waxed paper, seam side down. Spray a steamer with a little cooking spray to avoid sticking. Steam in a steamer (a bamboo steamer works well) for 14-20 minutes.

Baked Papaya with Sweet Coconut Cream

Ingredients:

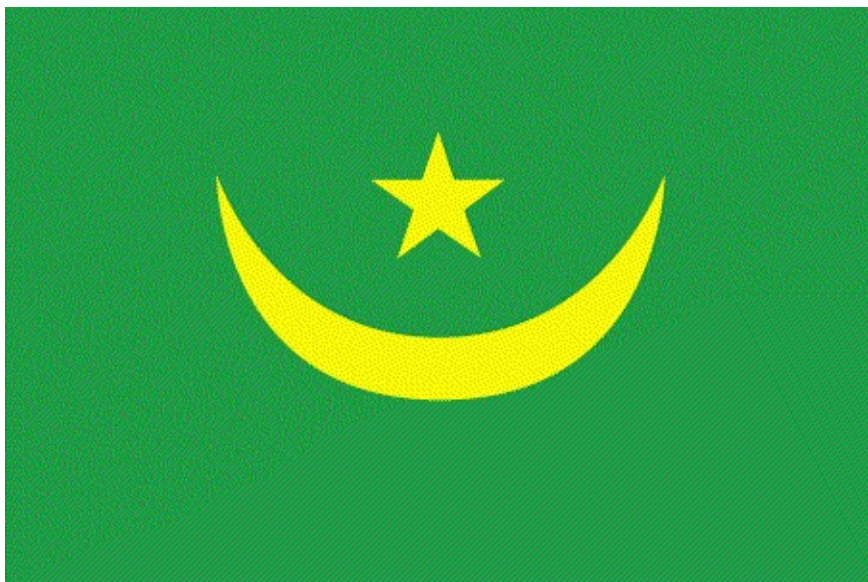
- 1 ripe Papaya, cut in half lengthwise and seeded
- coconut milk, as needed (about 1/4 cup per side)
- 4 Tablespoon sugar, for sprinkling
- 4 tablespoon water
- 2 pandan leaves (optional)

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit and gather your gorgeous bounty: Cut open the ripe papaya and scoop out the sparkling black seeds. Papaya looks like the first flush of love. Add a little water into each happy half and sprinkle on a snowfall of sugar – 1-2 Tablespoon per half. If desired, tuck a knotted pandan leaf into the water.

2. Bake for 45 minutes or until the papaya is tender but still holds its shape. The house will smell glorious. Remove from oven and immediately ladle some coconut milk into each half in order to warm it. Dive into the papaya.

Mauritania



Chicken Yassa

Ingredients:

- 1 chicken, washed and cut into serving pieces
- 1 kilogram onions, finely chopped
- 200 milliliters lemon juice finely-grated zest of
- 2 lemons
- 60 milliliters red palm oil
- 2 hot chilies, finely chopped
- salt, freshly-ground black pepper and hot chili powder, to taste
- 60 milliliters balsamic vinegar
- 3 tablespoons Dijon mustard
- 100 gramsrams green olives

Preparation:

1. Place the chicken pieces in a bowl, add the lemon juice, palm oil, lemon zest, onions and chilies. Season with salt and black pepper and set aside to marinate, covered, for 20 minutes. After this time, drain the chicken and either place on a barbecue or under a grill (broiler) cooking until nicely coloured on all sides. Set aside.

2. Turn the marinade contents into a large pan and fry until the onions are coloured. Add the chicken pieces to the pan then pour in just enough water to cover. Bring to a boil, reduce to a simmer, cover and cook gently for 45 minutes. Stir in the balsamic vinegar, Dijon mustard and olives, cover and cook for 10 minutes then serve on a bed of rice.

Chicken, Beans and Couscous

Ingredients:

- 1 whole, oven-ready chicken
- 1 dried fish, flaked and with bones removed
- 2 onions, chopped

- 3 tomatoes, chopped
- 500 gramsrams dried beans (chickpeas or black-eyed peas typically)
- salt and freshly-ground black pepper, to taste
- oil for frying
- paprika ground coriander seeds, to taste
- 500 gramsrams aïch

Preparation:

1. The night before, soak the beans in plenty of water (most West and North African dried chickpeas are quite fresh and do not need pre-soaking). The following day, drain the beans, put in a large pot, cover with water, bring to a boil and cook until just tender (the exact time will depend on the type and age of the beans used). Joint the chicken into serving-sized pieces.
2. Heat about 3 tablespoon oil in a large pan, add the chicken pieces and fry until browned all over. Remove with tongs and set aside. Add the onions to the pan and fry until starting to colour then add the tomatoes, beans, ground coriander seeds, salt and black pepper. Put in plenty of paprika (at least 2 tablespoon) to colour the dish then add the chicken pieces back to the pot.
3. Pour in enough water to cover all the ingredients, bring to a boil, reduce to a simmer, cover and cook for about 40 minutes or until the chicken is tender. In the meantime, steam the aïch until tender (about 20 minutes). When the aïch is cooked add to a bowl (gassôa) with a knob of butter. Stir to detach the grains and coat them in the butter.
4. When the chicken has cooked, remove from the stock then stir the cooked aïch into the broth. Bring to a simmer and allow to heat through. Turn into serving dish and arrange the chicken pieces on top. Drizzle with a little olive oil and serve.

Meat and Rice with Vegetables

Ingredients:

- 6 tablespoon vegetable oil (or ghee)
- 1 garlic clove, crushed
- 1 bay leaf
- 1 onion, chopped
- 2 tablespoon prepared mustard
- 500 gramsrams rice
- 500 gramsrams meat (chicken is traditional), cubed
- 1 green cabbage, quartered
- 1 carrot, scraped and chopped
- 1 cassava tuber, peeled and cubed
- 1 aubergine (eggplant), washed and cubed
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil or ghee in a heavy-based casserole dish. Add the meat and fry until browned all over. Add the mustard, bayleaf, onion and garlic. Season to taste with

salt and black pepper then cook gently for 5 minutes. Add 1.5 liters water and bring to a simmer then stir in the cabbage, cassava, carrot and aubergine.

2. Bring back to a simmer and cook for 1 hour. At this point, remove the vegetable pieces and set aside in a dish to keep warm. Wash the rice, drain and add to the pan. Bring back to a simmer, cover the pot and cook for 30 minutes or until the rice is tender and almost all the liquid has been absorbed. Turn the meat and rice mixture onto a serving dish and garnish with the vegetables. Serve immediately.

Pepper Steak with Coconut

Ingredients:

- 1.5 kilograms tenderloin, cut into
- 1cm thick strips
- 1 coconut (water reserved) with flesh cut into strips the same size as the beef
- 4 green bell peppers, cut into strips the same size as the beef
- 1 hot chili pepper, finely sliced
- 120 milliliters groundnut oil
- 1 tablespoon salt
- 1 teaspoon black pepper
- 3 garlic cloves, minced
- 6 drops Tabasco
- 2 tablespoon soy sauce
- 2 beef bouillon or Maggi cubes
- 4 tablespoon corn flour

Preparation:

1. Add the oil to a large frying pan and add the salt, black pepper, garlic and Tabasco. Fry the peppers and chili in this seasoned oil for 2 minutes then add the steak and fry for a further 2 minutes before adding the coconut strips and frying for another 2 minutes. Mix the coconut water with sufficient water to make 500 milliliters and bring to a boil.

2. Add the soy sauce and beef bouillon then mix the corn flour with 60 milliliters water to form a paste. Add this to the coconut water mixture and stir to incorporate. Continue stirring the mixture over low heat until the sauce thickens. Place the meat mixture on a bed of rice and spoon the sauce over the top before serving.

Lamb Stew

Ingredients:

- 2 kilograms collar or shank of lamb, cubed
- 5 medium onions, thinly sliced
- 1 kilogram potatoes, peeled and cut into large cubes
- 3 bay leaves
- 100 milliliters red wine vinegar
- 50 milliliters groundnut oil

- salt and freshly-ground black pepper, to taste

Preparation:

1. Bring a pan of water to a boil, add the onions and blanch for 2 minutes then drain. Combine the vinegar and meat in a large pot. Bring to a simmer then add the onions and season to taste. Stir to mix then pour in enough boiling water to just cover the ingredients.
2. Bring back to a boil, reduce to a simmer and cook, covered, over medium heat for 1 hour. At this point add the potatoes. Adjust the salt to taste, bring to a simmer and cook, covered, for 30 minutes or until the potatoes are tender and the sauce is thick. Serve hot.

Banaf

Ingredients:

- 500 gramsrams mutton or lamb, cubed
- 200 gramsrams onions, sliced
- 1 kilogram potatoes, peeled and quartered
- 200 gramsrams turnips, peeled and sliced
- 1kilogramg carrots, peeled and sliced
- salt and freshly-ground black pepper, to taste
- oil for frying

Preparation:

1. Heat a little oil in a casserole or stewing pot. Add the meat and onion slices and fry for about 5 minutes over high heat. Add the potatoes, carrots and turnips then pour in 1.5l water. Season to taste with salt and black pepper then bring to a boil.
2. As soon as the water boils, reduce the heat to a simmer and cover the pot. Cook gently for 50 minutes, or until the meat is tender. Ladle into warmed bowls and serve accompanied by flatbreads or French bread.

Fish Yassa

Ingredients:

- 1kilogramg monk fish or white grouper (Capitaine) fillets
- 1kilogram onions, peeled and finely chopped
- 200 milliliters fresh lemon juice finely-pared zest of 3 lemons, shredded
- 2 hot chilies, finely chopped
- salt, freshly=ground black pepper to taste
- palm oil or groundnut oil, for frying
- balsamic vinegar
- 3 tablespoon Dijon mustard
- green olives

Preparation:

1. In a bowl, mix together the oil, lemon juice, shredded lemon zest, onions, chilies and seasonings. Pour this mixture over the fish fillets and turn to coat.

Cover and set aside for 20 minutes to marinate. Heat the oil in a pan and when hot drain the fish fillets, add to the pan and fry until nicely browned on both sides. Remove the fish and set aside to keep warm. Drain the onions (reserve the marinade), add to the remaining oil and fry for about 8 minutes, or until lightly browned.

2. Return the fish fillets to the pan, add the reserved marinade and bring to a simmer. If needed, add a little water. Cover and cook for about 10 minutes, or until the fish is cooked through. Transfer the fish to a serving dish then whisk a little balsamic vinegar and the Dijon mustard into the sauce. Pour this over the fish, garnish with a few green olives and serve accompanied by boiled rice or millet couscous.

Aubergines and Pumpkin

Ingredients:

Peanut Butter Sauce:

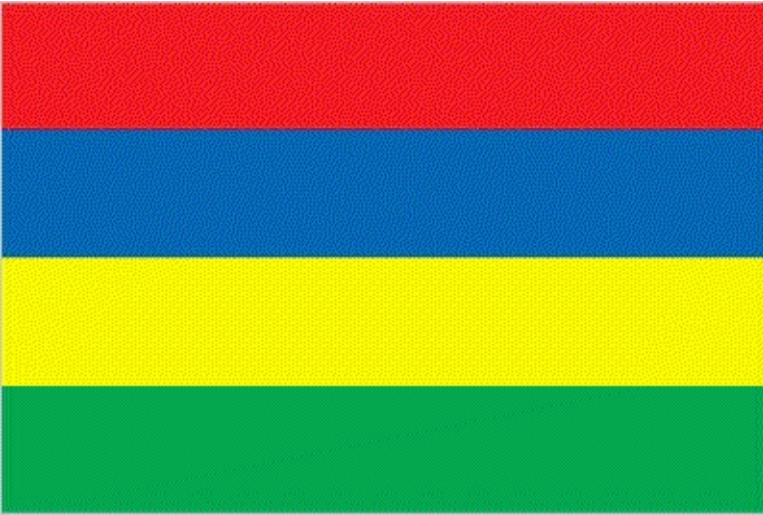
- 400 gramsrams peanut paste (or peanut butter)
- 3 onions, chopped
- 3 garlic cloves, chopped
- 4 fresh tomatoes, blanched, peeled and de-seeded
- 2 tablespoon tomato purée
- 2 carrots, diced
- 1 bouillon cube
- 4 tablespoon red palm oil
- salt, freshly-ground black pepper and hot chili powder, to taste
- 500 gramsrams beef or mutton, cubed
- 1/2 small cabbage, sliced into wedges
- 4 baby turnips, halved
- 4 sweet potatoes or potatoes, peeled and halved
- 1 pumpkin, peeled and cut into chunks

Preparation:

1. Heat the palm oil in a pan, add the peanut paste and 250 milliliters water and stir to combine. Cook for a few minutes, stirring constantly, then add the tomatoes and carrots. Season to taste with salt, black pepper, the bouillon cube and the hot chili powder. Bring to a simmer and cook for about 25 minutes, or until the sauce is of the desired consistency.

2. Take off the heat and set aside. Heat a little more oil in a pan, add the meat and fry until browned. Add enough water to cover, bring to a boil, reduce to a simmer then cover and cook for 20 minutes. Add the vegetables, re-cover the pot and cook for 20 minutes more. Stir in the sauce, bring to a simmer and cook for 10 minutes or until heated through. Serve with rice.

Mauritius



Creole Chicken

Ingredients:

- 2 chicken breasts finely-grated zest of
- 1 lime juice of 1 lime
- 2 tablespoon curry paste
- 140 gramsrams long-grain white rice
- 1 tablespoon raisins
- 1 tablespoon fried onions
- pinch of mixed spices (turmeric, nutmeg, cumin, coriander etc)
- oil for frying

Preparation:

1. Cook the rice according to the method in the perfect steamed rice recipe. Heat a little oil in a wok, cut the chicken into bite-sized pieces and fry for about 5 minutes, or until nicely browned all over. Add the curry paste, fried onions and raisins.
2. Stir to coat the chicken in this mixture then add the lime juice and lime zest. Season to taste and cook for a few minutes then stir in the rice, tossing to mix with the other ingredients. Serve hot.

Roast Pork with Pineapple

Ingredients:

- 1 pork leg roast (800 gramsrams)
- 1 tin of pineapple rings in syrup
- 3 tablespoon oil
- 30 gramsrams butter
- 2 onions, peeled and chopped
- 1 garlic clove, peeled and chopped
- 4 tablespoon rum juice of 1/2 lime

- 1 chicken stock cube
- 3 tablespoon water
- salt and freshly-ground black pepper, to taste

Preparation:

1. Drain the pineapple and cut into chunks. Heat together the oil and butter in the base of a heat-proof casserole. When the butter has stopped foaming, add the meat and fry until browned all over. Remove the meat from the casserole and set aside. Add the onions to the oil remaining in the pan and fry over high heat until browned (about 6 minutes). Add the pineapple chunks and cook, stirring constantly, until they caramelize on the outside.

2. Return the meat to the pan, add the rum and flambé. Add the lime juice, crumble over the stock cub and add the water. Season to taste with salt, and black pepper, bring to a simmer, cover with a tight-fitting lid and cook gently for about 60 minutes, or until the meat is tender. Serve hot, accompanied by fried plantains.

Fish Curry

Ingredients:

- 1.2 kilograms whole white fish, scaled, gutted and cleaned (remove the gills)
- 3 tablespoon corn flour (cornstarch)
- 4 tablespoon curry powder
- 1 medium onion, finely chopped
- 440 gramsrams tin of chopped tomatoes
- 1 tablespoon fresh thyme, finely chopped
- 2 tablespoon coriander (cilantro) leaves, chopped
- 1 teaspoon crushed garlic
- 1 teaspoon crushed ginger
- 5 curry leaves
- 750 milliliters water
- 3 tablespoon vegetable oil
- salt and freshly-ground black pepper, to taste
- oil for deep frying

Preparation:

1. Heat oil in a deep fryer or pan to 180 degrees Celsius. In the meantime, cut the fish into steaks and halve the head lengthways. Wash the fish pieces thoroughly then pat dry with kitchen paper. Set the fish head pieces aside, then dust the steaks evenly with the corn flour. Gently lower the fish pieces into the hot oil and deep fry until golden brown (do not cook the fish head). Remove the fish with a slotted spoon and drain on kitchen paper.

2. Pour 3 tablespoon of the oil used to fry the fish into a heavy-based pan set over medium-high heat. Add the garlic, ginger, onion and thyme and stir-fry for about 3 minutes, or until the onions have softened. Add the curry leaves, stir to combine and cook for 2 minutes more. Add the tomatoes, bring to a simmer and cook for

about 10 minutes, or until the tomatoes have broken down into a sauce (add boiling water, as needed, if the sauce gets too thick).

3. Stir the chopped coriander leaves and 4 tablespoon of the curry powder into the tomato sauce. Bring back to a simmer and cook for 2 minutes more, stirring frequently. Gradually work in 250 milliliters hot water, until you have a smooth, creamy, sauce. Add the fish head pieces, then stir 500 milliliters more hot water into the sauce. Cover the pot and cook, stirring occasionally, for 25 minutes, or until the fish head pieces are cooked. Adjust the seasonings to taste, then transfer the fish head pieces to a warmed serving dish.

4. Place the fried fish steaks into the sauce and simmer for about 12 minutes, or until heated through. Take off the heat and set aside to rest for 30 minutes. After this time, place back on the hob and re-heat gently. Carefully transfer the fish steaks into the serving dish with the fish head pieces. Pour over the curry sauce, sprinkle over the remaining chopped coriander leaves. Serve hot, on a bed of steamed rice.

Chicken Biriani

Ingredients:

- 1 chicken
- 2 onions, sliced
- 4 garlic cloves
- 4 cm length of ginger, peeled and coarsely sliced
- 1 tablespoon star anise
- 1/2 teaspoon aniseeds (or 1 star anise)
- 500 milliliters plain yoghurt
- 7 garlic cloves
- 2 cinnamon sticks
- 2 teaspoon green cardamom pods
- 1 bunch mint
- 1 bunch coriander generous
- pinch of saffron salt, to taste
- oil for frying
- 200 gramsrams rice
- 4 large potatoes, peeled and cubed

Preparation:

1. Heat a non-stick pan over medium heat. Add 1 cinnamon stick cinnamon, 4 cloves and half the cardamom. Toast until aromatic then take off the heat and pour into a coffee grinder. Render to a fine powder. Turn into a blender and mix with the garlic, ginger and star anise. Blend together then add the yoghurt, mint and coriander. Pulse until the herbs are chopped and all the ingredients have blended together.

2. Cut the chicken into pieces, place in a bowl and season to taste with a little salt. Pour over the yoghurt mix and use your hands to coat the chicken evenly. Cover

and set aside to marinate for 2 hours. Just before the end of the marination, heat oil in a pan, add the onion pieces and fry until well browned all over. Now add the chicken pieces and their marinade. Bring to a simmer, cover, and cook for 10 minutes then stir in a little water to thin the sauce.

3. Crumble the saffron into a cup, pour over 2 tablespoon boiling water and set aside to soak for 10 minutes. Wash the rice thoroughly, then place in a pot with the remaining cinnamon stick, cloves, cardamom pods and the aniseeds. Cover with water, bring to a boil and cook for 10 minutes. After this time drain the rice then place half the rice in the base of a flame-proof casserole dish.

4. On top of this sit the chicken and its cooking sauce then sit the potatoes on top. Sprinkle over 200 milliliters of water then add the remaining water on top. Sprinkle the saffron water over everything, cover with a tight-fitting lid and cook gently for about 40 minutes, or until all the ingredients are tender. Serve hot.

Beef Curry with Yoghurt

Ingredients:

- 500 gramsrams beef, cubed
- 200 gramsrams petits pois
- 500 milliliters plain yoghurt
- 2 tomatoes, blanched, peeled and chopped
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 tablespoon freshly-grated ginger
- 2 cloves 1/2 teaspoon ground cumin
- 1 teaspoon saffron, crumbled
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon hot chili powder
- 1 tablespoon coriander leaves, chopped
- 1 tablespoon peanuts, chopped
- oil for frying

Preparation:

1. Mix the beef with the yoghurt, season with salt, place in a bow, cover and set aside to marinate in the refrigerator over night. The following day, drain the meat (reserve the marinade). Heat a little oil in a pan, add the meat and fry to brown for about 3 minutes. Remove the meat with a slotted spoon and set aside. Add 2 teaspoon additional oil to the pan then stir in the onion, garlic and ginger and fry for about 5 minutes or until the onion is just coloured. Scatter over the cloves, allspice, cinnamon, chili powder and cumin.

2. Fry the mixture for 2 minutes, stirring constantly. Add the tomatoes and the reserved marinade then stir in the reserved yoghurt marinade. Bring to a simmer and cook, stirring constantly, for 2 minutes. Now add the meat. Cover the pan and simmer gently for 10 minutes. Stir in the petits pois, re-cover the pan and simmer

for 5 minutes more. Serve on a bed of rice, garnished with the chopped coriander and peanuts.

Beef Curry

Ingredients:

- 500 grams beef, sliced into thin strips
- 2 tomatoes, blanched, peeled and chopped
- 1 onion, chopped
- 200 grams green peas
- 3 garlic cloves
- 400 grams yoghurt
- 15 grams ginger, crushed
- 2 cloves
- 1 pinch of saffron
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 2 teaspoon
- oil salt and freshly-ground black pepper, to taste
- chopped peanuts, to garnish
- ground coriander seeds, to garnish

Preparation:

1. In a bowl, combine the beef and yoghurt. Season with a little salt, cover and refrigerate over night. When ready to cook, heat the oil in a pan. Drain the meat (reserve the marinade), add to the hot oil and fry for 3 minutes. Remove the meat with a slotted spoon then add the onion, ginger and garlic to the remaining oil. Add the saffron, cinnamon, cumin, black pepper and cloves. Cook for 2 minutes, stirring constantly.
2. Now add the tomatoes and reserved marinade. Stir to combine, bring to a simmer and cook for 3 minutes before returning the meat to the pan. Bring back to a simmer and cook for 10 minutes, covered, over low heat. Stir in the peas and continue cooking for 5 minutes. Serve hot, accompanied by white rice and garnished with chopped peanuts and ground coriander seeds.

Stuffed Squash

Ingredients:

- 4 squashes
- 200 grams minced fish
- 200 grams prawns, peeled and chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 dessert spoon oil
- 20 grams butter
- 1/2 bunch of flat-leaf parsley, chopped
- salt and freshly-ground black pepper, to taste

Preparation:

1. Wash the squash well then cut off the top to form a lid. Remove the seeds and discard then scoop out the pulp with a spoon. Chop this finely and mix with the onion, garlic and parsley. Heat the butter and oil in a non-stick pan. When foaming add the vegetable and parsley mix with the prawns and minced fish. Cook for about 10 minutes, stirring constantly, then season to taste with salt and freshly-ground black pepper.
2. Use this mixture to stuff the squashes then sit the lids on top. Place in a large oven-proof casserole and pour around 300 milliliters water then cover with a lid and transfer to an oven pre-heated to 180°C. Cook for 20 minutes and serve hot.

Herbed Fish

Ingredients:

- 1 kilogram whole fish
- 40 grams finely-chopped parsley
- 40 grams finely-chopped coriander
- 225 grams tin, crushed tomatoes
- 1 medium onion, finely chopped
- 1 tablespoon finely-crushed garlic
- 1 tablespoon freshly-grated ginger
- 1 tablespoon finely-chopped fresh thyme
- 120 milliliters dry sherry (or rice wine) juice of
- 1 lemon
- 4 tablespoon tomato purée
- 2 tablespoon vegetable oil

Preparation:

1. Cut the fish into steaks about 4cm thick and season liberally with salt and black pepper. Reassemble the fish on a casserole dish, place in an oven pre-heated to 240 degrees Celsius and cook for about 10 minutes. Remove the fish from the oven and set aside. Meanwhile heat the oil in a frying pan and once hot add the onion, ginger, garlic and thyme. Stir-fry until the onion becomes soft and translucent.
2. Add the tomatoes and tomato purée and mix to incorporate. Season to taste and cook for about 20 minutes, or until the tomatoes have completely broken down. Gradually add the sherry or rice wine little by little then stir-in half the chopped parsley and half the chopped coriander along with all the lemon juice. Mix together and continue cooking until the sauce thickens to the desired consistency.
3. Reduce the oven to 200 degrees Celsius sprinkle the reserved coriander and parsley over your part-baked fish then use the tomato sauce you've just made to cover the fish. Return the fish to the oven and cook for about 10 minutes then reduce the heat to 150°C and continue to cook until the sauce thickens to your desired consistency (do not over-cook the fish!). Serve immediately, accompanied by crusty fresh bread.

Mexico



Enchiladas:

Ingredients:

- 1 Tablespoon Shortening
- 1 pound Ground beef
- 3 Tablespoons Flour
- 1 8-ounce. can Tomato sauce
- Water
- 2 Tablespoons Chili powder
- Salt, to taste
- 3/4 teaspoon Garlic powder
- 12 Corn Tortillas
- 1 pound Cheese, longhorn – coarsely grated
- 1 large Onion, chopped fine

Preparation:

1. Melt shortening in heavy skillet. Add the ground meat and brown. Sprinkle meat with flour; mix in skillet. Add tomato sauce and 1 cup water.
2. Mix 1/2 cup water with the chili powder to form a smooth paste; add to the meat mixture. Add salt to taste and garlic powder. Cook over medium heat, uncovered, until it is of gravy consistency.
3. Cover and simmer over very low heat. Add more water if the chili gravy becomes too thick.
4. Dip tortillas one at a time in the hot chili gravy with a wide metal spatula. The

tortillas will become pliable almost immediately, which will make rolling the enchiladas easier. Soaking too long will cause the tortillas to fall apart.

5. Place a good sprinkling of grated cheese and minced onion and about a tablespoon of the meat mixture to one side of the center of the tortilla.

6. Roll tortilla tightly around the filling and place loose side down in a glass casserole baking dish. For best results place the enchiladas in a row with sides touching.

7. When all enchiladas have been formed, pour the remaining hot chili gravy over all, and sprinkle generously with grated cheese, and top with chopped onion.

8. Bake at 350 degrees. F until the cheese is melted. Then serve immediately!

Guacamole

Ingredients:

- 6 California avocados, peeled and pitted
- 1-1/2 White onions, chopped
- 1/2 Cup Cilantro, chopped
- Juice of 2 Limes, or to taste
- 1 Small Zucchini, pureed
- 6 Tablespoons Olive oil
- 6 Chiles serranos, finely chopped
- Salt to taste
- 2 Large Tomatoes, chopped
- 1 Green onion, finely chopped
- 2 Chiles serranos, finely chopped
- 1/2 Cup Cilantro leaves

Preparation:

1. Totopos (crispy fried tortilla wedges)
2. Put avocados in a glass bowl, mash them with a fork. Add onion, cilantro, lime juice, zucchini, oil, chiles, and salt.
3. Mix the ingredients thoroughly to form a puree.
4. Put the avocado pits in the guacamole to prevent darkening.
5. To serve, spoon the guacamole into a flat bowl, and decorate with tomato on one side, chiles, and cilantro leaves in the center. On the other side, place the totopos.

Arrounce Blanco

Ingredients:

- 3 tablespoons olive oil
- 1 ½ cups long grain rice
- 1/4 cup minced white onion
- 1 clove garlic, minced
- 3 cups chicken, turkey or pork broth, or water
- 1 teaspoon salt

Preparation:

1. Place the oil in a heavy pot or Dutch oven over medium heat, add the rice and cook, stirring frequently, for 3 – 4 minutes. The rice should not be allowed to brown. Add the onion and garlic and cook one minute more, stirring almost constantly.
2. Stir the salt into the broth, add it to the rice, bring to a boil, cover the pot, turn the heat to very low, and cook for 15 minutes.
3. Stir the rice, carefully, replace the top, turn off the heat and allow the rice to steam for 10 – 15 minutes.

Pork Carnitas

Ingredients:

- Guacamole
- 4 Poblano Chiles; roasted and peeled
- 1 Onion; Medium, Cut in halves
- 1 Pound Center Loin Roast; boneless and cut into 2 X 1/4–inch strips
- 1 Clove Garlic; Finely Chopped
- 2 Teaspoon Vegetable Oil
- 2 Teaspoon Tomato Paste
- 1 Teaspoon Red Wine Vinegar
- 1/4 Teaspoon Salt
- 1/2 pound plum tomatoes, finely chopped
- Flour Or Corn Tortillas
- Dairy Sour Cream

Preparation:

1. Prepare Guacamole; set aside. Cut chiles and onion halves lengthwise into 1/4–inch strips.
2. Cook pork, chiles, onion and garlic in oil in a 10–inch skillet over medium heat, stirring occasionally, until pork is no longer pink, about 12 minutes.
3. Stir in tomato paste, vinegar, salt and tomatoes;

Baked Tamales

Ingredients:

- 2 Pound Ground beef
- 1 Can Tomatoes (14 ounce)
- 2 Tablespoon Chili powder OR
- 5 Teaspoon Ground ancho (pasilla) chile PLUS
- 1 Teaspoon Cumin AND
- 1/4 Teaspoon Cinnamon
- 1 Garlic clove, crushed
- 1 Teaspoon Salt
- 1 Cup Black olives

Corn meal dough:

- 4 Cup Corn meal
- 2 Teaspoon Salt
- 8 Cup Water
- 2 Eggs, well beaten
- 4 Tablespoon Butter

Preparation:

1. In skillet, sauté beef in pan until brown. Add tomatoes, chili powder, garlic, salt and olives. Cook 15 minutes.

Grease 9x13" baking dish and line bottom with 1/2 Corn Meal Dough.

2. Add meat mixture and cover with remaining 1/2 Corn Meal Dough.

3. Bake 20 minutes at 325 degrees or until browned.

Corn meal dough:

4. Add corn meal and salt to water in pot. Bring to boil and cook over medium heat until thick, 5–10 minutes.

5. Add eggs and butter. Stir well.

Paella

Ingredients:

- 1 Chicken broiler, cut up
- 2 Cloves garlic
- 1/4 Cup Oil
- 1 Pound Raw shrimp
- 4 Sliced tomatoes
- 1 Pound Peas
- 12 Artichoke hearts

- 1-1/2 Cup Brown rice
- 6 Strands saffron
- 1 Cup Onion, diced
- 1 Green bell pepper, diced
- 1 Red bell pepper, diced
- 1 Teaspoon Paprika
- 1 Cup White wine
- 2 Cup Water

Preparation:

1. Brown chicken and garlic in oil; remove chicken to large casserole dish.
2. Add shrimp, tomatoes, peas and artichoke hearts to dish. In oil used to brown chicken, sauté rice, saffron, onion, green and red bell peppers for 7 minutes.
3. Add to casserole dish, sprinkle on paprika, and pour in wine and water. Bake uncovered at 350 degrees for 1 hour, or until rice is ready.

Taco Salad

Ingredients:

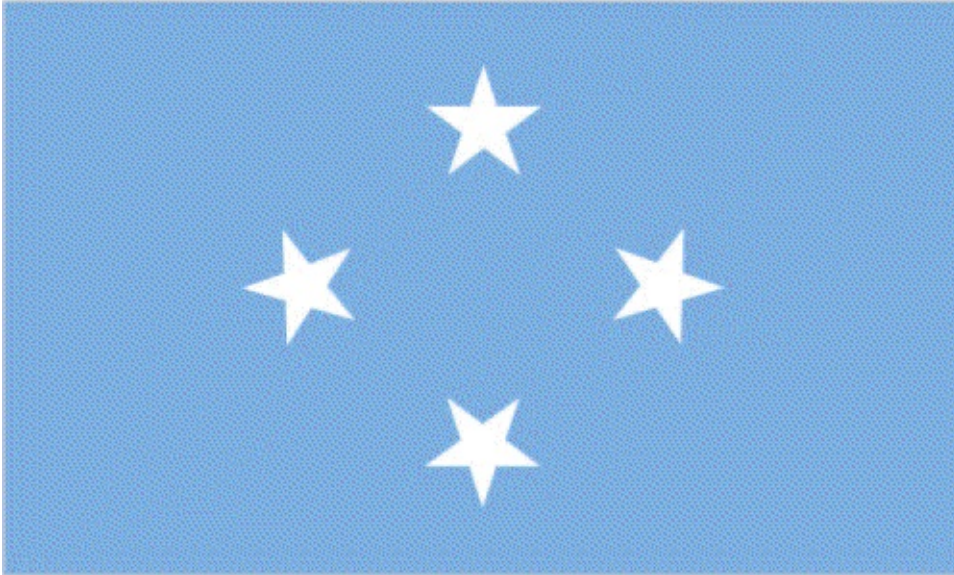
- 1-1/2 Pound Ground beef
- Bottled French dressing
- 1/4 Cup Onion, chopped
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/2 Teaspoon Dried oregano, crushed
- 1/2 Head iceberg lettuce, finely shredded
- 2 Tomatoes, cut in wedges
- 8 Ounce Can corn, drained
- 8 Ounce Can garbanzo beans, drain
- 1/2 Cup Radish slices
- 1-6 1/2 ounce Package Tortilla or corn chips
- 1 Avocado, peeled and sliced
- 4 Ounce Cheddar cheese, shredded
- Pitted black olives, sliced
- Sour cream

Preparation:

1. Brown meat and drain off fat. Add 1/3 cup French dressing, onion, salt, pepper and oregano.
2. Simmer 5 minutes. Combine lettuce, tomatoes, corn, beans, radishes and enough dressing to moisten. Toss lightly.

3. For each salad, serve meat mixture over tortilla chips.
4. Top with lettuce mixture, avocado, cheese, olives and sour cream, as desired.

Micronesia, Federated States of



Coconut Chicken Curry

Ingredients:

- 1 pound chicken, cut to pieces
- 2 -3 potatoes, quartered
- 3 carrots, cut into small pieces
- 1 big red bell pepper, cut into 1x1 cubes
- 1 big green bell pepper, cut into 1x1 cubes
- 2 medium onions, chopped
- 1 garlic clove, minced
- 1 tablespoon ginger, chopped
- 2 cups coconut milk (I used light and added a little extra)
- 3 tablespoons curry powder
- 1 teaspoon chili powder (optional) or 1 teaspoon minced chili (optional)
- 4 tablespoons cooking oil
- salt and pepper

Preparation:

1. In a frying pan, fry the cut chicken until light brown. Next, fry potatoes and carrots, then set aside. In a sauce pan, saute garlic, onions and ginger in cooking oil for 2 minutes. Add the chicken, coconut milk, curry powder and chili powder. Simmer for 10 minutes. Add potatoes, carrots, red and green bell peppers and continue to simmer for another 5 minutes or until soft. Add salt and pepper to

taste. Serve hot with steamed rice.

Chicken

Ingredients:

- 1 1/2 pounds chicken, boneless, skinless, breasts or 1 1/2 pounds chicken thighs
- 1 (20 ounce) can pineapple tidbits
- 1/4 cup soy sauce
- 1/2 teaspoon ginger
- 1/4 cup onion, minced
- 1/4 cup coconut, grated

Preparation:

1. Drain liquid from canned pineapple into a small mixing bowl. Add soy sauce and ginger and stir. Pour the mixture into 8x8 baking dish and place chicken inside. Turning once to coat both sides, marinate for at least an hour but as long as overnight. Sprinkle pineapple, onion and coconut on top of chicken. Place in oven and bake at 350 degrees Fahrenheit for about an hour and a quarter. Serve on rice.

Shrimp Adobo in Coconut Milk

Ingredients:

- 1/2 cup white vinegar
- 1/4 cup water
- 1/8 teaspoon freshly ground pepper
- 1 Tablespoon finely minced garlic
- Fish sauce (patis) or salt to taste
- 1 pound. large fresh shrimp, unshelled
- 2 12 ounces cans coconut milk (unsweetened)

Preparation:

1. In a medium-size stockpot, prepare the marinade by stirring together the vinegar, water, pepper, garlic, and fish sauce (or salt). Add the shrimp and allow them to marinate for an hour. Place the pot on the stove over medium to medium-high heat. Allow the contents to simmer uncovered, turning the shrimp often to cook them evenly, until the pot is nearly dry (about 15 minutes). Stir the coconut milk into the pot and continue to simmer until the coconut milk begins to thicken (no more than about 5 minutes). Remove from heat and serve warm.

Chicken Kelaguen

Ingredients:

Chicken Kelaguen:

- 4 boneless chicken thighs (with skin)
- 1/2 pound fresh coconut, coarsely grated
- 3 scallions with their stalks, finely chopped

- 2 to 6 red and/or green chili peppers
- ½ cup of fresh lemon juice
- 4 small tortillas, heated on the grill

Finadene Sauce:

- Juice of 2 lemons and their zest
- 3 tablespoons of white vinegar
- ½ cup of soy sauce
- 3 scallions, chopped
- 2 to 3 red and/or green hot peppers
- A few cherry tomatoes, sliced
- finadene

Preparation:

1. Chicken kelaguen: Marinate the chicken in half the lemon juice and scallion. Grill the chicken thighs on the barbecue. Remove the skin and cut into small pieces. Mix with coconut, onions, lemon juice, and chilies. Add salt and pepper. Serve with tortillas.

Pepper Chicken

Ingredients:

- 1 small chicken, cleaned and quartered
- 1 cup carrots, julienned
- 1 teaspoon salt
- 2 teaspoons Italian seasoning
- 1 medium or large onion, cut in medium chunks
- ¼ teaspoon ground white pepper
- ½ teaspoon ground black pepper
- 3 Tablespoons soy sauce
- 9 Boonie Peppers, capped and split lengthwise
- 1 small cabbage (Not Napa or Chinese) cut in 6 or 8 wedges
- cooked white rice (or long grain and wild rice if preferred)

Preparation:

1. Clean and quarter the chicken. Place the chicken pieces in an 8-quart pot and add just enough water to cover the chicken, about 4 quarts. Add salt and heat the water up to a light boil. Add chunks of onion, black pepper, and split boonie peppers. Then add carrots, Italian seasoning, white pepper, and soy sauce. Cover the pot and allow the contents to simmer over medium heat for about 70 minutes. Add the cabbage wedges and continue simmering (covered) for another 10 minutes, or until the chicken is fully cooked. Serve chicken and vegetables over white rice. Season the rice with a bit of the stock and additional soy as desired.

Donuts Cake

Ingredients:

- 5 pounds flour
- 2 cups water
- 9 teaspoons Baking Powder
- ¼ cup butter
- 1 can evaporated milk
- 4 eggs
- 4 ounces can Hershey's Chocolate Syrup
- 6 cups sugar
- 3 bottles of oil

Preparation:

1. Mix all ingredients except the oil together and let rise for 1 hour. Then: Heat up the 3 bottles of oil or 2 cans of shortening in a deep frying pan. Once the oil is warm, form dough into 1" balls or donut shapes and brown on both sides. Cool and serve.

Pickled Green Papaya

Ingredients:

- 1 medium papaya, on the verge of ripening
- ½ teaspoon ground black pepper
- 1 cup distilled white vinegar
- ¼ teaspoon salt
- 1 cup water
- 1 tablespoon sugar
- 3 Boonie Peppers

Preparation:

1. Peel the papaya, cut it in half lengthwise and remove the seeds. Slice the papaya lengthwise, as you might do with carrot sticks. Place the papaya sticks upright in a clean mason jar. Add sugar, salt, pepper, and boonie peppers if desired to the jar. Fill the jar with approx. equal amounts of vinegar and water to cover the papaya. Cover the jar tightly with its lid. Store the jar in the refrigerator for a week, shaking the jar at least once a day to mix the spices.

Corned Beef Surprise

Ingredients:

- 4 cups cooked short-grain Rice (Calrose)
- 1 tablespoon cooking Oil
- 1/2 medium or large Onion, chopped
- 1 can Corned Beef (good brand)
- 1/2 Bell Pepper, chopped (optional)
- 2 small (8 ounces) can Tomato Sauce
- salt, pepper, and other spices as desired

Preparation:

1. Start cooking the rice in a steamer or rice cooker. In an 8 to 10 non-stick skillet, saute the onion and the bell pepper (optional) lightly in about a tablespoon of oil over medium heat, 2 or 3 minutes. Add the corned beef to the pan and break it up with a spoon. Combine it well with the sauteed mixture, then spread the beef mixture evenly over the bottom of the pan.
2. Pour the tomato sauce evenly over the top of the beef mixture. **DO NOT STIR!!!** Reduce the heat if you need to, to prevent sauce from bubbling out of the pan. Sprinkle white pepper, black pepper, italian seasoning, basil, parsley, chili powder, cayenne, or whatever spices appeal to you evenly over the top of the tomato sauce.
3. Continue simmering uncovered over medium-low heat until the tomato sauce loses its liquid look and the bubbles are nearly gone (about 15 minutes.) Slice the beef mixture into four sections. Place about a cup of rice on a plate and, with a spatula, place a section of the beef mixture on top of the rice, tomato sauce-side up.

Ginger and Lime Marinade

Ingredients:

- 1/4 cup fresh lime juice (about 1 lime)
- 1/4 cup soy sauce
- 2 large cloves garlic, chopped (1 tablespoon)
- 1 teaspoon grated ginger
- Plenty of cracked black pepper

Preparation:

1. There's almost nothing to it. Just juice those limes, chop or crush the garlic, and grate the fresh ginger. Mix it all up and slather it on some fish for about 30 minutes. We used tuna steak, but they also enjoy grouper, dogfish, wahoo, and others.
2. If you are putting the marinade on firm tofu, chicken or steak, be sure to marinate longer - at least an hour, if not a few hours. Grill it. Serve with more sauce and, to be authentic, a bowl of boiled taro

Moldova



Cream of Potato Soup

Ingredients:

- 2 quarts water
- 1 pound potato, peeled and diced
- 1 onion, finely chopped
- 1 cup sour cream or 1 cup plain yogurt
- 1 teaspoon flour
- 1 tablespoon chopped parsley
- 1 teaspoon butter
- salt, to taste

Preparation:

1. Boil the cubed potatoes with the finely chopped onion. When they are done, strain, reserving the cooking liquid. Mash thoroughly or rice the potatoes and thin with enough of the cooking liquid to make a soup of the consistency you prefer. Add salt to taste and bring back to the boil. Mix the sour cream or yogurt with the flour. Add it to the soup, stirring constantly. Let boil for a minute or two, add the chopped parsley and butter. Serve with toast.

Stuffed Cabbage

Ingredients:

- 3 1/4 cups long grain rice, rinsed
- 2 pounds pork loin roast, finely diced
- 1 pound carrots, chopped
- 1 pound onions, chopped
- 1 pinch salt to taste
- 3 tablespoons tomato paste
- 1/2 teaspoon dried dill weed
- 1/4 cup sunflower seed oil
- 6 ounces parsley roots, chopped
- 1 medium head cabbage

Preparation:

1. Place rice in a medium bowl, and pour boiling water over it. Let soak for 15 minutes, then drain. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the carrots, parsley roots, onions and tomato paste. Cook and stir until the vegetables are tender. Transfer the vegetables to the bowl with the rice. Heat 2 more tablespoons of oil in the same skillet over medium-high heat. Add the pork, and cook for about 2 minutes, just until browned on the outside. Transfer to the bowl with the rice and vegetables; season with dill and black pepper. Stir until everything is well blended. Set the mixture aside to cool.

2. Carefully remove the leaves from the head of cabbage, and place them in a large pot with about 2 inches of water. Bring to a boil, and cook for 5 to 10 minutes, until tender and flexible. Remove the cabbage leaves from the pot, but leave enough in the bottom to cover. On each of the remaining leaves, place about 2 tablespoons of the pork and rice mixture in the center, and wrap the leaf around to cover. Place the stuffed cabbage leaves into the pot. When the pot is full, place a few boiled cabbage leaves over the top. Pour boiling water into the pot to cover the cabbage rolls, and place over medium-low heat. Cover, and simmer for about 30 minutes, until the rice is tender.

Zama

Ingredients:

- Meat
- home made noodles
- carrot
- onions

Preparation:

1. first, boil the meat and prepare the bullion. Then add the onions and carrots. Then add the noodles, which as being homemade, can also be bought from the shop. You can potatoes if you like.

Two colors Cookies

Ingredients:

- 2 eggs
- 2 cups of sugar
- 3 cups of flour
- 1 cup of milk
- cacao
- margarine 200 gramsrams

Preparation:

1. take two bowls and do exactly what you see in the pictures. Firstly poot in each bowl one egg, one cup of sugar, and in one add some cacao.

2. Cookies - mix everything as you see in the picture, so that one is has brown color, and the other yellow, than add 100 gramsr of margarine in each bowl. Then

add 1.5 cups of flour in each bowl, and make the dough. So you have to obtain two different colors dough. Make a roulette from these two parts of dough and cut into small pieces like cookies, and put in the oven for 20 minutes. Cooling down and serve with Cacao for a special taste.

Banana Pie

Ingredients:

- 3 eggs
- 1 cup of flour
- 1 cup of sugar
- soda
- milk
- two bananas

Preparation:

1. Firstly prepare the pie and then mix the bananas in a blender and just cover the pie.

Placinte

Ingredients:

- flour
- yeast
- 2 eggs
- 150 gramsrams of margarine
- Milk
- curd
- fennel

Preparation:

1. Make the dough. Mix the 3-4 cups of flour, with the eggs, margarine and yeast. Leave the dough for 2 hours. Then prepare the curd, add the fennel and a lot of salt. Cover them with eggs. Put in the oven at 375 degrees Fahrenheit for 30 minutes.

Monaco



Onions Style

Ingredients:

- 4 dounceen white pearl onions, peeled
- 1 1/2 cups dry white wine
- 1 tablespoon vinegar
- 1 teaspoon salt
- pepper
- 3 lemon slices
- 2 tablespoons tomato paste
- 1 1/4 cups sultana raisins
- 1/4 cup white raisins

Preparation:

1. Put onions in skillet with wine, vinegar, salt, pepper, and lemon slices. Simmer until onions are just tender but still crisp in the center. Stir in tomato paste and raisins and cook for several minutes. Remove the onions to a dish. Let the juices cook down with the raisins until the liquid is almost a glaze. Pour over the onions and chill. Serve as an hors-d'oeuvre or with cold meat.

Asparagus Risotto with Jus de Viande

Ingredients:

- 2 liters white stock
- 160 gramsrams Arborio rice (or other risotto rice)
- 4 tablespoon onion, finely chopped
- 4 garlic cloves, chopped
- 240 milliliters white wine
- 20 asparagus spears
- 8 tablespoon Jus de Viande
- 60 milliliters olive oil
- salt and freshly-ground black pepper, to taste

- 1 batch Parmesan Tuiles

Preparation:

1. Add the white stock to a large pan and bring to a boil over high heat. Meanwhile, take 12 of the asparagus spears and slice off the heads at a diagonal. Now slice the stalks, also at a diagonal, so that the pieces are the same size as the heads. Add the asparagus pieces to the white stock. Heat olive oil in a pan and use to fry the onion and garlic in a deep-sided frying pan (or skillet) over medium heat for about 3 minutes.
2. Add the rice and fry for about 3 minutes, or until just translucent. Now stir-in the white wine and cook, uncovered, until all the liquid has been absorbed (make certain you stir very frequently to prevent scorching). Add the white stock to the rice a cup at a time, each time cooking until the liquid has been absorbed before adding more (make certain you add the all the sliced asparagus to the rice).
3. Continue cooking in this way until the rice is tender and the mixture has a creamy consistency (this will take about 25 minutes). Season with salt and black pepper. Slice the remaining asparagus spears in half lengthways. Divide the risotto between four plates and drizzle with 2 tablespoon of the jus de viande for each place before garnishing with the Parmesan Tuiles and the split asparagus.

Roast Salt Cod with Tomato Sauce

Ingredients:

- 600 gramsrams fillets of salt cod
- 800 gramsrams tomatoes
- 1 carrot
- 1 onion
- 2 garlic cloves
- 1 small bunch of parsley
- 2 sage leaves
- 1 sprig of thyme
- 100 milliliters olive oil
- 2 tablespoon (heaped) plain flour
- salt and freshly-ground black pepper, to taste

Preparation:

1. The day before, wash the cod, place in a large bowl and cover with plenty of water. Every 90 minutes to 2 hours drain off the water and replace with fresh water to help extract the excess salt from the fish. Just before you go to bed, make sure to change the water again. The following day, rinse the fish fillets carefully, and pat dry with kitchen paper. Cut into large batons (sticks), dust with flour, arrange on a plate and set aside.
2. For the tomato sauce, blanch, peel and core the tomatoes then finely dice the flesh. Peel the carrot and finely dice. Peel and slice the onion and the garlic. Heat 3 tablespoon of the olive oil in a frying pan, add the onion, garlic and carrot and fry for about 4 minutes or until the onion is soft. Now stir in the tomato pulp. Bring the

mixture to a simmer, add the thyme and sage, cover and cook gently for 30 minutes, or until thickened. At the very end season to taste and stir in the parsley.

3. For the fish, add the remaining oil to a large frying pan. When hot add the fish pieces and cook until nicely browned on all sides (about 6 minutes). Remove the fish with a slotted spoon and drain on kitchen paper. Serve the fish hot, accompanied by the tomato sauce and steamed baby new potatoes.

Chard Pie

Ingredients:

Pastry:

- 500 gramsrams plain flour
- 200 gramsrams butter
- 150 gramsrams granulated sugar
- 2 eggs
- pinch of salt
- water to bind

Filling:

- 1 bunch young and tender Swiss chard leaves
- 50 gramsrams finely-grated Parmesan cheese
- 2 eggs
- 6 eating apples
- 100 gramsrams raisins (soak in 4 tablespoon rum for 1 hour)
- 100 gramsrams pine nuts
- 50 milliliters eau-de-vie de marc
- 150 gramsrams brown sugar
- 1 tablespoon olive oil
- pinch of freshly-ground black pepper

Preparation:

1. Dough, sift the flour into a bowl. Form a well and add the beaten eggs to this along with the sugar and salt. Mix together with your fingertips, bringing the flour into the liquid ingredients. Add just enough water to bring the ingredients together as a dough. Cover with cling film (plastic wrap) and set aside to rest in the refrigerator for 60 minutes. Remove the midribs from the card leaves then shred the leaves into pieces 5mm wide.

2. Wash the chard several times in water then soak in a bowl of water for 15 minutes (this helps remove the bitterness from the leaves). Drain the leaves and cut into 3cm lengths. In a bowl, mix together the Parmesan cheese, brown sugar, eau-de-vie de marc, raisins, 1 tablespoon olive oil and 2 eggs. Beat well to combine then stir in the prepared chard. Divide the pastry into two equal-sized pieces. Roll out until large enough to cover the base and sides on a 30 cm diameter pie dish.

3. Spoon in the chard mixture and pack down slightly. Core the apples and slice into wedges. Arrange these in neat concentric rings over the top of the filling then

scatter over the pine nuts. Roll out the remaining pastry and use to cover the pie. Crimp together the edges to seal using the tines of a knife then cut off the excess pastry. Prick the surface of the pastry with a fork then transfer to an oven pre-heated to 180 degrees Celsius and bake for about 40 minutes or until the pie is cooked through and the top is golden brown. Dust with icing sugar and allow to cool completely before slicing and serving.

Monegasque Soup with Pistou

Ingredients:

Soup:

- 1 kilogram fresh white beans, shelled
- 1 kilogram fresh red beans, shelled
- 500 grams green beans
- 250 grams fresh broad beans
- 3 firm-fleshed potatoes, peeled, washed and cubed
- 4 small courgettes (zucchini), washed and cubed
- 5 ripe tomatoes, blanched, peeled, de-seeded and coarsely chopped
- 1 sprig of basil
- 2 garlic cloves
- 100 grams soup pasta (vermicelli broken into pieces or orzo are good)
- salt and freshly-ground black pepper, to taste

Pistou:

- 1 large bunch of small-leaved basil
- 10 garlic cloves
- 250 grams ripe tomatoes, blanched, peeled, de-seeded and coarsely chopped
- olive oil, to taste
- salt and freshly-ground black pepper, to taste

Preparation:

1. Shell the beans and remove their outer skins. Crush the garlic cloves with a sharp blow from the flat of your hand and peel them. Combine the beans, courgettes, potatoes, tomatoes, basil and garlic for the soup in a large heavy-based pot. Cover with plenty of cold water, bring to a boil, reduce to a low simmer then season to taste, cover and cook gently for 150 minutes.
2. During this time stir the bottom of the pan occasionally to prevent any ingredients from sticking to the base and to help blend the vegetables. For the pesto, place the tomato pulp in a colander and set aside to drain. Peel the garlic cloves and cut into quarters. Wash the basil and strip the leaves from the stems. Combine the ingredients in a food processor and pulse to chop. With the motor running, drizzle in the olive oil until you have a fine, thick, purée.
3. Season to taste with salt and black pepper. When the soup is cooked remove the garlic and basil. Add the pasta and cook for between 8 and 10 minutes or until the pasta is tender. Take half the pistou mixture and stir into the soup. Bring just to

a boil and divide the soup between 6 warmed soup bowls. Garnish with a spoonful of the pistou then place the remaining pistou in a bowl and serve to accompany the soup (so that anyone can add more to their soup if they prefer). Serve immediately.

Pastry with Strawberries and Whipped Cream

Ingredients:

- Milk 2 cups
- Sugar ½ cup
- Eggs 4
- Vanilla bean 1
- Pure corn starch 3 ½ tablespoon.
- Butter 1 ounce
- Whipped Cream 3/5 cup
- Strawberries 3 cartons
- Puff pastry sheets 2 pounds

Preparation:

1. Remove stems from berries, leaving some intact for the final presentation. Pastry Cream: Bring 2 cups milk, 1 ½ tablespoon. Sugar and sliced vanilla bean to a boil in a saucepan over medium heat. Combine 4 egg yolks and the rest of the sugar in a medium bowl and whisk until pale yellow.
2. Add corn starch to the bowl and transfer the mixture to the saucepan. Remove vanilla bean and stir for 2 min. Pour into a mixing bowl and add the butter in cubes, let cool and stir occasionally. For a light cream, whisk the mixture and slowly add the whipped cream.
3. Pastry: Roll out 3 pastry sheets and let cool in the refrigerator. Remove pastry sheets from refrigerator and place on wax paper on a baking sheet. Cook at 350 degrees Fahrenheit for 35 minutes. When removing from oven, place a plate on top of the pastry sheets in order to compensate for the rising. Spread icing on the smoothest sides and put in oven at 475 degrees for 2-3 minutes until caramelized.
4. Lay a sheet of pastry, a layer of cream, a layer of strawberries and repeat to create 3 layers. Place berries on top of top layer of pastry for display.

Mongolia



Scallion Pancakes

Ingredients:

- 1 cup feta cheese, crumbled
- 2 cups flour
- 1 cup water
- 3/4 cup scallions, finely chopped
- Oil for deep frying

Preparation:

1. Mix the flour and water into a smooth ball of dough. Set aside to rest for 20 minutes. On a lightly floured surface, roll dough into a large flat disk. Scatter 1/2 cup of the chopped scallions over the surface of the dough, reserving the remaining 1/4 cup for topping. Roll the dough, jelly-roll style, into a long roll. Slice the dough into 12 equal pieces. Roll each piece into a disk about 1/8" thick. Pour enough cooking oil into a frying pan to fill it about 1/2 inch deep, and heat to frying temperature. To test, a tiny pinch of dough dropped into the oil should sizzle and float.

2. To fry the scallion flatbreads, slide them one at a time into the sizzling oil. Fry until slightly puffed and golden brown on both sides, turning once. Remove from the oil and drain on paper towels. Divide the feta cheese and remaining chopped scallions into 12 equal portions and sprinkle over each flatbread. Toast in the oven at 400 degrees until cheese is lightly melted. Serve hot.

Beef

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 teaspoon ginger, minced
- 1 tablespoon garlic, chopped
- 1/2 cup tamari soy sauce
- 1/2 cup water

- 3/4 cup dark brown sugar
- vegetable oil, for frying (about 1 cup)
- 1 pound flank steak
- 1/4 cup cornstarch (verify it has no wheat or wheat flour)
- 2 large green onions

Preparation:

1. Make the sauce by heating 2 teaspoon of vegetable oil in a medium saucepan over med or low heat. Don't get the oil too hot. Add ginger and garlic to the pan and quickly add the soy sauce and water before the garlic scorches. Dissolve the brown sugar in the sauce, then raise the heat to about medium and boil the sauce for 2-3 minutes or until the sauce thickens. Remove it from the heat. Slice the flank steak against the grain into 1/4" thick bite-size slices. Tilt the blade of your knife at about a forty five degree angle to the top of the steak so that you get wider cuts.

2. Dip the steak pieces into the cornstarch to apply a very thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes so that the cornstarch sticks. As the beef sits, heat up one cup of oil in a wok (you may also use a skillet for this step as long as the beef will be mostly covered with oil). Heat the oil over medium heat until it's nice and hot, but not smoking. Add the beef to the oil and sauté for just two minutes, or until the beef just begins to darken on the edges.

3. You don't need a thorough cooking here since the beef is going to go back on the heat later. Stir the meat around a little so that it cooks evenly. After a couple minutes, use a large slotted spoon to take the meat out and onto paper towels, then pour the oil out of the wok or skillet. Put the pan back over the heat, dump the meat back into it and simmer for one minute. Add the sauce, cook for one minute while stirring, then add all the green onions. Cook for one more minute, then remove the beef and onions with tongs or a slotted spoon to a serving plate. Leave the excess sauce behind in the pan.

Spring Lamb with Onions

Ingredients:

- 1 pound boneless lean lamb, cut into thin strips
- 1/2 teaspoon "five-spice" mixture
- 1 egg white
- 2 cloves garlic, minced
- 1 tablespoon finely-chopped fresh ginger
- 3 teaspoons cornstarch
- 2 tablespoons soy sauce
- 1/4 cup sherry wine
- 1/4 cup water
- 1 bunch green onions (or 10 boiling onions)

Preparation:

1. Mix the lamb, five-spice, egg white, garlic, ginger, 1 teaspoon of the cornstarch, and 1 teaspoon of the soy sauce in a covered casserole. Let stand 10 minutes. Clean the onions and cut them into 1 inch pieces including the tops; or, if using the boiling onions, peel them. Keep the white part and the green part of the onions separate. Mix the remaining cornstarch, soy sauce, sherry wine, and the water. Set aside.

2. Cook the lamb, covered, in the microwave oven until almost tender, stirring several times. (This should take about 15 minutes.) If using the boiling onions, they can be cooked along with the lamb. If using green onions, add the white part after the lamb has been cooking 5 minutes. The lamb should be cooked only long enough to lose its pink color. Then stir in the cornstarch - soy sauce mixture and the green part of the onions. Continue cooking, covered, stirring several times, until the sauce is thickened and boiling. Serve with cooked rice.

Hot Pot

Ingredients:

- 1/4 cup sherry wine or 1/4 cup white grape juice
- 2 1/2 tablespoons gingerroot, finely grated
- 2 tablespoons soy sauce
- 2 tablespoons peanut oil
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch
- 2 large garlic cloves, crushed
- 1/2 teaspoon red pepper flakes
- 12 ounces flank steaks or 12 ounces sirloin steaks, very thinly sliced across the grain and cut into 1 1/2 inch lengths
- 1 pound bok choy, thinly sliced crosswise
- 3 1/2 ounces fresh shiitake mushrooms, wiped, stems removed, and thinly sliced
- 4 large scallions, thinly sliced
- 2 medium carrots, peeled and cut into 1/4 inch slices
- 4 cups beef stock (I would use more...at least a cup more)
- 2 cups water
- 1/3 cup hoisin sauce
- 4 ounces soba noodles
- hot pepper
- oil, to taste

Preparation:

1. Combine the sherry, ginger, soy sauce, 1 tablespoon oil, brown sugar, corn starch, garlic, red pepper flakes, and beef in a resealable plastic bag and seal. Turn several times to coat and marinate 30 minutes at room temperature, or refrigerate for up to 24 hours. Heat a large wok or pot over high heat. Add 1 teaspoon oil. Lift the beef from the marinade with a slotted spoon, reserving the marinade. Quickly stir-fry the beef until lightly browned on both sides, about 1-2

minutes. Remove from the pan and set aside.

2. Add the remaining oil and stir-fry the bok choy, shitakes, scallions, and carrots for 1-2 minutes. Add the reserved marinade, stock, water, and hoison sauce. Bring to a boil. Stir in the noodles and simmer until tender, about 8-10 minutes. Return the beef to the wok or pot, cooking just long enough for the beef to heat through. Finish with a few drops of Chinese hot pepper oil. Do not let it sit before serving, or the noodles will absorb the liquid and swell!

Pork Chops

Ingredients:

- 10 ounces center cut double pork chops
- Mongolian Marinade
- 1 cup hoisin sauce
- 1 tablespoon sugar
- 1 1/2 tablespoons tamari soy sauce
- 1 1/2 tablespoons sherry wine vinegar
- 1 1/2 tablespoons rice vinegar
- 1 green onion, white and two thirds of green parts, minced
- 1 teaspoon Tabasco sauce
- 1 1/2 teaspoons lee kum kee black bean chili sauce
- 1 1/2 teaspoons peeled and grated fresh ginger
- 1 1/2 tablespoons minced garlic
- 3/4 teaspoon fresh ground white pepper

Preparation:

1. Trim the excess meat and fat away from the ends of the chop bones, leaving them exposed. Put the pork chops in a clean plastic bag and lightly sprinkle with water to prevent the meat from tearing when pounded. Using the smooth side of a meat mallet, pound the meat down to an even 1 inch thickness, being careful not to hit bones. Alternatively, have your butcher cut thinner chops and serve 2 per serving. To make the marinade, combine all the ingredients in a bowl and mix well. Coat the pork chops liberally with the marinade and marinate for 3 hours and up to overnight in the refrigerator.

2. Remove from marinade and place the chops on a pre-heated grill. Grill for 5 minutes on each side, rotating them a quarter turn after 2 to 3 minutes on each side, to produce nice crosshatch marks. It's good to baste with some of the marinade as the meat cooks. As with all marinated meats, you want to go longer and slower on the grill versus shorter and hotter, because if the marinated meat is charred, it may turn bitter. The pork is done when it registers 139 degrees Fahrenheit on an instant read thermometer.

Tofu with Vegetable

Ingredients:

- 3 tablespoons sesame oil

- 1 teaspoon fresh ginger, minced
- 2 tablespoons garlic, chopped
- 1 cup low sodium soy sauce
- 1 cup water
- 1 1/4 cups dark brown sugar
- 2 (14 ounce) containers extra firm tofu
- 1/4 cup cornstarch
- 4 large green onions, cut into 1-2 inch slices
- 1 large red bell pepper, cut in to long slices lengthwise (optional)
- 10 ounces mushrooms, quartered (optional)

Preparation:

1. Remove tofu from water and thoroughly pat with paper towels to dry. Slice tofu in half lengthwise, then quarter it by cutting it in half along the narrow sides. You will have four rectangles. Keep them together, then begin slicing 1/4 inch slices from the narrow end. You should end up with lots of pieces that measure just over 1 inch long and about 3/4 inch wide. Put these pieces on a plate, sandwiched between paper towels, and press them dry. This should get most of the water out.

2. Heat sesame oil in a deep skillet over low or medium heat. Add ginger and garlic to the pan and lightly sautee for about 30 seconds. Do not scorch the garlic. Add soy sauce and water. Dissolve the brown sugar in the liquid, then raise the heat to medium high and boil sauce for about three minutes. It will thicken slightly. Remove from heat and cool slightly. Put tofu strips inside of sauce and marinate them for 30-60 minutes. You can start your rice during this step, if you plan to use brown rice.

3. Use a colander to gently strain the liquid from the tofu. Keep the liquid in a bowl for the next step. Add cornstarch to liquid and dissolve. Gently place the tofu back into the skillet (or in a wok, if you'd like) and brown it on medium. Don't turn it too often, or it will break. You can add a small amount of sesame oil to help it along. Add green onions, peppers and mushrooms to the skillet or wok. Pour sauce into the veggie mixture and heat, just until it's nice and hot. Serve over brown rice or noodles.

Barbecued Breast of Chicken

Ingredients:

Chicken and mango marinade:

- 3/4 tablespoon ginger, peeled and minced
- 3 garlic cloves, minced
- 1 shallot, peeled and minced
- 1 tablespoon cilantro leaf, roughly chopped
- 1/4 cup sherry wine vinegar
- 1/8 cup hoisin sauce
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons rice wine vinegar

- 1 1/2 tablespoons sesame oil
- 1 1/2 tablespoons plum sauce
- 1 1/2 tablespoons creamy peanut butter
- 1 1/2 tablespoons honey
- 1 1/2 teaspoons salsa, sriracha
- 4 (8 -10 ounce) chicken breasts, with one small wing bone attached

Annatto Reddened Rice:

- 1 cup raw long grain rice
- 2 tablespoons annatto oil
- 2 tablespoons butter
- 4 garlic cloves, peeled and minced
- 1 scotch bonnet pepper, stem and seeds discarded and minced
- 1/2 onion, diced medium small
- 1 carrot, peeled and diced med. Small
- 1 stalk celery, cleaned and diced med. Small
- 2 small bay leaves, broken
- salt and pepper, to taste
- 1 1/4 cups chicken stock

Preparation:

1. Combine all ingredients for the marinade including chicken, mix well and reserve. Marinate the breasts 1-3 hours covered in refrigeration.
2. Make rice: In a saucepot heat the prepared annatto oil and the butter on medium high heat. Now add the scotch bonnet and the garlic and stir. Cook 15 seconds and then add the remaining vegetables and the bay leaves and stir well. Allow the vegetables to cook until well glazed. (Allow almost 10 minutes to really get the flavor out of the veg.) Stir frequently. Now add the rice and the salt and pepper. Stir well. Now add the chicken stock and stir once. Bring to a boil and then immediately lower the heat to very low. Cover the pot and cook until all of the stock is absorbed. (About 13-15 minutes). Can be kept warm for 30 minutes, (or more) before serving if desired. Remove the breasts from the marinade and grill them until just cooked through and place the chicken on a warm plate.

Lamb Casserole with Couscous

Ingredients:

- 1 kilogram lamb fillets or 1 kilogram leg of lamb, boned
- 3 tablespoons olive oil
- 1 1/2 tablespoons brown sugar
- 3 tablespoons light soy sauce
- 1 cup black bean sauce
- 4 garlic cloves, crushed
- 2 medium onions, sliced thickly
- 1 teaspoon chicken stock powder
- 1 tablespoon sherry wine

- 1 cup water
- 2 teaspoons sweet chili sauce
- 1/2 teaspoon five-spice powder
- 1 1/2-2 teaspoons corn flour
- 6 green onions, sliced
- Couscous
- 2 (125 grams) packets quick-cooking couscous
- 2 teaspoons vegetable bouillon granules

Preparation:

1. Cut lamb into strips. Heat 2 tablespoons of olive oil in a large pan, add lamb in batches and cook until browned. Remove lamb and set to one side, heat the remaining tablespoon of oil and add onion and garlic, cook until onion softens. Return lamb to pan along with sugar, soy sauce, black bean sauce, stock, water, sherry, sweet chili sauce and 5 spice powder. Simmer, covered, about 50 Min's or until lamb is tender.

2. Blend a little water with cornflour, add 3 green onions, stir, add cornflour and stir until mixture boils and thickens. Serve with couscous and top with remaining sliced green onions. Couscous. Heat water in a pan and add vegetable stock to water, add sachets of couscous and leave about 2 Min's until soft. Remove sachet cut open and pour into bowl fluff with a fork and serve.

Montenegro



Sesame Chicken Soup

Ingredients:

- 1 whole chicken (about 1.4 kilograms)
- 6 slices of fresh ginger

- 500 milliliters dry white wine or sherry
- 6 tablespoon sesame oil
- 1.2 liters water
- 2 teaspoon sugar
- 1 teaspoon salt

Preparation:

1. Clean the chicken thoroughly then cut into bite-sized pieces. Heat a wok until very hot then add the sesame oil and stir-fry the ginger for a few minutes, until fragrant. Add the chicken pieces and stir-fry for 1 minute then stir-in the wine and bring the mixture to a boil.

2. Immediately add the water, sugar and salt then return the mixture to a boil. Reduce the heat to a simmer and cook for 20 minutes, or until the chicken is thoroughly cooked through. Transfer to soup bowls and serve (for extra sesame flavour you can garnish with toasted sesame seeds).

Kotor Bay Stewed Fish

Ingredients:

- 1.5 kilograms cleaned small fish (sprats, anchovies or whitebait)
- 700 gramsrams onions, chopped
- 100 milliliters olive oil
- 700 milliliters fish stock
- 400 milliliters white wine
- 2 celery sticks, chopped
- 40 gramsrams parsley, chopped
- 2 garlic cloves, chopped
- 1/2 teaspoon dried oregano, crumbled
- 1 red chili, finely chopped
- salt and freshly-ground black pepper

Preparation:

1. Heat 3 tablespoon of the olive oil in a flame-proof casserole or large pan and use to fry the onions until soft. Stir-in the celery and parsley along with the chili, garlic and oregano. Add the fish then cover with the fish stock, white wine and the remaining olive oil.

2. Season to taste, then bring the mixture to a boil, reduce to a low simmer, cover and cook over low heat for at least 2 hours (the longer you cook it, the tastier it will get). Serve hot with rice.

Meat Steamed in Rumen

Ingredients:

- 1 rumen
- 600 gramsrams piece of meat
- salt and black pepper

- 1 teaspoon paprika

Preparation:

1. Sew one end of the rumen shut. Add the meat and seasonings then fill with water and sew the other end of the rumen shut. Either hang above a fire and cook for about 5 hours or place in and cover with the embers of a wood fire and cook for 3 hours. Slice and discard the rumen and serve the cooked meat within.

Lamb Stuffed with Chicken

Ingredients:

- 1 baby lamb or baby goat
- 2 small chickens
- 6 limes sea
- salt and black pepper, to taste
- 1 kilogram honey

Preparation:

1. Clean the chickens and wash thoroughly. Rub the lamb or goat with the limes and season liberally inside and out with the salt and black pepper. Place the chickens inside the body cavity of the lamb then sew closed with butcher's twine.

2. Insert a pole or skewer through the lamb and use this to roast the lamb on a spit until done, basting frequently with the honey as the meat cooks. Once the lamb is cooked you will see that the chickens are cooked as well. Remove the chickens from the body cavity and carve. Also carve the lamb meat and serve with the chicken meat.

Veal Stew with Tomatoes

Ingredients:

- 1 kilogram veal (neck and shoulder cuts)
- 150 grams onions, finely chopped
- 100 grams smoked bacon, chopped
- 150 grams carrots, chopped
- 1 celery stick, chopped
- 2 garlic cloves, chopped
- 100 milliliters red wine
- 2 bay leaves
- 2 tablespoon parsley, chopped
- 500 milliliters beef stock
- 1 fresh tomato, finely diced
- 2 tablespoon tomato purée
- salt and black pepper, to taste
- 2 tablespoon plain flour
- oil, for frying

Preparation:

1. Cut pockets into the veal and stuff with a mix of the bacon and carrots. Heat the oil in a pan and use to fry the veal until nicely browned. Add the onion to the pan along with any remaining bacon and carrots, the celery, garlic, bay leaves and beef stock. Bring to a simmer and cook for about 50 minutes, or until the meat is tender. Now add the wine, tomato, tomato purée and cook for a further 15 minutes.

2. Remove the meat from the pan and allow to cool until it can be handled then chop into bite-sized pieces and return to the pan. Season with salt and black pepper then whisk the flour with 4 tablespoon water until it forms a smooth slurry and add to the stew. Stir to combine, bring to a boil then cook for a further 15 minutes, or until the sauce has thickened. Serve hot on a bed of Paštrovski makaruli .

Buckwheat Pasta

Ingredients:

- 500 gramsrams black (buckwheat) flour
- 1 tablespoon oil
- pinch of salt
- water, to bind

Preparation:

1. Sift the flour into a bowl, form a well in the centre then add the salt, oil and a little water to the middle. Mix together, adding more water so that you have a slightly tacky dough. Turn this dough onto a lightly-floured work surface and knead well until the mixture becomes smooth and no longer sticks to your hands. You should have a medium soft dough.

2. Turn into a greased bowl then cover and set aside for half an hour to rest. At the end of this time roll the dough out to about 2mm thick then shape into makaruli (macaroni) shapes by wrapping the dough around the handle of a wooden spoon and slicing. Set aside to dry and store. When ready, add to a pan of lightly-salted boiling water and cook until tender. Transfer to a warmed bowl and serve sprinkled with olive oil and grated cheese.

Pan-fried Carp

Ingredients:

- 1 carp (about 2.5 kilograms), cleaned, gutted and scaled
- 2 kilogram onions
- 250 gramsrams dried, pitted, plums (soaked in hot water for 30 minutes)
- 1 cooking apple, peeled, cored and chopped
- 1 quince, peeled cored and chopped
- 1 tablespoon chili powder

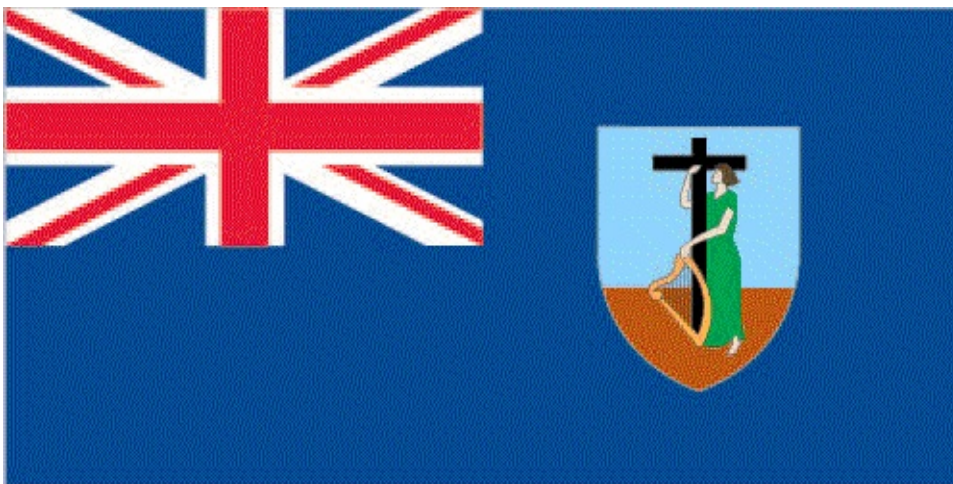
- 150 gramsrams passata (tomato juice)
- 1 tablespoon brown sugar
- 4 tablespoon white wine vinegar
- 3 tablespoon plain flour
- 500 milliliters water
- 500 milliliters oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Salt the cleaned carp liberally then cut a few slashes in the thickest part of the flesh to ensure even cooking. Add most of the oil to a very large pan or wok and used to fry the carp. As the fish is cooing add a little oil to another pan and use to fry the onions until beginning to soften (about 6 minutes). Scatter the flour and chili powder over the onions and stir to combine. Cook for 2 minutes then mix together the passata and water and stir into the onion and flour mix.

2. Stir thoroughly, until smooth, then add the plums, apple and quince. Season with brown sugar and the white wine vinegar then bring to a simmer and cook until thickened. Once the carp is cooked through transfer to a baking dish and pour the fruit sauce over the top. Transfer to an oven pre-heated to 180°C and bake for about 30 minutes. Transfer the fish to a warmed serving plate, spoon the sauce over the top and serve immediately.

Montserrat



Montserrat Cabbage Salad

Ingredients:

- 1 green cabbage, shredded
- 1 small red cabbage, shredded
- 1 green bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 2 shallots, minced
- 1 large tomato, diced and set aside

- 1/4 cup roasted sunflower seeds (optional)
- 2 tablespoons The Spice House Buttermilk Dressing
- 1 tablespoon ground ginger
- 1 teaspoon freshly ground black pepper
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 cup Miracle Whip
- 1 8 ounce container vanilla yogurt

Preparation:

1. Put the cabbage, bell peppers and shallot together in a large bowl. Mix the spices, sugar, Miracle Whip, and yogurt together to make the dressing. Add dressing to the chopped cabbage mixture. Mix thoroughly. Then, add tomato as a topping along with optional sunflower seeds. Let set about a hour to absorb the flavors.

Papaya Pie

Ingredients and Preparation:

1. Cut papaya in half and remove seeds of 2 medium sized ripe papaya. Peel the outer shell and slice pieces into small squares. In a medium sized saucepan combine:

Sliced papaya

- 1/2 cup of brown sugar
- 1/4 cup pure maple syrup
- Coat for 10 minutes before heating.
- Next, on medium heat, bring papaya and juices to a simmer and lower heat. Cook for 10 minutes.

2. Remove from heat and add:

- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt

3. Remove from heat and let cool before adding:

- 1 large egg beaten.

4. Season with extra maple syrup and brown sugar if necessary to taste. Pour into pie crust. Bake at 350 degrees for 40 minutes. Let cool and serve.

Strawberry-Banana Crepes

Ingredients:

Filling:

- Slice 2 cups of frounceen strawberries. It's easier if they are just beginning to thaw.
 - Slice 2 ripe bananas
 - In a small saucepan, melt 2 tablespoons butter.
- Add the sliced fruit along with:

- 1/4 teaspoon salt
- 2 heaping teaspoon of raw brown sugar
- 1/4 teaspoon of cinnamon

Add more sugar to taste if necessary.

Preparation:

1. Cook on low heat until softened and the juices flow. Turn off heat and let sit. Next come the crepes: To mix the batter, combine the following in a blender and blend: 1/2 cup Silk Vanilla Soy Milk, 1 large egg, and 2 tablespoons water. While the blender is turned on, open the top cover and add 1 tablespoon at a time: 1/2 cup of white flour until it is nicely blended. The mixture should be a little on the wet side.
2. Now you are ready to make the crepes. Melt on low heat in a small saucepan: 1 Tablespoon of butter. Heat two medium skillet on the stove top. Brush each one with the melted butter just enough to coat them. Once heated, while holding the skillet in your left hand, pour a circle about 3" wide in the center of the skillet. Immediately begin to twist the skillet so the batter is circling around the outside of the center causing the crepe to become thinner and thinner as you go. Do the same in the second skillet.
3. Cook the crepe on medium low heat until light browned (about a minute or so). Turn over and lightly brown the other side, which should take half the time as the first side. Line a dinner plate with a paper towel and store 3 crepes side by side on the plate. Cover with another paper towel, and add 3 more crepes on top. When the crepes are done, fill each one with a thin layer of the fruit saving the juices to pour over the crepes after they are filled. Serve immediately. Pure maple syrup can be added but is often not necessary.

Banana French Toast

Ingredients:

- 1 sliced ripe banana (or frozen banana that has been thawed overnight)
- 2 eggs
- 1/4 cup vanilla soy milk
- 1/2 teaspoon cinnamon

Preparation:

1. Process until combined. Pour batter into a 8x10 baking dish. Soak both sides of whole grain bread in the batter for a few minutes. Heat 1 Tablespoon butter in a skillet on medium heat. Grill each slice of soaked toast until lightly browned on each side (adjust heat as necessary) .Serve hot with butter and pure maple syrup. (Makes 4 slices)

Pizzas

Ingredients:

Dough:

- 1 cup of warm water
- 1 teaspoon brown sugar
- 1 tablespoon yeast

Put into the oven to keep warm for 20 minutes to ensure the yeast is good. It should be bubbly after 20 minutes.

- Add to the yeasty water:
- 1 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1/2 cup of white flour at a time mixing between each addition.

Preparation:

1. When the dough begins to form a ball in the bowl, empty it onto a floured cutting board or counter top. Begin kneading, adding small amounts of flour as necessary until it no longer sticks to your hands (about 5 minutes). Clean out the bowl. Add 1 tablespoon extra virgin olive oil to coat the inside of the bowl. Put in the ball of dough; cover with a light towel and put back in the oven to rise approximately 50 minutes. When doubled in size, take it out of the oven, punch it down and knead for another few minutes until all the air is out.

2. Cut the dough in half and begin to roll it out to fit on a cookie sheet. Add your favorite toppings (see below) and bake at 400 degrees for about 20 minutes until lightly browned on the bottom.

3. Add your favorite toppings: sauteed onions, red peppers, portabella mushrooms and about 2 tablespoons of salsa. Season with salt and pepper and your favorite herbs; top with goat cheese.

White Bean Hummus with Mango

Ingredients:

- 1 can of drained white beans (save the juice for later)
- 2 tablespoons of fresh lemon juice (this came from our own lemon tree)
- 3 tablespoons extra virgin olive oil
- 1/4 cup chopped onion
- 1/4 teaspoon oregano
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 6 large cloves of roasted garlic
- 1/4 cup chopped mango (optional)

Preparation:

1. In a large food processor combine: Whiz all ingredients until smooth and creamy. Add a tablespoon of reserved bean juice if more liquid is necessary for consistency. Serve as a side dish with chips or crackers or you can use for sandwiches or salad topping.

Goat Water

Ingredients:

- 1 cup bitter orange juice
- 1/2 cup vegetable oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- Dash of thyme
- 1 hot green pepper, chopped
- 1/2 cup shallots, chopped
- 1 Large onion, finely chopped
- 3 pounds shoulder of pork, cut 1 inch to 2 inch cubes

For Rice and Peas:

- 2 cups long grain rice
- 4 cups of water
- 1 cup red kidney beans
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 tablespoon butter
- 2 tablespoons vegetable oil salt Optional side dish.

Preparation:

1. Griots Preparation : Put all ingredients, except oil in a large pot and marinate overnight in the refrigerator. Place the marinated pork on the stove, add water to cover all ingredients. Simmer for 90 minutes. Once cooked, drain the mixture, add oil and fry the pork in the pot until brown and crusty on the outside, but tender on the inside.

2. Rice and Peas: Pour the 4 cups of water into a pot, pour the beans into the water and cook for approximately 2 hours or until tender. Drain the beans, but keep the water in a clean separate pot to be used to cook the rice. Fry the salt pork until crisp. Add the chopped onion, shallots and green pepper. When the onion is tender, add the beans and season to taste. Add the water used to cook the beans, bring to a boil, add the rice and cook for 20 minutes.

3. Bananes Pesees Preparation: Soak the banana discs in salted water for one hour. Drain and dry using a cloth (important for frying). Saute the plaitains slices in vegetable oil until tender. Flatten the bananas by pounding or pressing on them until they are half as thick. Refry until golden brown and crusty.

Braised Spare Ribs or Oxtail

Ingredients:

- 1 tablespoon oil

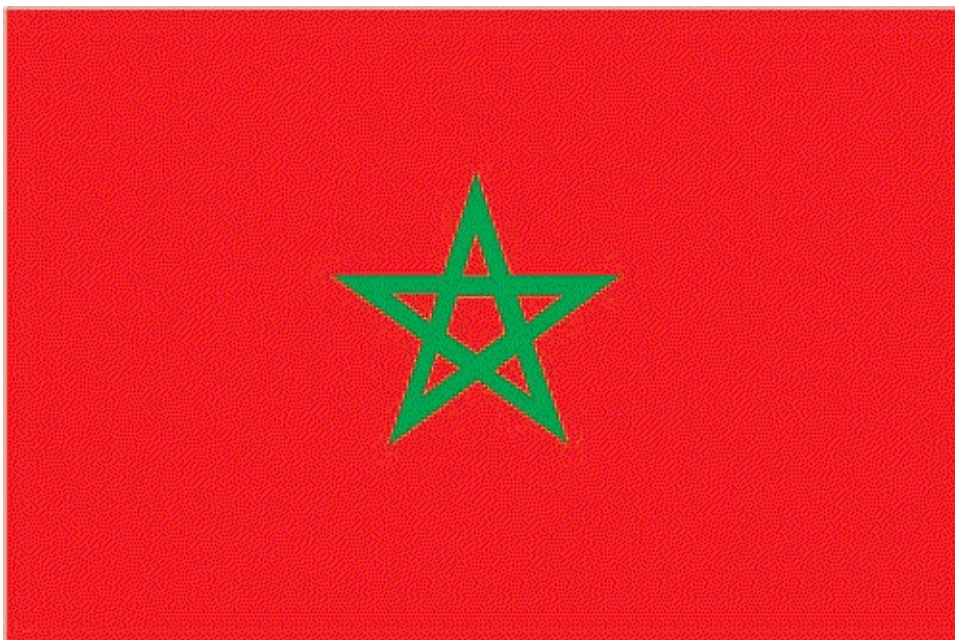
- 1 tablespoon butter
- 6 beef spareribs or 6 oxtails
- 3 medium onions, peeled and sliced
- 2 cups beef broth
- 1 bottle harp beer
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dried rubbed thyme

Preparation:

1. Pre-heat oven to 350 degrees Fahrenheit. Thoroughly dry the meat. In oven proof, heavy pot or oven, over medium high heat, add oil and brown the spareribs/oxtail for about 7-10 minutes turning on all sides (even boney sides). Remove meat and set aside. Add onions, butter, salt and pepper and cook onions until they are reddish golden brown.

2. With onions in the pot, deglaze the pan with 1/2 of the beer and reduce for 5 minutes. Add meat and juices back to pot and remaining ingredients. Place lid on pot and place in oven to cook for 3 hours. Every 45 minutes or so, remove the pot and turn the meat to ensure even distribution of the broth over the meat.

Morocco



Moroccan Tagine

Ingredients:

- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cut into chunks

- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 small butternut squash, peeled and chopped
- 1 (15.5 ounce) can garbanzo beans, drained and rinsed
- 1 carrot, peeled and chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 (14 ounce) can vegetable broth
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 dash cayenne pepper

Preparation:

1. Heat the olive oil in a large skillet over medium heat, and cook the chicken, onion, and garlic about 15 minutes, until browned.
2. Mix the squash, garbanzo beans, carrot, tomatoes with juice, broth, sugar, and lemon juice into the skillet.
3. Season with salt, coriander, and cayenne pepper.
4. Bring the mixture to a boil, and continue cooking 30 minutes, until vegetables are tender.

Moroccan Chicken

Ingredients:

- 1 pound skinless, boneless chicken breast meat – cubed
- 2 teaspoons salt
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 tablespoon minced fresh ginger root
- 1/2 teaspoon paprika
- 3/4 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon ground turmeric
- 1 1/2 cups chicken broth
- 1 cup crushed tomatoes
- 1 cup canned chickpeas, drained
- 1 zucchini, sliced
- 1 tablespoon lemon juice

Preparation:

1. Season chicken with salt and brown in a large saucepan over medium heat

until almost cooked through.

2. Remove chicken from pan and set aside.

3. Saute onion, garlic, carrots and celery in same pan. When tender, stir in ginger, paprika, cumin, oregano, cayenne pepper and turmeric; stir fry for about 1 minute, then mix in broth and tomatoes.

4. Return chicken to pan, reduce heat to low and simmer for about 10 minutes.

5. Add chickpeas and zucchini to pan and bring to simmering once again; cover pan and cook for about 15 minutes, or until zucchini is cooked through and tender.

6. Stir in lemon juice and serve.

Cara's Moroccan Stew

Ingredients:

- 1 cup French green lentils
- 3 bay leaves
- 2 whole garlic cloves
- 3 tablespoons olive oil
- 1 teaspoon chopped fresh thyme leaves
- 1 tablespoon minced garlic
- 1 tablespoon olive oil
- 1 teaspoon crushed hot chile flakes
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon minced garlic
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup chopped zucchini
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 butternut squash - peeled, seeded, and cut into 1 inch cubes
- 1 (8 ounce) can crushed tomatoes
- 1 (15 ounce) can chickpeas, drained
- 4 cups vegetable stock
- 1 cup chopped fresh flat-leaf parsley
- 1/2 cup plain yogurt (optional)
- 2 tablespoons chopped fresh mint (optional)
- 1/4 teaspoon cayenne pepper (optional)

Preparation:

1. Fill a large pot with water and bring to a boil over high heat. Stir in the lentils, bay leaves, and whole garlic cloves. 2. Return to a boil, then reduce heat to low and simmer lentils until they are cooked but still firm, about 10 minutes. 3. Drain well. Place lentils in a bowl; toss with olive oil, thyme, and 1 tablespoon chopped garlic.

4. Remove bay leaves and whole garlic cloves; set aside.
5. Heat 1 tablespoon olive in a large pot over medium heat. Stir in chili flakes, cinnamon, cumin, and coriander and cook until fragrant. Add garlic, onion, celery, zucchini, red and yellow peppers, and squash; cook 3 or 4 minutes.
6. Mix in the lentils, tomatoes, chickpeas, and vegetable stock. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover.
7. Simmer until squash is tender, about 20 minutes, stirring once or twice. Add the chopped parsley.
8. Ladle into serving bowls and garnish with a dollop of yogurt, some chopped mint, and a pinch of cayenne pepper.

Moroccan spiced cauliflower and almond soup

Ingredients:

- 1 large cauliflower
- 2 tablespoons olive oil
- ½ tea spoon each ground cinnamon, cumin and coriander
- 2 tablespoons harissa paste, plus extra drizzle
- 1l hot vegetable or chicken stock
- 50 gramsram toasted flaked almonds, plus extra to serve

Preparation:

1. Cut the cauliflower into small florets. Fry olive oil, ground cinnamon, cumin and coriander and harissa paste for 2 mins in a large pan.
2. Add the cauliflower, stock and almonds. Cover and cook for 20 mins until the cauliflower is tender.
3. Blend soup until smooth, then serve with an extra drizzle of harissa and a sprinkle of toasted almonds.

Moroccan lamb with apricots, almonds and mint

Ingredients:

- 2 tablespoons olive oil
- 550 gramsram lean lamb, cubed
- 1 onion, chopped
- 2 garlic cloves, crushed
- 700 Milliliter lamb or chicken stock
- grated zest and juice 1 orange
- 1 cinnamon stick
- 1 tea spoon clear honey
- 175 gram ready to eat dried apricots
- 3 tablespoons chopped fresh mint
- 25 gram ground almonds
- 25 gram toasted flaked almonds

- steamed broccoli and couscous, to serve

Preparation:

1. Heat the oil in a large flameproof casserole. Add the lamb and cook over a medium-high heat for 3-4 minutes until evenly browned, stirring often. Remove the lamb to a plate, using a slotted spoon.

2. Stir the onion and garlic into the casserole and cook gently for 5 minutes until softened. Return the lamb to the pot. Add the stock, zest and juice, cinnamon, honey and salt and pepper. Bring to the boil then reduce the heat, cover and cook gently for 1 hour.

3. Add the apricots and two-thirds of the mint and cook for 30 minutes until the lamb is tender. Stir in the ground almonds to thicken the sauce. Serve with the remaining mint and toasted almonds scattered over the top.

Moroccan turkey salad

Ingredients:

- 2 pitta breads
- 2 tablespoons olive oil
- 1 diced aubergine
- 1 tablespoons harissa
- 250 gramsram halved cherry tomatoes
- 500 gramsram shredded leftover turkey breast
- 100 gramsram rocket
- seeds 1 pomegranate or 110 gramsram tub pomegranate seeds
- a few mint leaves

Preparation:

1. Tear the pitta into pieces and fry in the olive oil until crisp. Tip into a bowl, then fry the aubergine for 10 mins until soft.

2. Add to the pitta with the harissa, tomatoes, turkey and rocket. Toss well. Scatter over pomegranate seeds and mint leaves.

Mounceambique



Easy Shrimp

Ingredients:

- 14 shrimp (med or large, shelled and deveined)
- 3 tablespoons butter
- 1 tablespoon olive oil
- 1 onion (chopped fine)
- 2 tablespoons parsley (chopped)
- 1 teaspoon turmeric
- 1 pinch saffron
- salt and freshly ground black pepper
- 3 garlic cloves (minced)
- 1 tablespoon red pepper flakes
- 3/4 cup white wine (or dark beer)
- 2 cups white rice (cooked)

Preparation:

1. In a medium mixing bowl add garlic, saffron, crushed red pepper, turmeric, salt and pepper, mix gently. Add 2 tablespoon butter and 1 tablespoon olive oil to pan add onion; cook until soft around 5 minutes over medium heat, add contents of bowl stir and cook another 1-2 minute Add wine or beer, bring to boil and reduce for 2 minute over medium high heat. Add shrimp, parsley and rest of butter, cook over medium heat until shrimp are done, serve over rice.

Beef and Green Banana Stew

Ingredients:

- 1 kilograms green (ie unripe) bananas
- 1 kilogram beef, trimmed of fat and cubed
- 2 coconuts
- 2 onions, peeled and sliced into rounds

- 3 large tomatoes, chopped
- juice of 1/2 lemon
- salt and freshly-ground black pepper, to taste

Preparation:

1. Peel the bananas and scrape the sides clean then cut into 3cm lengths. Bring a pan of lightly-salted water to a boil then add the banana slices and blanch for 2 minutes. Drain the bananas then combine in a saucepan with the beef, onions and tomatoes. Season to taste with salt and black pepper. Grate the flesh of the bananas and prepare a thick and a thin coconut milk from it. Set the thick milk aside then pour the second milk over the banana and beef mixture.

2. Add just enough water to cover the contents of the pan then bring to a boil. Reduce to a simmer, cover and cook until the sauce has thickened and the meat is tender (about 30 minutes). After this time, stir in the thick coconut milk and the lemon juice. Bring back to a boil and continue boiling until the sauce is thick (about 20 minutes). Serve hot, accompanied by rice. You can also make this dish with fish instead of beef.

Barbecued Chicken

Ingredients:

- 2 prepared chickens (about 1 kilogram each)
- 4 cayenne chilies, finely chopped
- 1 tablespoon salt
- 2 garlic cloves
- 2 tablespoon freshly-grated ginger
- 1 teaspoon paprika 120ml oil

Preparation:

1. Combine the chilies, garlic and ginger in a mortar and pound to a paste. Work in the salt, paprika and oil and mix to a smooth paste. Prick the chickens all over with a sharp-tined fork then rub both outside and in with the chili, garlic and ginger paste. Place in a roasting tin, cover and set aside to marinate for 30 minutes.

2. In the meantime, pre-heat your barbecue. After this time, split the chickens in half then place each half on the hot barbecue and grill for about 25 minutes per side, or until thoroughly cooked through. Serve hot, accompanied by boiled rice.

Fried Bananas

Ingredients:

- 3 slightly-under ripe bananas, peeled and sliced into rounds
- oil for frying
- 100 gramsrams sugar
- 3 teaspoon ground cinnamon

Preparation:

1. Heat oil to a depth of 3 cm in a wok or deep pan. Add the banana slices, in

batches, and fry for about 4 minutes or until crisp and golden brown. Drain on kitchen paper as you prepare the next batch. Melt the sugar in a frying pan and scatter over the cinnamon.

2. Add the fried banana slices and turn to coat in the caramel. Take off the heat and turn onto a sheet of greaseproof (waxed) paper to cool. Serve just warm as a sweet snack.

Peanut and Chicken Stew

Ingredients:

- 1 whole chicken, jointed into serving-sized pieces
- 600 grams raw peanuts
- 2 tomatoes, chopped
- 2 onions, chopped
- 2 liters water
- salt, to taste

Preparation:

1. Place the peanuts in a food processor and grind to a flour. Mix the flour with the 2l water to produce peanut milk. Turn into a saucepan and bring to a boil, stirring constantly. As soon as the mixture comes to a boil add the tomatoes and onions along with the chicken pieces.

2. Season to taste with salt then reduce to a gentle simmer, cover and cook gently for 60 minutes, or until the chicken pieces are tender (alternatively, transfer to an oven pre-heated to 180°C and bake). Serve hot, accompanied by boiled rice or shima.

Clams in Coconut Milk

Ingredients:

- 5 kilograms clams, scrubbed clean
- 1 coconut
- 4 tomatoes, chopped
- 2 onions, chopped
- 2 garlic cloves, minced
- 3 tablespoon oil
- salt and dried piri-piri chilies (crushed), to taste

Preparation:

1. Grate the coconut flesh into a bowl then pour over 120ml cold water and 120ml hot water. Stir well with your hands until the liquid becomes creamy the set aside to cool. Strain the coconut flesh through a cloth then wring out to extract all the liquid (this is your coconut milk). Wash the clams in warm water, place in a pot with 100ml water. Cover with a tight-fitting lid and steam for about 8 to 10 minutes or until they open.

2. Strain the liquid from the pan and reserve. Remove the clam meats from the

shells, discarding any that have not opened. Heat the oil in a pan, add the onion and garlic and fry for about 6 minutes or until golden brown. Add the tomatoes and simmer gently for a few minutes. Add the clam meats and their reserved cooking liquor and coconut milk. Season to taste with salt and the piri-piri chilies. Bring to a simmer and cook, uncovered, until the sauce is thick. Serve hot, accompanied by white rice.

Rice with Coconut and Papaya

Ingredients:

- 150 grams rams rice
- 60 milliliters water
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 cardamom pod, crushed
- 400 milliliters coconut milk
- 1 ripe papaya, peeled, de-seeded and diced

Preparation:

1. Wash the rice then combine in a pan with the water, salt, cinnamon, cardamom and coconut milk. Bring to a boil, reduce to a simmer, cover the pan and cook gently for 20 minutes. Stir the rice with a fork to loosen the grains then cover the pan, take off the heat and set aside to rest for 10 minutes.
2. Crush half the papaya pieces then mix the crushed papaya and the diced half into the rice mixture. Stir and place back on the heat. Allow to heat gently and serve hot.

Beef and Green Banana Stew

Ingredients:

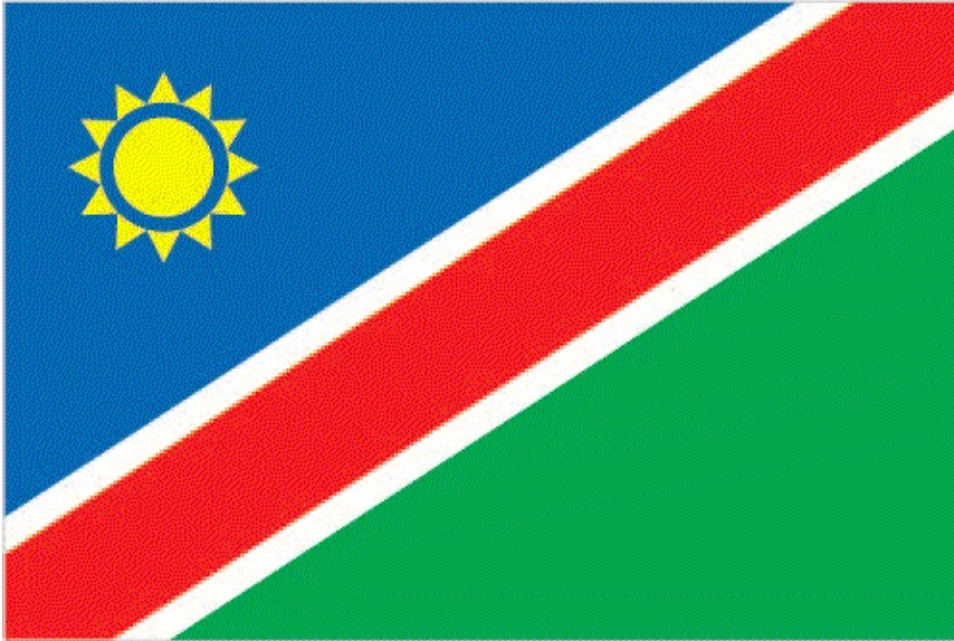
- 1 kilogram green (ie unripe) bananas
- 1 kilogram beef, trimmed of fat and cubed
- 2 coconuts
- 2 onions, peeled and sliced into rounds
- 3 large tomatoes, chopped
- juice of 1/2 lemon
- salt and freshly-ground black pepper, to taste

Preparation:

1. Peel the bananas and scrape the sides clean then cut into 3cm lengths. Bring a pan of lightly-salted water to a boil then add the banana slices and blanch for 2 minutes. Drain the bananas then combine in a saucepan with the beef, onions and tomatoes. Season to taste with salt and black pepper. Grate the flesh of the bananas and prepare a thick and a thin coconut milk from it. Set the thick milk aside then pour the second milk over the banana and beef mixture.
2. Add just enough water to cover the contents of the pan then bring to a boil.

Reduce to a simmer, cover and cook until the sauce has thickened and the meat is tender (about 30 minutes). After this time, stir in the thick coconut milk and the lemon juice. Bring back to a boil and continue boiling until the sauce is thick (about 20 minutes). Serve hot, accompanied by rice. You can also make this dish with fish instead of beef.

Namibia



Bushmeat Skewers with Peanut Satay

Ingredients:

- 250 gramsrams crocodile fillet
- 300 gramsrams ostrich steak
- Juice of 1/2 lemon
- 2 tablespoon olive oil
- 1 garlic clove, crushed
- 2 tablespoon soy sauce
- 1 red chili, de-seded and very finely chopped
- 2 tablespoon crunchy peanut butter
- 110 gramsrams cashew nuts, roasted and crushed
- Juice of 1 lime
- 200 milliliters coconut milk
- 4 fresh chilies, chopped (or to taste)
- 1/2 teaspoon soy sauce
- Palm sugar (or light golden caster sugar), to taste
- salt and freshly-ground black pepper

Preparation:

1. You will need some 15 bamboo skewers. Soak in cold water for about 15 minutes beforehand to prevent burning. Meanwhile cut the meat into strips some 1 x 2cm and season liberally with salt and freshly-ground black pepper. Mix together the lemon juice, olive oil, garlic, finely-chopped chili and soy sauce. Pour this over the meat and allow to marinate for at least half an hour (preferably longer).

2. Whilst the meat is marinating prepare the satay by incorporating all the remaining ingredients together in a small pan. Bring to a simmer, add sugar to taste and cook gently for five minutes. Prepare the meat by threading two or three strips (either a mixture of meat or some species) onto the skewers. Brush with any remaining marinade and place on a barbecue, griddle pan or under a grill. Cook for a few minutes on each side until the meat is just done (these meats have little fat, be careful not to over-cook). Serve the skewers on a bed of rice and accompanied by hot satay sauce.

Mussels with Curry Sauce

Ingredients:

- 1 kilogram live mussels
- 170 milliliters water
- 170 milliliters dry white wine
- 3 sprigs fresh thyme
- 1 garlic clove, crushed
- 2 tablespoon butter
- 3 shallots, finely chopped
- 1 celery stick, chopped
- 1 tablespoon curry powder
- 1 tablespoon plain flour
- 2 tablespoon milk
- 2 tablespoon single cream
- 4 tablespoon mayonnaise
- a few sprigs of fresh dill, to garnish

Preparation:

1. Scrub and de-beard the mussels and discard any that are open as these are dead (to check if any open ones are still alive, rap sharply on a work surface, if they close then they are ok, if they remain open they are dead and should be discarded). Combine the water, white wine, garlic and thyme in a large saucepan with a tight-fitting lid. Bring just to a boil then add the mussels and cook, lidded, over medium heat for about 6 minutes, shaking from time to time, until the shells have opened.

2. Take the pan off the heat and remove any unopened mussels if desired (the only real reason for discarding these is that it's hard to get at the meat; my wife, who is West African is horrified at the way we discard perfectly edible mussels just because they did not open when cooked). Take the pan off the heat and set aside

to cool until the mussels can easily be handled. When cooled, pour the stock through a fine-meshed sieve and reserve. Take the mussels and open them. The meat will, in most cases, stay partially attached to one half-shell (discard the other shell half).

3. Arrange the shells containing the mussels evenly between four serving plates. Melt the butter in a pan, add the shallots and celery and sweat down gently for 5 minutes. Scatter over the curry powder and flour and stir to combine. Cook for 1 minute more, stirring constantly, then whisk in 250 milliliters of the reserved mussel cooking liquor. Bring to a simmer and cook the curry sauce for about 10 minutes, or until thickened. Take off the heat and allow to cool slightly then stir in the cream, milk and mayonnaise. Beat with a whisk to combine, pour over the mussels and garnish each plate with a few sprigs of fresh dill. Serve immediately, accompanied by a baguette.

Curried Neck of Mutton Potjie

Ingredients:

- 2 tablespoon vegetable oil
- 1.5 kilograms neck of mutton, cut into slices
- 3 medium onions, chopped
- 500 grams baby carrots, scrubbed well
- 500 grams baby potatoes, scrubbed well
- 1 tablespoon sugar
- 2 teaspoon mild curry powder (Cape curry powder or similar would be traditional)
- 1 teaspoon ground turmeric
- 120 milliliters milk
- salt and freshly-ground black pepper, to taste

Preparation:

1. Heat the oil in a flame-proof casserole or Dutch oven. Season the meat with salt and black pepper then brown, a few pieces at a time in the oil. Remove with tongs or a slotted spoon and set aside as you fry the next batch. Remove the last of the meat then add the onions to the pot and fry until soft but not coloured (about 4 minutes). Return the meat to the pot then pour in enough water to cover the ingredients, cover with a tight-fitting lid and simmer gently for 60 minutes.
2. After this time add the carrots and potatoes and continue simmering for 30 minutes. Now mix the sugar, curry powder and turmeric with the milk and stir into the stew. Bring back to a simmer and cook for 15 minutes. Gently stir through and add a little more water if the potjie looks like it might be a little dry. Continue simmering for 15 minutes more than serve.

Apple and Raisin Risotto

Ingredients:

- 50 grams butter 1 small onion, diced
- 200 grams basmati rice, washed and set aside to dry

- 1/2 teaspoon salt
- 1/2 teaspoon ground turmeric
- 2 garlic cloves, minced
- 1 teaspoon mixed dried herbs
- 100 grams raisins
- 25 grams brown sugar
- 1/2 tablespoon ground cinnamon
- 625 milliliters apple juice or cider
- 6 apples (Granny Smith typically), peeled, cored and chopped

Preparation:

1. Melt the butter in a pan, add the onion and fry for about 3 minutes or until soft and translucent. Add the rice and stir to coat in the butter then pour in the apple juice or cider and add the spices. Bring to a simmer and cook gently over low heat stirring frequently for about 20 minutes.
2. If the mixture looks a little dry add a little more liquid as needed. Now stir in the apples and raisins and cook for about 5 to 10 minutes more, or until the rice and the fruit are tender. Serve hot to accompany fried, grilled or barbecued meat.

Magic Lamb

Ingredients:

- 1 large leg of lamb
- handful of green peppercorns and pomegranate seeds
- olive oil
- 1 head of garlic, peeled and slivered
- 1 large bunch fresh rosemary
- 8 dried anchovies

Preparation:

1. Clean the meat and using a sharp knife make a large number of puncture holes all over the meat. Stuff the berries, garlic, rosemary and anchovies (traditionally dried anchovies soaked in a water and with backbone removed would be used) into these holes so that the meat is completely studded.
2. Wrap the meat in several layers of aluminium foil, ensuring you wrap around the meat in different directions to seal it in the foil packet. Place the lamb on a hot barbecue and if possible cover the barbecue and lamb in more foil (or, if your barbecue has a lid use this). Leave to cook for at least three hours. At the end of this time unwrap the lamb and carve. Serve with sweet potato mash and roast vegetables such as squash, pumpkin and deep-fried okra.

Paella Potjie

Ingredients:

- 1/4 cup cooking oil

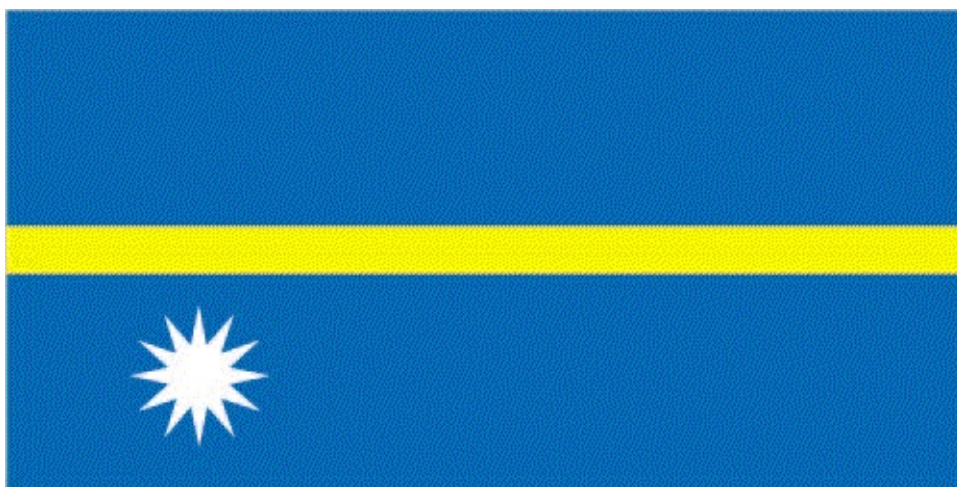
- 3 red sweet peppers (seeded and cut in strips)
- 1 large onion, chopped
- 1 pound pork, cubed
- 5 chicken thighs, halved
- 4 cups boiling water
- 1 teaspoon saffron
- 4 bay leaves
- 2 chicken stock cubes
- 2 pounds king klip or white perch fillets, cut in strips
- 12 ounces prawns, frounceen
- 1 pound rice, uncooked
- salt and pepper
- 8 ounces frounceen green peas
- 1 lemon, juice of

Preparation:

1. Heat the oil in the pot. Lightly brown the pepper, onion, pork and chicken. Cover and simmer slowly for an hour or until the meat is nearly done. Add the saffron, bay leaves and chicken stock cubes to the boiling water and set aside. Place the fish and prawns on top of the meat, followed by the rice and peas. Season with salt and pepper to taste.

2. Add the saffron water little by little as the rice boils dry. Simmer the potjie gently until the rice and peas are done and all the liquid has nearly boiled away. Paella should be loose and the rice should not be soggy. Add the lemon juice just before serving and stir well. To cook in a crockpot cook on high as outlined above.

Nauru



Coconut Mousse

Ingredients:

- 1 cup coconut milk
- 3 tablespoons sugar
- ¾ cup fresh coconut, finely grated
- 1 teaspoon agar-agar
- ½ cup heavy cream, very cold
- 4 teaspoons vanilla-flavored sugar, or 4 tablespoons sugar, with ½ teaspoon vanilla extract
- 2 egg whites

Preparation:

1. In a large saucepan, heat coconut milk, sugar and grated coconut without boiling. Remove from heat and stir in the agar-agar. Whisk until it cools. Coconut mousse and beat the heavy cream gradually incorporating vanilla sugar. 2. Beat the egg whites until stiff. Fold in whipped cream. Gently fold the egg whites. The mixture should be very airy. Allow to cool at least 4 hours.

Banana Pineapple Bread

Ingredients:

- 2 large eggs
- 1/2 cup extra virgin coconut oil, melted (smells and tastes awesome – make sure to use extra virgin and/or unrefined coconut oil)
- 1/3 cup buttermilk (I've made this twice: the second time I used 1/4 cup sour cream – both were equally good)
- 1 1/4 cups granulated sugar
- 1/4 cup light brown sugar, packed
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon nutmeg
- pinch salt
- 1 to 1 1/4 cups mashed ripe bananas (2 large or 3 small ripe bananas)
- 1 cup frounceen pineapple, diced (read the original recipe to find out why baking with frounceen fruit is a good idea)

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Grease and flour two 8 by 4 inches loaf pans. In a large bowl, combine the eggs, coconut oil, buttermilk (or sour cream), sugars, vanilla. Stir until well combined and smooth. In another bowl, whisk together the flour, baking powder, baking soda, nutmeg, optional salt. Add to egg mixture, stirring only until just combined.

2. Fold in bananas and pineapple. Pour batter into prepared pans and bake for about 45 minutes, or until top is golden and set, a toothpick inserted in the center comes out mostly clean. (I have a super aggressive oven. It bakes the heck out of

things. If this happens to you too, you may wish to lower your oven temperature to 325 degrees Fahrenheit in last 15 minutes of cooking, or tent the pan with foil). Allow bread to cool in pan for about 15 minutes before removing and transferring to a wire rack to finish cooling.

Mango Papaya Sherbet

Ingredients:

- 3/4 cup ripe papaya pulp
- 3/4 cup mango pulp
- 3 tablespoons fresh lemon juice
- 1/2 cup orange juice
- 1 1/2 cups milk
- 1 cup sugar

Preparation:

1. Press papaya and mango through a coarse sieve or colander. Add lemon and orange juice. Dissolve sugar in milk and add gradually to the fruit mixture. Pour into pan and freeze, stirring every half-hour, or used an ice cream maker and follow manufacturer directions.

Coconut Fish

Ingredients:

- 6 pieces (about 6 ounces each) skinless fish fillets, such as mahi mahi, or cod each about
- 3/4 inch thick
- 1 teaspoon salt
- Freshly ground pepper
- 1/2 cup dry roasted macadamia nuts, finely chopped
- 1/2 cup panko breadcrumbs
- 1/4 cup flaked or shredded unsweetened coconut
- 2 tablespoons chopped fresh cilantro, chive or parsley (or a combination)
- 1/4 teaspoon ground ginger
- 2 egg whites
- 2 tablespoons vegetable oil
- Lime wedges
- Crunchy pineapple relish, see recipe below
- Coconut Fish is national food (dish) of Nauru

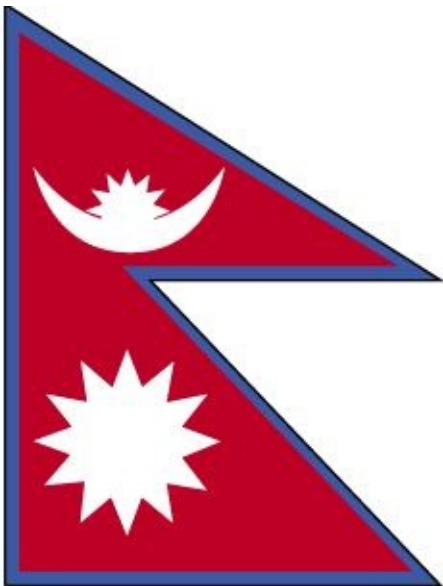
Preparation:

1. Heat oven to 450 degrees. Pat fish dry. Sprinkle with 1/4 teaspoon salt and pepper to taste. Mix chopped nuts, breadcrumbs, coconut, herbs, ginger, 1/2 teaspoon salt and pepper to taste in a shallow dish. Put egg whites and remaining 1/4 teaspoon salt into another shallow dish; beat lightly with a fork until frothy. Dip fish into egg whites; let excess drip off.

2. Coat fish on all sides in breadcrumb mixture. Put onto a wire rack set over a pan. If desired, refrigerate an hour or so. Heat oil in large, well-seasoned cast-iron (or nonstick) ovenproof skillet over medium-high. Add fish in a single uncrowded layer (use two skillets if necessary). Cook until golden, about 2 minutes. Gently flip fish; put into oven. Cook until crisped and fish is nearly firm, 5 to 7 minutes. Transfer to heated serving plates. Serve with lime wedges and topped with pineapple relish.

3. Crunchy pineapple relish Mix 1 cup finely diced fresh pineapple chunks, 1/4 of a seedless cucumber, finely diced (peeled if desired); 2 tablespoons finely diced red onion, rinsed; 2 to 3 tablespoons chopped fresh cilantro, chive or parsley (or a combination); 1/2 teaspoon fresh lime juice; drizzle of sesame oil; 1/4 teaspoon salt and freshly ground pepper to taste in a small bowl. Let stand, stirring once or twice, about 20 minutes.

Nepal



Meat Dumplings

Ingredients:

Dough for wrappers:

- 4 cups all-purpose flour
- 1 tablespoon oil
- water, as required
- 1 pinch salt

Filling:

- 2 pounds lean ground meat (50% lamb or chicken & 50% pork works best)
- 1 cup red onion, finely chopped
- 1/2 cup green onion, finely chopped

- 1 cup ripe tomato, finely chopped
- 3 tablespoons fresh cilantro, chopped
- 1 tablespoon fresh garlic, minced
- 1 tablespoon fresh ginger, minced
- 1/4 teaspoon nutmeg, freshly grated
- 1/2 teaspoon turmeric
- 1 tablespoon curry powder, or momo masala if available
- 3 fresh red chilies, minced (or to taste)
- 3 tablespoons cooking oil
- salt and pepper

Preparation:

1. Dough: In a large bowl combine flour, oil, salt and water. Mix well, knead until the dough becomes homogeneous in texture, about 8-10 minute. Cover and let stand for at least 30 minute. Knead well again before making wrappers.
2. Filling: In a large bowl combine all filling ingredients. Mix well, adjust for seasoning with salt and pepper. Cover and refrigerate for at least an hour to allow all ingredients to impart their unique flavors.
3. Assembly: Give the dough a final knead. Prepare 1-in. dough balls. Take a ball, roll between your palms to spherical shape. Dust working board with dry flour. On the board gently flatten the ball with your palm to about 2-in circle. Make a few semi-flattened circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper.
4. For well executed MOMO's, it is essential that the middle portion of the wrapper be slightly thicker than the edges to ensure the structural integrity of dumplings during packing and steaming. Hold the edges of the semi-flattened dough with one hand and with the other hand begin rolling the edges of the dough out, swirling a bit at a time. Continue until the wrapper attains 3-in diameter circular shape.
5. Repeat with the remaining semi-flattened dough circles. Cover with bowl to prevent from drying. For packing hold wrapper on one palm, put one tablespoon of filling mixture and with the other hand bring all edges together to the center, making the pleats. Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling.
6. This holds the key to good tasting, juicy dumplings. Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking. Arrange uncooked dumplings in the steamer. Close the lid, and allow steaming until the dumplings are cooked through, about 10 minutes. Take dumplings off the steamer and serve immediately.
7. Alternatively, you can place uncooked dumplings directly in slightly salted boiling water and cook until done, approximately 10 minutes. Be careful not to over boil the dumplings. You may also slightly sauté cooked dumplings in butter before serving. To serve, arrange the cooked dumplings (MOMO's) on serving plate with hot tomato achar or any other chutneys as condiment.

Potato, Tomato and Pea Curry

Ingredients:

- 1 tablespoon cooking oil
- 1 large onion, finely sliced
- 1/2 teaspoon ground black pepper
- 2 mild green chili
- 2 teaspoons garlic, chopped
- 1 teaspoon gingerroot, fresh grated
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 2 cups potatoes, peeled and cubed
- 1 cup peas
- 1 large tomato, chopped
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 cup hot water

Preparation:

1. Heat oil in a saucepan and fry onion until soft and golden. Stir in pepper, chili, garlic, ginger, turmeric and salt. Continue cooking for 2-3 minutes then add the potatoes; stir. Add the remaining ingredients and hot water. Simmer until vegetables are cooked, thicken if necessary. Serve with rice and accompaniments.

Basmati Rice Dish

Ingredients:

- 1 1/2 cups uncooked basmati rice
- 2 tablespoons vegetable oil
- 1 medium onion, peeled and finely chopped
- 2 cinnamon sticks (whole, approx 2 inches each)
- 2 whole cloves
- 1 bay leaf
- 4 ounces cashews (don't need to be whole)
- 2 ounces sultanas (golden raisins)
- 1 teaspoon salt

Preparation:

1. Wash the rice several times and let it soak for 30 minutes. Drain the rice well in a sieve. Heat the oil in a skillet over medium-low heat and cook onion until soft. Add all ingredients & spices, (except salt) to the pan and stir fry for 2 minutes over medium heat. Add 2 cups of water to the pan with salt and bring to a boil then cover tightly and turn the heat to low. Simmer for 20 minutes, adding additional water during cooking, if necessary, until rice is tender and fluffy and all the water is

absorbed. Remove bay leaf, cloves and cinnamon sticks before serving.

Crispy Deep-Fried Duck

Ingredients:

- 6 pounds whole duck, cleaned and washed
- 1 tablespoon cumin powder
- 1 tablespoon chili paste
- 2 tablespoons ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon ground szechwan pepper (timur)
- 1/4 teaspoon grated nutmeg
- 1 teaspoon turmeric
- 2 tablespoons molasses
- 2 tablespoons honey
- salt and pepper
- oil (for deep frying)

Preparation:

1. In a small bowl, combine cumin, ginger, garlic, timur, nutmeg, half teaspoon of turmeric, salt and pepper; mix well. Clean duck; wipe dry. Rub duck inside and out with the spice mixture. Let rest to marinate for at least eight hours. Place marinated duck in a steamer and steam for at least one hour. Remove from steamer and let cool down.
2. Combine a half teaspoon of turmeric, chili paste, molasses, honey and salt, and smother over the duck, inside and out. In a deep fryer heat oil to 360 degrees Fahrenheit. Dip the steamed duck in frying oil. Fry duck, turning periodically, until the duck skin is golden brown and crispy. Remove from oil and place on paper towel to absorb excess oil. To serve, cut crispy duck into bite-size pieces. Serve with rice pilaf, accompanied with mango chutney.

Chicken

Ingredients:

- 1 kilogram chicken
- 1 onion
- 2 red capsicums
- 2 tomatoes
- 4 tablespoons yogurt
- 1 teaspoon ginger paste or 1 teaspoon chopped gingerroot
- 2 teaspoons garlic paste or 3 chopped garlic cloves
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon coriander powder

- 1/2 teaspoon cumin seed
- 3 tablespoons cooking oil

Preparation:

1. Marinate the chicken mixing your pieces with 1 Tablespoon yougurt, 1 Teaspoon garlic paste or chopped, and salt+pepper. Place this mixture in a fridge for 30 minutes. Chop Onions, Capsicums and 1 tomato in cubes. Pour 1 tablespoon cooking oil in a pan with lid, fry these vegetables on low heat for 30 minutes. Add a pinch of pepper and cover the pan for best “steamed” results. Leave these on heat and proceed to the next steps. After the chicken is marinated, fry it to a golden brown. Drain and leave aside.

2. In another pan, heat a tablespoon of cooking oil, fry 1 peeled, deseeded and slightly crushed tomato. After 1 minute, add 1 teaspoon garlic paste or chopped garlic, 1/2 teaspoon cumin seeds, and 1 teaspoon corriander powder. Fry this mixture for at least 5 minutes. Add 3 tablespoons of yogurt. If you like a lot of gravy, then you can add more yogurt. But if you prefer dry chicken, then 3 is enough. Add your already fried chicken to this mixture. Let this cook until the oil appears on the edges of the pan or when gravy thickens. Now add this cooked mixture on top of the bed of onions, capsicums and tomatoes in the other pan which is already on low heat. No need to mix everything. Serve with boiled white rice.

Classic Chicken Skewers

Ingredients:

- 2 pounds boneless chicken breasts or 2 pounds chicken thighs, cut into 1 inch cubes
- bamboo skewer, soaked for at least 30 minutes
- melted butter, for basting

Marinade:

- 1 teaspoon curry powder
- 1 tablespoon oil
- 3 fresh red chilies, minced
- 1 tablespoon finely minced fresh cilantro
- 1 tablespoon finely chopped lemongrass or 1 teaspoon grated lime zest
- 1/2 tablespoon turmeric
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon szechwan pepper (timur)
- 1/2 cup yogurt
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- salt and pepper

Preparation:

1. In a blender, process all marinating ingredients into a smooth paste. Marinate chicken cubes in marinade for overnight in the refrigerator. Pat dry marinated

chicken pieces and thread on with soaked bamboo skewers. Grill to the desired doneness, frequently turning and basting with the melted butter. Serve hot with rice pilaf and stir-fried vegetables, accompanied by tomato achar.

Chicken Bhutuwa

Ingredients:

- 1.5 pounds Chicken, black and white, cut into 1-in pieces or lamb or shrimp
- 5 garlic gloves, minced
- 1 inch ginger, minced
- 3 fresh red chilies, minced
- 1 tablespoon cumin powder
- 1 teaspoon turmeric
- 1 tablespoon mustard oil
- 1 cup green onions, cut in 1 inch length
- 4 tablespoons mustard oil
- 1 teaspoon ground black pepper
- 1/4 teaspoon cinnamon powder
- 5 cloves
- 1 teaspoon fenugreek
- Salt to taste

Preparation:

1. In a large bowl combine chicken, 1 tablespoon of mustard oil, turmeric, cumin, chili powder, salt and pepper. Toss well to coat thoroughly. In a non-stick pan heat 4 tablespoons of mustard oil. Splitter fenugreek till it turns dark.
2. Add cloves and fry for 15 seconds Transfer the coated chicken to the pan, stir well to brown. Add garlic, ginger, and red chilies. Stir-fry chicken in medium heat until cooked through. May need water to moisten, if it starts to burn. Add green onions and cinnamon, stir for 2 minutes. Adjust seasoning with salt and pepper. Serve with stir-fried vegetables and rice or roti.

Netherlands



Slavinken

Ingredients:

- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 egg yolk
- 1/2 cup breadcrumbs
- 1 teaspoon mustard
- 1 1/2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons ketjap manis (sweet Indonesian soy sauce) or 1 teaspoon soy sauce
- freshly grated nutmeg
- freshly grated pepper
- 6 slices of rindless streaky bacon (thin slices)
- 1 tablespoon butter (for frying) or 1 tablespoon margarine (for frying)

Preparation:

1. Mix all ingredients together, except for the bacon. With the blunt side of a knife stretch the slices of bacon. Form the meat mixture into 6 sausages, wrap then a slice of bacon around them. Melt the butter in a frying pan on high heat until brown, brown the slavinken on all sides. You can secure the bacon with a wooden skewer but it will usually stay on. Lower the heat, add approximately 1/2 cup of water and let them simmer for about 10-15 minutes until done.

Meat Croquettes

Ingredients:

- 1 onion, chopped fine
- 2 tablespoons melted butter (can substitute meat broth)
- 1 cup breadcrumbs or 3 slices bread, soaked in milk or 1 cup left over mashed

potatoes

- salt
- pepper
- nutmeg
- maggi seasoning or Kitchen Bouquet, to taste
- 2 tablespoons chopped fresh parsley
- 1/2 pound of left over finely chopped meat (veal, chicken, beef, pork, etc.) or 1/2 pound ground beef (veal, chicken, beef, pork, etc.)
- 1 egg white, lightly beaten with a small amount of water
- 2 cups corn flake crumbs or 1 -2 cup breadcrumbs, for coating
- vegetable oil (for frying, about 1/2 inch in the pan or enough for deep fry)

Preparation:

1. Saute onion in butter (or broth) until tender. Add crumbs (or bread or mashed potatoes) to onion. Add seasonings, aroma and parsley to mixture. Add meat. Add broth or water if too dry. The mixture should be firm and stick together to form and hold shape. Form into 8 cylinder, balls, or pattie shaped croquettes. Coat with bread crumbs, then dip in the egg white, then in the bread crumbs again. Cook quickly in preheated hot oil until the outside is brown and the croquette is heated or cooked throughout. Serve hot with french fries and salad.

Meatballs

Ingredients:

- 1 cup lean ground beef
- 1 egg
- 2 slices white bread, crusts removed
- 1 small onion, minced
- 1 1/2 teaspoons salt
- 1/2 teaspoon curry powder
- 1/2 teaspoon mace, ground
- 1/2 teaspoon pepper, ground
- 3 tablespoons butter
- 1/2 cup water or 1/2 cup beef stock
- to taste ketjap manis or maggi seasoning

Preparation:

1. Mix the meat with the egg, bread, onion, salt and spices and form 4-5 meatballs. Chill for about 30 minutes. Make into 4-6 meatballs. Heat the butter and brown the meatballs for about 15 minutes, turning them a couple of times. Reduce the heat to simmer and cook the meatballs for another 15 minutes, turning a few times. Remove the meatballs, add the water or beef stock and bring to a high heat. Add a little ketjap manis or Maggi seasoning to the mixture and you will have a lovely gravy to serve with the meatballs.

Brown Ragout Soup

Ingredients:

- 2 onions, chopped
- 2 large carrots, chopped
- 1/4 cup chopped fresh parsley
- 2 chopped tomatoes
- 1 green pepper, chopped
- 2 slices bacon
- 6 tablespoons butter
- 2/3 cup flour
- 8 cups beef broth
- 1 pinch thyme
- bay leaf
- 1 pinch mace
- ground fresh pepper
- 1 dash maggi seasoning or 1 dash Kitchen Bouquet or 1 dash soy sauce (Worcestershire if preferred)
- 2 tablespoons madeira wine or 2 tablespoons port wine
- 1/2 pound small cooked meatballs
- 1/4 pound fresh mushrooms, whole if small or chopped

Preparation:

1. Saute the first five ingredients with bacon in butter until tender. Add the flour and stir constantly for about 4- 5 minutes. Add 3 cups of the broth, stirring to avoid any lumps. Add the rest of the broth and push through a sieve, or use immersion blender to make a thick broth. Add the seasonings, the wine, meatballs and mushrooms. Simmer for 20 minutes, or until the mushrooms are barely cooked and the meatballs are heated through.

Chicken and Corn Chowder

Ingredients:

- 13 Pounds Broiler Fryer Chicken, cut up
- 6 cup Water
- 1 medium Onion, sliced
- 3 medium Stalks Celery (With Leaves), Finely chopped (About 1-1/2 Cups)
- 1 medium Carrot, chopped (About 1/2 Cup)
- 2 teaspoon Salt
- 1 can (17 Ounces) Cream-Style Corn
- 2 Hard-Cooked Eggs, finely chopped

Egg Rivals:

- 1 cup All-Purpose Flour
- 1/4 teaspoon Salt
- 1 Egg

Preparation:

1. Remove any excess fat from chicken. Place chicken giblets (except liver) and

neck in Dutch oven. Add water, onion, celery, carrot and salt; heat to boiling. Skim foam from broth; reduce heat. Cover and simmer about 1-1/2 hours or until thickest pieces of chicken are done. Remove chicken from broth; cool chicken about 10 minutes or just until cool enough to handle. Remove chicken from bones and skin; cut chicken into small pieces. Skim fat from broth; return chicken to broth. Stir in corn and eggs. Heat to boiling; reduce heat. Sprinkle with Egg Rivel mixture; stir into soup. Simmer uncovered 10 minutes.

Boiled Beef and Vegetables

Ingredients:

- 1 pound brisket of beef
- 1½ pound potatoes
- ¾ pint water
- ½ pound onions
- 1 teaspoon vinegar
- Salt
- 1½ pound carrots

Preparation:

1. Wash the meat and put it into the cold water, adding the vinegar, bring to the boil and simmer slowly. Peel the carrots, mince them finely and add them to the stock after the meat has been cooking for 2 hours. Half an hour later add the peeled potatoes and chopped onions, and simmer for another ½ hour, until the vegetables are thoroughly cooked. Season to taste.

Pork Chops with Apples

Ingredients:

- 6 T-bone pork chops, 1 inch thick
- 3 pound potatoes
- 2½ cups canned condensed beef broth
- Apples
- 2 large onions
- 1 teaspoon salt
- ¼ teaspoon pepper
- 12 pork sausages
- Dill
- Water

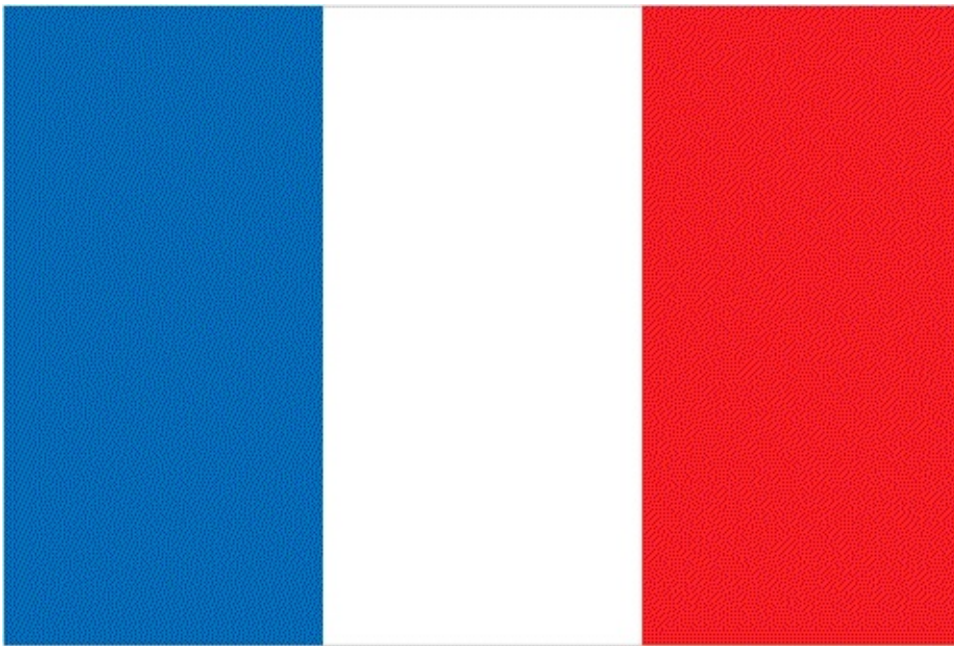
Preparation:

1. Melt one piece of the fat in a large frying pan, and then remove it. Sprinkle the chops with salt and pepper and brown well on both sides in the fat. Now add ¼ cup water, cover and simmer till the chops are well done (about 1 hour), turning often. Meanwhile, peel potatoes and apples and cut into 1 inch cubes. Heat canned condensed beef broth (undiluted) in a large saucepan; add the potatoes,

apples, chopped onions, salt and pepper.

2. Cover and simmer for ½ hour, stirring often. Meanwhile, put pork sausages and ¼ cup cold water in a large pan and simmer, covered, for 5 minutes. Drain off water, then let the sausages cook till well browned. Heap the potato mixture in the center of a heated large platter; arrange the meat and sausages on it and garnish with fresh dill (if available).

New Caledonia



Crab Stuffed with Crayfish

Ingredients:

- 1 kilogram crab, shelled
- 1 carrot
- 1 zucchini
- 1 onion
- 1 leek
- 500 grams bread crumbs
- ½ liter milk
- 8 crayfish

Preparation:

1. Pre-heat the oven at 220 degrees Celsius. Dice the carrot, zucchini, onion and leek and fry with a little bit of butter. Add the crab to the vegetables and fry. In a bowl mix the breadcrumb with the milk and then add to the crab and vegetables. Season with salt and pepper and put aside. Meanwhile cook the crayfish in boiling water for 1 minute. Let it cool down and shell it. Add the crayfish to the rest of the

mix and pour it into individual buttered tins. Cook in the oven for 20 minutes at 220 degrees Celsius. Serve hot

Brunch Casserole

Ingredients:

- 16 slices white bread, with crusts removed
- bacon or ham, sliced thinly
- sharp cheddar cheese
- 6 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2-1 teaspoon mustard powder
- 1/4 cup minced onion
- 1/4 cup green pepper, finely chopped (optional)
- 2 teaspoon Worcestershire sauce
- 3 cups whole milk
- 1 dash red pepper sauce (e.g. Tabasco)
- 1/4 pound butter
- Special K cereal or corn flakes, crushed

Preparation:

1. In a 9 inch x 13 inch buttered glass baking dish, put 8 pieces of bread, and add pieces to cover dish entirely. Cover bread with slices of back bacon or ham- it's best if your meat is about the size of the bread slice, for ease of cutting after it's cooked. Lay slices of cheddar cheese on top of bacon and then cover with slices of bread to make it like a sandwich.
2. In a bowl, beat eggs, salt and pepper. To the egg mixture add dry mustard, onion, green pepper, Worcestershire sauce, milk and Tabasco, and then pour over the sandwiches. Cover and let stand in fridge overnight. In the morning, melt 1/4 pound. butter, and pour over the top. Cover with crushed Special K or corn flakes and bake, UNCOVERED for 1 hour at 350 degrees. Let sit for at least 10 minutes before serving.

Cream

Ingredients:

- 4 ounces cream cheese, softened
- 4 fluid ounces double cream
- 1 tablespoon orange marmalade (the kind with orange peel in it)
- 2 tablespoons brandy (or rum)
- 2 teaspoons lemon juice
- 1 tablespoon sugar (to taste)

For the base:

- 4 oranges, peeled, pith removed and segmented
- 4 teaspoons brandy (or rum)

Preparation:

1. Place first 6 ingredients in a blender and blend until smooth. Add more sugar if needed. Place the orange segments in four long-stemmed glasses and add a teaspoon of brandy (or rum) to each glass. Divide the cream on top of each. Chill until ready to serve. Serve chilled.

Bougna

Ingredients:

- Chicken
- Fish
- taro
- sweet potatoes
- Poingo bananas
- Tomatoes
- yam
- Banana leaves

Preparation:

1. Choose a young banana leaf with a central rib that is not too thick. Place the leaf over an open flame, turning it several times so that it softens up as it browns. The cut up ingredients are then piled on the leaf and moistened with coconut milk. The banana leaf is carefully folded close and securely tied with vines.

2. Start a fire with twigs and coconut fiber. Place some dry wooden branches over the fire to create a platform. Place the stones evenly around the fire. Stoke the fire and wait. When the stones are hot, move them aside and set the bougna to cook. Cover with the stones and freshly cut leafy branches. Cover with earth and cook for about 2 hours. Remove the earth and stones to uncover the bougnas.

Serve the bougna right in the banana leaves, opened up attractively and decorated with flowers.

Boiled Yam in Coconut Milk

Ingredients:

- 2 cups diluted coconut cream (from 2 coconuts)
- 8 pieces of yam (about 5 ounce. or 150 grams each)
- 16 taro or slippery edible hibiscus (bele) leaves

Preparation:

1. Prepare coconut cream. Peel yams and chop into average size pieces. Fill up pot with yam pieces until they fill about three-quarters of the pot. Pour in coconut cream. Cover with taro leaves before putting the lid on. Boil for 30-45 minutes or until yams are cooked. Serve hot as a breakfast dish.

Breadfruit and Beef Stew

Ingredients:

- 1/2 cup flour
- Salt to taste
- 1/2 kilogram (1 pound) beef
- 3 tablespoons cooking oil
- 1 large onion, chopped
- 1 cup dried breadfruit
- 1 cup pumpkin, chopped
- 2 cups green leafy vegetables

Preparation:

1. Mix flour and salt. Cut up meat into small pieces. Add the flour mixture, mixing until well coated. Heat cooking oil in a large pot. Add the coated meat and brown. When the meat is almost brown, add chopped onion. Stir occasionally until browned. Add water. Cover and cook until meat is tender, about 30 minutes. Add breadfruit that has been soaked in water for 10 minutes, pumpkin, and green leafy vegetables. Cook for another 10 to 15 minutes. Serve hot.

Brunch Casserole

Ingredients:

- 16 slices white bread, with crusts removed
- Bacon or ham, sliced thinly
- Sharp cheddar cheese
- 6 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon mustard powder
- 1/4 cup minced onions
- 1/4 cup green peppers, finely chopped (optional)
- 2 teaspoon Worcestershire sauce
- 3 cups whole milk
- 1 dash red pepper sauce (e.g. Tabasco)
- 1/4 pound butter
- Special K cereal or corn flakes, crushed

Preparation:

1. In a 9 inch x 13 inch buttered glass baking dish, put 8 pieces of bread, and add pieces to cover dish entirely. Cover bread with slices of back bacon or ham- it's best if your meat is about the size of the bread slice, for ease of cutting after it's cooked. Lay slices of cheddar cheese on top of bacon and then cover with slices of bread to make it like a sandwich. In a bowl, beat eggs, salt and pepper.

2. To the egg mixture add dry mustard, onion, green pepper, Worcestershire sauce, milk and Tabasco, and then pour over the sandwiches. Cover and let stand in fridge overnight. In the morning, melt 1/4 pound. Butter, and pour over the top. Cover with crushed Special K or corn flakes and bake, uncovered for 1 hour at

350 degrees. Let sit for at least 10 minutes before serving. It's very nice served with fresh, chopped fruit.

Curried Chicken

Ingredients:

- 1 Chicken
- 2 Onions
- 5 Tomatoes
- 5 Tablespoons of curry powder
- 1 tin of coconut milk
- Salt and pepper

Preparation:

1. Cut the chicken into pieces. Put the chicken pieces in the microwave oven for 5 minutes at maximum power. Remove the skin of the chicken. Finely chop the onions. Fry the onions and chicken in a saucepan. Hull the tomatoes and chop them into small dices. When the chicken is browned add tomatoes, curry powder and coconut milk. Add salt and pepper and simmer until quantity has reduced. Sprinkle with thinly-sliced green onions.

Fish Salad with Soy Sauce

Ingredients:

- 1.5 kilogram of fish fillet
- 30 small green lemons (the juice should cover the fish)
- 2 tomatoes
- 1 bunch of green onions
- 1 hot chili pepper or more to taste
- Soy sauce to taste

Preparation:

1. Dice the fish fillets. Put them in bowl and cover with lemon juice. Allow to marinate for 1/2 hour in the refrigerator. Drain and press the fish between your hands and put it back in the bowl. Dice tomatoes finely, chop the green onions, put the whole in the bowl. Add the soy sauce, hot pepper, salt (careful, the soy sauce already makes it salty), pepper, stir and put in the refrigerator. Serve well chilled.

Hot-Smoked Salmon with Mango and Avocado Salsa

Ingredients:

- 250 grams (9 ounces) hot smoked salmon

For the salsa:

- 1 ripe avocado
- 1 red chili, seeded and finely chopped
- 1 tablespoon chopped fresh coriander

- Red onion, finely chopped
- 1 ripe mango, peeled and chopped into 1cm (½ in) dice
- 1 tablespoon Thai fish sauce
- Freshly ground sea salt and freshly ground pepper
- Juice and grated zest of 1 lime

To serve:

- 100 grams (4 ounce) baby salad leaves, iceberg lettuce or purslane
- 1 teaspoon olive oil
- Lemon juice
- Herb oil, optional
- Balsamic syrup, optional

Preparation:

1. To make the salsa, halve the avocado and remove the stone. Halve again and remove the skin before chopping it into 1cm (½ in) chunks. Place in a mixing bowl and add the chili, coriander, red onion, mango, fish sauce, a pinch of salt and the lime juice and zest. Mix well and leave at room temperature for about 30 minutes, to allow the flavours to develop. Lightly dress the salad leaves in the teaspoon of olive oil, a small squeeze of lemon juice and a pinch of seasoning.

2. To serve in the formal way, set a 7.5 cm (3 inch) scone cutter or food ring in the center of each plate. Flake the salmon into large pieces and, using about 85 grams (3 ounces) per ring, press into the base of each ring, banking it up the sides of the ring so that it will hold. Spoon the salsa on top of the salmon and press down lightly. The towers are ideal for preparing in advance; simply prepare to this stage and place on a tray in the fridge until needed. When ready to serve, remove the ring carefully and garnish with a handful of the lightly dressed salad leaves. Drizzle round the herb oil and the balsamic syrup, if using. To serve informally, flake the salmon and divide between the serving plates. Place some salsa alongside the fish and drizzle round the herb oil and balsamic syrup, if using. Serve with the salad in a bowl on the side.

Papaya and Coconut Pudding

Ingredients:

- 1 1/2 cups pawpaw pulp
- 7 tablespoons corn flour or cassava flour
- 1 1/2 cups thin coconut cream

Preparation:

1. To prepare the pawpaw pulp, peel the pawpaw and remove the seeds. Chop the pawpaw into small pieces, press it through a medium sieve or mash with a fork, then measure. Gradually stir in the corn flour or cassava flour. Cook over a low heat, stirring all the time, until the mixture thickens. Add coconut cream and cook 5-10 minutes. Pour into a deep dish and chill, if possible.

Pineapple and Fish Balls

Ingredients:

- 750 grams (1 1/2 pound) fish
- 1 small onion, chopped
- 1 small unripe pawpaw
- 1 cup pineapple pieces
- 1 head cabbage
- 4 tablespoons cooking oil
- Margarine or butter
- 1/2 inch ginger, chopped or crushed
- 1/2 teaspoon sugar
- 1 teaspoon soya sauce
- 1 cup water
- 1 dessertspoon corn flour
- Salt to taste

Preparation:

1. Peel the pawpaw, remove seeds and cut lengthwise. Wash and chop the cabbage lengthwise. Using a spoon or shell scrape the fish meat away from the bones and skin. Form into small balls. Heat the oil, margarine or butter in a frying pan. Gently fry the fish balls until cooked. Remove from the pan. Fry the pawpaw and pineapple pieces. Add the onion, cabbage stalks and lastly the cabbage leaves. Fry until just under-cooked. Mix together the sugar, soya sauce, water and corn flour. Add to the vegetables and stir continuously until it boils. Add fish balls and stir.

Pork Fillet with Ham and Sage

Ingredients:

- 450 grams (1 pound) pork fillet
- Freshly ground sea salt and freshly ground pepper
- 4 slices Parma ham, halved
- 16 fresh sage leaves
- Plain white flour, seasoned, for dusting
- 1 tablespoon olive oil
- 50 grams (2 ounces) butter
- Buttered tagliatelle, to serve
- Rocket and Parmesan salad, to serve
- Lemon wedges, to serve

Preparation:

1. Trim the pork fillet of any fat and gristle. Slice crosswise into eight even-sized pieces. Put each piece between sheets of clingfilm, end grain facing up, and beat out thinly, use a rolling pin or a meat mallet to flatten without tearing. Season each escalope with a little pepper. Lay half a slice of ham on each escalope, put a sage leaf on top and secure through the middle of the whole lot - as if you were making a large stitch - with a cocktail stick. They are not rolled up.

2. Dust each of the escalopes with flour on both sides. Heat the oil in a frying pan, add the butter and wait until foaming. Fry the escalopes four at a time over a high heat, for 1½ minutes, sage-side down. Flip them over and fry for another 30 seconds, until golden brown and tender. Remove and keep warm while you cook the next four. Serve piping hot, with buttered tagliatelle and a simple rocket and Parmesan salad, and plenty of lemon to squeeze over.

Prawn in Coarse Salt

Ingredients:

- 10 prawns
- Olive oil
- Coarse salt (Gérande salt preferably)

Preparation:

1. Heat olive oil in a big frying pan. Fry the prawns (3 to 4 minutes). Arrange prawns on a plate and sprinkle with coarse salt. Serve hot.

Pumpkin Pudding

Ingredients:

- 6 medium half-ripe coconuts with good flesh inside
- 1/2 pumpkin, peeled and chopped
- 1 cup sugar
- Salt to taste

Preparation:

1. Cut tops off coconuts. Pour out coconut water . Put aside. - Add sugar, and salt if desired, to the chopped pumpkin. Mix well with a little of the coconut water. Fill the coconut shells with mixture. Bake in an earth oven or a moderate oven 180 degrees Celsius or 350 degrees Fahrenheit for about 1 hour. Cool and serve with thick coconut cream, if desired.

Stuffed Rolled Prawns with Salmon

Ingredients:

- 24 cooked prawns
- 6 fillets of fresh salmon
- 2 cloves of garlic
- 1 French shallot
- Fresh basil
- Olive oil
- Salt
- Pepper

Preparation:

1. Peel and chop the garlic, shallot and basil. Shell the prawns. Roll up the shelled

prawns inside a fillet of fresh salmon (if necessary, attach with wooden toothpicks). Quickly sauté the stuffed rolls in olive oil in a hot pan and season with salt and pepper. At the end of cooking, sprinkle with the chopped garlic, shallot and the basil. Decorate with some basil leaves. Serve with white rice or fresh pasta.

Sweet Patato and Pineapple Casserole

Ingredients:

- 4 medium sweet potatoes, cooked and sliced
- 2 cups cheese sauce
- 1 tablespoon grated coconut
- 1 fresh pineapple, peeled, cored and sliced
- 2 tablespoons chopped spring onions
- 2 tablespoons butter or margarine
- Salt to taste

Preparation:

1. Grease a baking dish. Arrange in layers, sliced pineapple, sliced sweet potato, grated coconut and spring onions. Spread cheese sauce. Repeat layers until all sweet potato and pineapple have been used. Bake in a hot oven for 30 minutes.

Sweet Pork

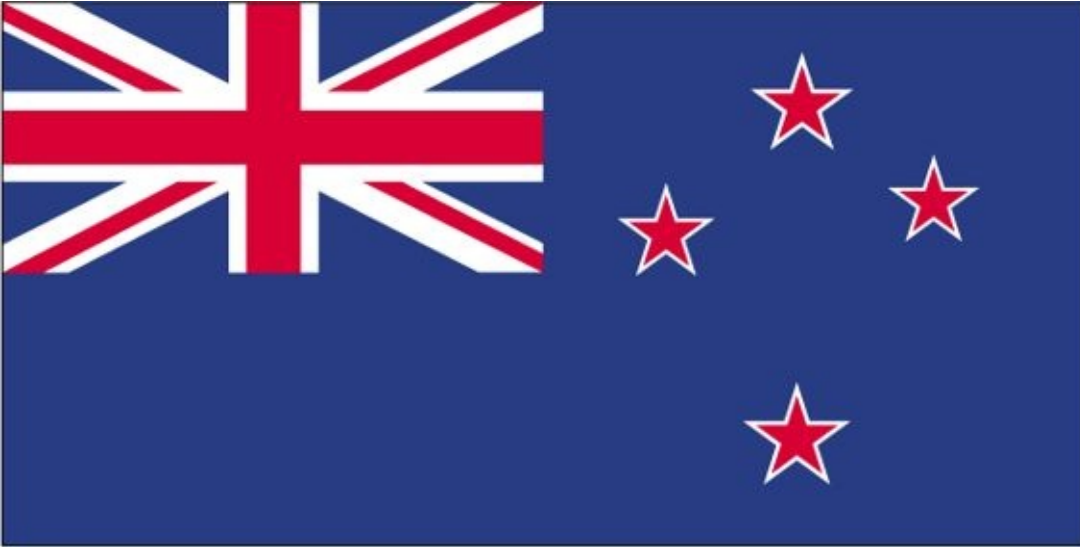
Ingredients:

- 1.5 kilogram round of pork
- 2 onions
- 4 tablespoons of nuoc-mam
- 4 tablespoons of soy sauce
- 2 tablespoons of whisky
- Sugar to make liquid caramel
- 2 small chili peppers
- 1 bunch of chives

Preparation:

1. Remove the skin and fat from the pork (the dish will taste better), cut the pork into cubes. Boil water in a pot (add a spoonful of nuoc-mam) and add the pork. Cook for 30 to 45 minutes. Drain the pork. Thinly slice the onions and brown in a pan with the pork, fish sauce, soy sauce and whisky. Make caramel (cover 8 tablespoons or more of sugar with water and bring to the boil. As soon as the sugar begins to brown add a little water). Pour the caramel over the pork and stir. Sprinkle chopped chives over the dish and serve hot.

New Zealand



Brown Rice Salad

Ingredients:

- 1 cup brown rice
- 2 kiwi fruits
- 1 granny smith apple
- 1/2 cup celery, thinly sliced
- 1/2 cup red pepper, strips
- 1/4 cup walnut pieces
- 1/4 cup green onion, sliced
- 2 tablespoons chopped parsley
- 3 tablespoons sherry wine vinegar
- 1 tablespoon olive oil

Preparation:

1. Cook rice in water according to package directions. Drain and cool. Peel kiwifruit and cut into 1/4" thick slices. Cut slices in half to form semi circles. Core and dice apple into 1/2 inch cubes. Toss together rice, kiwifruit, apple, celery, red pepper strips, walnuts, green onions and parsley in salad bowl. Mix together vinegar and oil. Drizzle over salad. Toss to mix well. Cover and refrigerate 1-2 hours, to allow flavors to blend, before serving.

Pumpkin Soup

Ingredients:

- 4 cups peeled chopped pumpkin
- 90 grams butter
- 3 cups water
- 1 cup milk
- 2 tablespoons flour

- freshly grated nutmeg (to taste)
- 1 egg yolk (optional)
- salt
- pepper
- 1 onion, finely chopped
- crouton (to serve)

Preparation:

1. Cook pumpkin and onion in 60 gramsrams (2 ounce) butter for 10 minutes, stirring constantly. Add water and cook gently until pumpkin is very tender. Push through a sieve or pureé in blender with a little of the milk. Melt remaining butter in clean pan and stir in flour, then pumpkin pureé and remaining milk stirring until well blended. Season with salt, pepper& nutmeg. Simmer 20 minutes. If desired take out a little soup, blend with egg yolk and stir back into big soup mixture just before serving.

Meatloaf

Ingredients:

- 2 stalks celery, sliced
- 2 medium onions, slice
- 3 slices rindless bacon, chopped into fine pieces
- 1 egg
- 1/2 cup milk
- 3 slices bread, crusts removed
- 1/2 cup fresh parsley, chopped
- 1/2 cup carrot, grated
- 1 teaspoon Dijon mustard
- 2 teaspoons curry powder
- 2 teaspoons cumin powder
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- salt & fresh ground pepper
- 500 gramsrams minced beef
- 500 gramsrams sausage meat

Sauce:

- 3/4 cup water
- 3/4 cup ketchup
- 2 tablespoons honey
- 2 tablespoons Worcestershire sauce
- 2 tablespoons white wine vinegar
- 1/4 cup brown sugar
- 1 teaspoon instant coffee (optional)

Preparation:

1. Preheat oven to 180 degrees celsius. Fry bacon in oil and crumble. In a bowl

mix all of the meatloaf ingredients thoroughly. Place into loaf tin. Place in oven for 30 minutes. While waiting to cook make the sauce. In a saucepan place all sauce ingredients and stir on low heat until blended. Remove meatloaf from oven and pour off excess fat. Pour sauce over and replace in oven at 180c for a further 30 minutes.

Corned Beef Hot Pot

Ingredients:

- 3 pounds corned beef
- 6 small onions, peeled
- 3 large carrots, peeled and cut in half
- 1 head garlic, cut in half crosswise (don't peel)
- 3 cups red wine
- 1 1/2 cups water
- 1 sprig fresh rosemary
- 2 bay leaves

Preparation:

1. Remove the corned beef from its wrapping and discard any liquid and seasoning packet. Rinse in cold water and pat dry with a paper towel. Place in a pot with a tight-fitting lid, that can be used on the stovetop and in the oven. Add the rest of the ingredients and bring to a boil. Put the lid on and place in the oven at 250F (or 120C) for 3 hours.

Lamb with Sweet Potato Mash and Three Bean

Ingredients:

- 1 (16 ounce) can dark red kidney beans
- 1 (16 ounce) can white kidney beans
- 1 (16 ounce) can black beans
- 4 ounces bacon, cut into 1 inch pieces
- 4 pounds sweet potatoes or 4 pounds yams
- 1/8 cup olive oil
- 4 pounds domestic racks of lamb, left whole with silver skin removed
- salt
- fresh ground black pepper
- 1 small red onion, chopped fine
- 3 garlic cloves, chopped fine
- 1/2 cup dry red wine
- 1/2 pound butter (2 sticks)
- 1/4 cup cream
- 1 1/2 cups demi-glace (brown sauce)
- 2 tablespoons tomato paste
- 2 sprigs fresh rosemary
- 2 tablespoons finely chopped fresh chives

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Drain and rinse all liquid off beans. Combine beans in a bowl and set aside. Begin cooking bacon in a saute pan. Begin roasting yams in preheated oven until soft, and remove to let cool enough to handle. Heat olive oil in another large saute pan for the lamb. Season the rack of lamb with salt and pepper. Place lamb into hot pan and sear meat all around.
2. Remove bacon to drain on paper toweling. In same pan lightly saute onion and garlic in bacon fat until translucent. Add red wine and reduce by half. Place the lamb in a roasting pan and roast in the oven until done to your liking, about 15 to 20 minutes for medium rare, an internal temperature of 125 degrees Fahrenheit (this means that because of the 5 to 8 minutes of carryover cooking while it rests, you pull it out at 120 degrees Fahrenheit so it will end up at 125 degrees Fahrenheit for medium rare).
3. When yams are cool enough to handle, peel off skin and add butter and cream and mash. Season with salt and pepper, as needed. Remove the lamb to a utility platter and let rest before slicing. Add demi-glace and tomato paste to the pan with the onion, garlic, and bacon fat, then incorporate all beans with mixture. Lower heat and simmer. Add rosemary and chives. Season with salt and pepper, to taste. Place sweet potatoes in the middle of a serving platter. Surround potatoes with bean ragout. Slice rack of lamb in between bones and lay over potatoes. Spoon demi-glace sauce over and serve.

Spicy Prawn Fried Rice

Ingredients:

- 2 eggs, lightly beaten
- 1 (450 grams) bag shrimp, frounceen, raw, thawed
- 1 tablespoon sesame oil
- 2 spring onions, sliced
- 1 garlic clove, crushed
- 1/2 cup Thai sweet chili sauce, sweet
- 1 tablespoon dark soya sauce
- 1 tablespoon fish sauce (optional)
- lime juice (1 lime or may substitute 1 lemon)
- 3 cups cooked rice
- 100 grams snow peas, trimmed, thinly sliced

Preparation:

1. Pour the beaten eggs into a hot, lightly greased frying pan and cook for 1-2 minutes until eggs are set, then turn the omelette onto a chopping board, cool, roll up and slice thinly. Pat prawns dry with paper towels and heat sesame oil in a wok or open deep frying pan, add the prawns and cook until they turn pink, then set aside and keep warm. Add spring onions and garlic and stir-fry over medium heat for 1 minute, next add the sweet chili sauce, dark soya sauce, fish sauce and lime juice. Return the prawns to the wok with the cooked rice and snow peas and toss

together in the sauces. Continue stir-frying until the rice and prawns are hot, then carefully stir through the sliced omelette and enjoy.

Nicaragua



Style Steak

Ingredients:

- 1 1/2 pounds beef tenderloin steaks, preferably center cut
- 1 large bunch parsley, fresh Italian (flat-leaf)
- 4 garlic cloves, peeled
- 1 cup olive oil
- 1/4 cup red wine vinegar (to taste)
- 3 tablespoons water
- 1 1/2 teaspoons salt (to taste)
- 1 teaspoon black pepper, finely ground (to taste)

Preparation:

1. Place the piece of tenderloin lengthwise on the cutting board. Holding the knife parallel to the cutting board, cut the meat into 4 flat, even horizontal strips. Place each strip between two sheets of plastic wrap and pound with the side of a cleaver or with a rolling pin to a thickness of 1/4 inch. Arrange the steaks in a nonreactive baking dish.
2. Prepare the chimichurri. Combine the parsley and garlic in a food processor and process until finely chopped. Add the oil, 1/4 cup vinegar, water, 1 1/2 teaspoons salt, and 1 teaspoon pepper and process to make a thick sauce. Correct the seasoning, adding salt, pepper, or vinegar as necessary; the mixture should be highly seasoned. Place half the chimichurri in a bowl or crock for serving; pour the remainder over the meat. Cover and let marinate in the refrigerator, 30 minutes, turning several times.
3. Preheat the grill to high. When ready to cook, oil the grill grate. Drain the beef and place it on the hot grate. Grill, turning with tongs, until cooked to taste, 1 to 2

minutes per side for medium- rare. Serve with the remaining chimichurri sauce.

BAHO

Ingredients:

- Beef brisket, cut into large strips - 4 pounds
- Tomatoes, seeded and chopped - 3
- Green peppers, seeded and thinly sliced - 2
- Onions, thinly sliced - 3
- Garlic, chopped - 8 to 10 cloves
- Orange juice - 1 cup
- Lime juice - 1 cup
- Salt - 4 tablespoons
- Green plantains, peeled and halved crosswise - 4
- Ripe plantains or bananas, peeled and halved crosswise - 4
- Yuca (cassava), peeled and cut into large pieces - 2 pounds
- Banana leaves
- Repollo cabbage slaw - 1 recipe

Preparation:

1. In a large non-reactive bowl, mix the beef with the tomatoes, peppers, onions, garlic, orange juice, lime juice and salt. Cover, refrigerate and marinate overnight. Add about 4 inches of water to a tamalera or large (5-gallon) pot. (You may have to use two pots if you don't have one big enough to hold the baho in one batch.) Place a rack in the bottom of the pot, or toss in enough wadded up aluminum foil to hold the ingredients out of the water. Place a plate on top of the rack or aluminum foil.
2. Line the plate and the sides of the pot with banana leaves, letting the leaves hang over the edge of the pot. Make sure the pot is fully lined with leaves, with no openings. Lay the green and ripe plantains on the bed of banana leaves. Remove the meat from its marinade and layer it over the plantains. Top the beef with a layer of yuca. Finally, pour the meat marinade and vegetables over the yuca.
3. Take the banana leaves hanging over the edge of the pot and fold them over to completely cover the ingredients in the pot. Cover the pot with a tight-fitting lid. Bring the water to a boil over medium-high flame. Reduce heat to medium and simmer for about 4 hours. Add a water as necessary to keep it from all evaporating. Served on a banana leaf. Each diner gets a piece of ripe plantain, a piece of green plantain, a piece of cassava and a portion of meat. This is all topped with a healthy portion of repollo cabbage slaw.

Vigorón

Ingredients:

- Yuca - 2 pounds
- Fried pork rinds (chicharrones), broken into bite-size pieces - 8 ounces
- Ensalada de repollo (see curtido variations) - 1 recipe

- Banana leaves (optional), cut into 10 inch squares - 4 pieces

Preparation:

1. Peel the yuca and chop it into large pieces, removing any stringy center fibers. Place the yuca in a large pot and cover with salted water. Bring to a boil and cook until the yuca is cooked through and soft, about 35 to 45 minutes. Drain. Place a portion of the cooked yuca in the middle of each banana leaf or in the middle of serving plates. Top the yuca with a hefty sprinkling of chicharrones. Finally, top the yuca and chicharrones with a large spoonful of repollo. Serve immediately with lime wedges.

Nacatamales

Ingredients:

Doug:

- Masa harina - 6 cups
- Lard or shortening - 1 cup
- Salt - 1 tablespoon
- Sour orange juice (see variations) - 1/2 cup
- Chicken stock or broth - 4-5 cups

Filling:

- Pork butt, cubed - 3 pounds
- Salt and pepper - to season
- Rice, soaked in warm water for 30 minutes - 3/4 cup
- Potatoes, peeled, sliced into 1/4 inch rounds - 1/2 pound
- Onion, sliced into 1/4 inch rounds - 1
- Bell pepper, sliced into 1/4 inch rounds - 2
- Tomatoes, sliced into 1/4 inch rounds - 2
- Mint - 1 bunch

Preparation:

1. Assembly: Banana leaves, hard spine removed and cut into 10x10 inch rectangles - 12 pieces or Aluminum foil, cut into 10x10 inch rectangles - 12 pieces.

2. Place the masa harina, lard or shortening and salt in the bowl of an electric mixer. Blend on a low speed to incorporate the fat into the masa harina and give it a mealy texture. You may have to do this and the next step in two batches if your mixer bowl is not large enough to hold all the ingredients without overflowing.

3. With the mixer still on low speed, add the sour orange juice and enough chicken stock to make a soft, moist dough. It should be a little firmer than mashed potatoes. Increase the mixer speed to medium-high and beat for 2-3 minutes to incorporate some air into the masa and make it fluffier. Cover the bowl and set the masa aside to rest for at least 30 minutes.

4. Season the pork with salt and pepper. Drain the rice. Assemble all of your filling ingredients and assembly items on a large table or work surface. Gather family and friends to help in an assembly line. Lay out a banana leaf square with the

smooth side up. Place 1 cup of the masa in the middle of the banana leaf and, using wetted hands, spread it out a little. Put about 1/2 cup of pork on top of the masa and sprinkle 1 or 2 tablespoons of rice over the pork. Lay 1 or 2 slices of potato on top of the pork and then top with 1 or 2 pieces of onion, 1 or 2 pieces of pepper and a slice of tomato. Top it all off with a few mint leaves.

5. Fold the top edge of the banana leaf down over the filling. Bring the bottom edge of the banana leaf up over this. Then fold in both sides to make a rectangular package. Be careful not to wrap it too tightly or the filling will squeeze out. Flip the package over so it is seam side down. Set the tamal in the middle of an aluminum foil square and wrap it up tightly the same way you wrapped up the banana leaf. Set aside and repeat with the remaining ingredients to make 10 to 12 nacatamales in total.

6. Add 2 or 3 inches of water to a tamalera or pot large enough to hold all the nacatamales. (You may have to use two pots if you don't have one big enough to hold the nacatamales in one batch.) Place a rack in the bottom or toss in enough wadded up aluminum foil to hold the nacatamales mostly out of the water. Add the nacatamales and bring to a boil over high heat.

7. Cover tightly, reduce heat to low and steam for 3 to 4 hours. Add more water as needed to keep the pot from boiling dry. Remove the nacatamales from the pot, take off their aluminum foil covering and serve hot. Each diner opens the banana leaf on his or her own nacatamal before eating.

Gallo Pinto

Ingredients:

- Oil - 2 to 3 tablespoons
- Onion, finely chopped - 1
- Bell pepper, finely chopped - 1
- Garlic, minced - 2 or 3 cloves
- Cooked red (kidney) beans, drained, liquid reserved - 2 cups
- Salt and pepper - to taste
- Hot cooked rice - 3 cups

Preparation:

1. Heat the oil in a large skillet or sauté pan over medium-high flame. Add the onions, bell pepper and garlic and sauté for about 2 or 3 minutes, or until cooked through. Stir in the drained beans, some of their reserved liquid, salt and pepper. Bring to a boil, then reduce heat to medium-low and continue to simmer until heated through. Add the rice and stir into the beans and heat through. Adjust seasoning and add a little more bean liquid if necessary. Serve hot.

Rice and Beans

Ingredients:

For the beans:

- 1 (16-ounce) bag dried small red or black beans

- Salt
- 7 garlic cloves, peeled

For the rice:

- 1/4 cup vegetable oil, divided
- 1 medium yellow onion, finely chopped (about 1 cup), divided
- 1 1/2 cups long-grain white rice
- 3 cups water or low-sodium chicken broth
- 1/2 green bell pepper, cored and seeded

Preparation:

1. For the beans: Spread beans out in a rimmed baking sheet. Pick out any debris and broken beans. Transfer beans to colander and rinse under cold running water. Place rinsed beans in a large pot and cover with cold water; water should cover beans about 3 inches. Let soak for 30 minutes. Bring to boil over high heat. Reduce heat to medium and simmer beans for 30 minutes. Turn off heat, cover beans, and let rest 1 hour. Bring beans back up to boil over high heat. Add 2 teaspoons salt and garlic, reduce heat to medium, and simmer until beans are tender, 30 to 60 minutes.

2. If storing the beans, cool completely, transfer beans and some of the cooking liquid to quart-sized zipper-lock bags. When ready to use, thaw out in refrigerator and heat on stovetop in saucepan or microwave. For the rice: Heat 2 tablespoons oil in large heavy-bottomed saucepan over medium heat until shimmering. Add 2/3 of onion and cook, stirring, until softened and translucent, about 5 minutes.

3. Add rice and cook, stirring, until grains are shiny and evenly coated with oil, 2 to 3 minutes. Add water or broth and 1 1/2 teaspoons salt, increase heat to high, and bring to a boil. Place bell pepper on top of rice. Boil rice without stirring until most of the liquid has evaporated and you can see small bubbles bursting on the surface of the rice. Immediately reduce the heat to the lowest setting, cover, and cook (do not stir, do not remove lid) for 15 minutes. Remove and discard bell pepper. Fluff rice with chopsticks or fork, then let cool and refrigerate for 1 day.

4. For the gallopinto: Heat remaining 2 tablespoons oil in large saucepan over medium-high heat until shimmering. Add remaining onion and cook, stirring, until softened and translucent, about 5 minutes. Add rice and 2 cups beans to skillet and cook, stirring, until rice is evenly coated. Continue to cook, stirring, to allow flavors to meld and mixture to become slightly crisp, about 10 minutes. Cover and cook over low heat an additional 10 minutes. (See note above.)

Refried Beans

Ingredients:

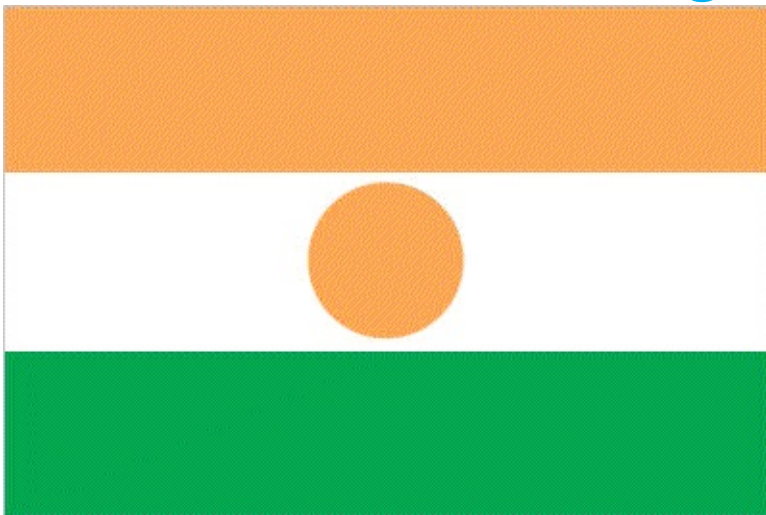
- Uncooked black beans
- Garlic
- Onion
- Vegetable oil
- salt

- chopped tomato
- lemon juice
- seasonings

Preparation:

1. Boil washed beans in a pressure cooker until soft. Add salt, garlic and onion during the cooking process. Sauté onions in a pan. Quickly add beans and left over water. Continuously add more water as it cooks down. This will ensure that the beans get a sweeter and smooth texture. On the last round add the chopped tomato, lemon juice and seasoning. Mash it up.

Niger



Coconut Rice

Ingredients:

- 1 cup rice (feel free to substitute brown rice if needed)
- 1 (15 ounce) can coconut milk
- 1 (29 ounce) can diced tomatoes
- 4 medium habanero peppers
- 1 small green pepper (diced)
- 1 small yellow onion (diced)
- 1/4 cup vegetable oil
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Preparation:

1. Boil the rice in water for about 10-15 minutes (enough were it's not too soft - because we will be cooking it some more). Heat the vegetable oil in a cooking pot. Add the onions and stir with black pepper for one minute. Add diced tomatoes, habaneros, and coconut milk with the sea salt and cover to cook for about 7 minutes (or when the mixture comes to a boil). Add the rice and stir and cover for about 7 minutes (or when the rice is almost dry). Add the green peppers and let simmer until the rice has absorbed all the juices.

OGBONO SOUP

Ingredients:

- Palm or vegetable oil - 3/4 cup
- Ground ogbono seed - 1/2 cup
- Onion, chopped - 1
- Chile peppers, minced - 2 or 3
- Meat (see notes), cut into cubes - 1 1/2 pounds
- Tomatoes, chopped - 2 cups
- Water or stock - 3 cups
- Greens (see notes), chopped— 1 bunch
- Okra, cut into rounds - 1 cup
- Salt and pepper

Preparation:

1. Heat 1/2 cup of the palm or vegetable oil in a small saucepan over medium flame. Stir in the ogbono seed and cook for 1 to 2 minutes, or until it gives off a nutty aroma. Remove from heat and set aside. Heat the remaining 1/4 cup palm or vegetable oil in a large pot over medium-high flame. Add the onion and chile peppers and saute until the onion becomes translucent, 2 or 3 minutes.

2. Add the meat and tomatoes and cook for another 4 or 5 minutes. Then stir in the water and stock. Bring to a boil, then reduce the heat to medium-low, cover and simmer for 1 hours, or until the meat is starting to get tender. Whisk a spoonful of hot soup liquid into the fried ogbono. Then whisk the ogbono into to

simmering soup, followed by the greens and okra. Season with salt and pepper and simmer for another 20 to 30 minutes. Serve hot with fufu or rice.

Jollof Rice

Ingredients:

- Oil - 1/4 cup
- Chicken, cut into pieces - 1 1/2 pounds
- Water or stock - 5 cups
- Onions, chopped - 2
- Red or green bell pepper, chopped - 1
- Garlic, minced - 3 or 4 cloves
- Long-grain rice - 3 cups
- Tomato paste - 1/4 cups
- Tomatoes, chopped - 2 cups
- Carrots, peeled and chopped - 2
- Green beans - 1 cup
- Cabbage, chopped - 1 cup
- Salt and pepper to taste

Preparation:

1. Heat the oil over medium-high flame in a large pot. Working in batches, add the chicken and brown on all sides. Remove the chicken to another large pot and add the water or stock. Bring to a boil, reduce heat to low and simmer for 20 minutes. While the chicken simmers, pour all but 2 to 3 tablespoons of oil out of the first pot. Heat the oil over medium flame, add the onions and peppers and sauté until the onions are wilted and translucent, 4 or 5 minutes. Add the garlic and sauté for another 1 to 2 minutes.

2. Stir the rice into the onions and peppers and heat through for another 1 to 2 minutes. Stir in the tomato paste to coat the rice and give it a reddish hue. Add the chopped tomatoes and let them cook down for 2 or 3 minutes. Pour in the chicken and its simmering liquid into the rice pot and add the carrots, green beans and cabbage. Season well with salt and pepper. Bring to a boil, reduce heat to low, cover tightly and simmer for 20 minutes. Remove from heat, let rest another 10 minutes. Remove to a serving platter and serve with dodo, sliced hard-boiled eggs and a side salad.

Plantain Porridge

Ingredients:

- Green plantains, cut into 1/4 inch thick rounds - 6
- Onion, chopped - 1
- Ground dried crawfish or dried shrimp - 1/3 cup
- Red palm oil or vegetable oil - 3 tablespoons

- Broth or water - 1 quart
- Spinach, ugu (pumpkin) leaf, spinach or other greens, chopped - 1 pound
- Salt and pepper - to taste

Preparation:

1. Put the plantains, onion, dried crawfish or shrimp, broth or water and oil into a large pot and bring to a boil over medium-high flame. Reduce heat to medium low and simmer for 20 to 25 minutes, or until the plantains are nice and soft.
2. Mash the plantain a little with a potato masher to lightly thicken the stew. Stir in the spinach, ugu leaf or other greens and salt and pepper to taste. Simmer for another 5 to 10 minutes to cook the greens through.

Adjust seasoning and serve. Popular accompaniments include grilled or fried fish or chicken.

Soup

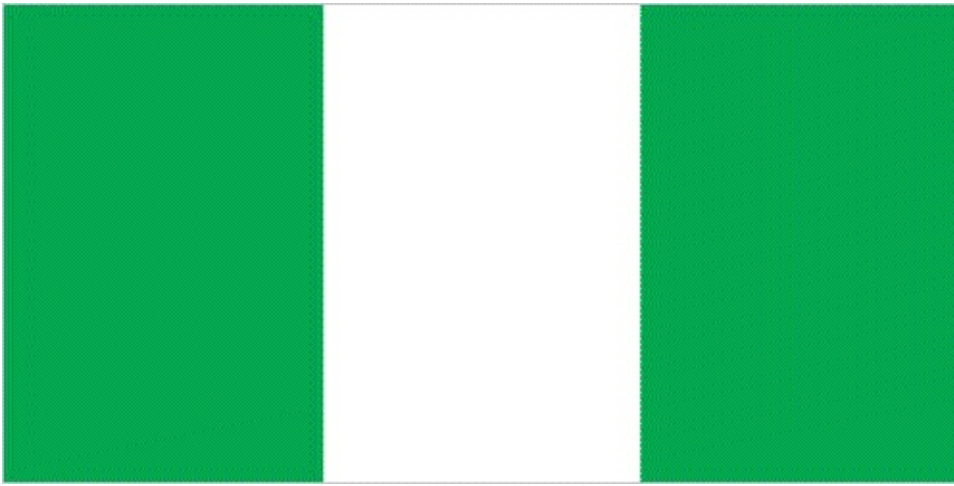
Ingredients:

- 3 pounds beef, optionally, fish or goat meat
- 1 cup dried crayfish, optionally dried shrimp
- 2 pounds okra, chopped or ground in a blender
- 1 teaspoon dried red pepper, powdered or
- Crushed, optional, chopped or
- Ground red bell pepper
- 2 tablespoons salt
- 1 medium onion, chopped
- 4 tablespoons red palm oil
- Spinach, chopped
- 7 cups water

Preparation:

1. Cut beef in small pieces. Place in skillet with water. Add onion and salt. Boil for 15 to 25 minutes. Add okra and stir until blended in. Add the remaining ingredients, stir and cook for 10 more minutes. Serve warm with Inyan (Pounded Yam), Pounded Cassava, or Eba (fried grated cassava).

Nigeria



Coconut Rice

Ingredients:

- 1 cup rice (feel free to substitute brown rice if needed)
- 1 (15 ounce) can coconut milk
- 1 (29 ounce) can diced tomatoes
- 4 medium habanero peppers
- 1 small green pepper (diced)
- 1 small yellow onion (diced)
- 1/4 cup vegetable oil
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Preparation:

1. Boil the rice in water for about 10-15 minutes (enough were it's not too soft — because we will be cooking it some more). Heat the vegetable oil in a cooking pot. Add the onions and stir with black pepper for one minute. Add diced tomatoes, habaneros, and coconut milk with the sea salt and cover to cook for about 7 minutes (or when the mixture comes to a boil). Add the rice and stir and cover for about 7 minutes (or when the rice is almost dry). Add the green peppers and let simmer until the rice has absorbed all the juices.

Chicken Skewers

Ingredients:

- 1 tablespoon garlic powder
- 1 tablespoon ground ginger
- 1 tablespoon paprika
- 2 tablespoons cayenne powder
- 1 tablespoon dried onion flakes
- 2 tablespoons peanuts, finely minced
- 1 pound boneless skinless chicken breast
- 2 tablespoons peanut oil

Preparation:

1. Mix all the dry ingredients together. Slice the chicken into thin pieces. Sprinkle with the seasoning mix, and allow to sit for 5 minutes. Thread the chicken onto skewers and brush with the oil. Grill or broil for 3 minutes on each side, or until chicken is cooked through. Note: if using wooden skewers, soak them for at least half an hour before using to avoid burning!

Suya

Ingredients:

- 3 teaspoons finely ground roasted peanuts
- 1 teaspoon cayenne pepper or 1 teaspoon red peppers or 1 teaspoon red pepper flakes
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 pounds beef, cut into bite-sized pieces (beef, chicken, etc.)
- 1 onion, peeled and cut into chunks (optional)
- 1 tomato, cut into chunks (optional)
- 1 sweet green pepper, cleaned and cut into chunks (optional)

Preparation:

1. Make the ground peanut powder: Remove shells and skins from roasted peanuts, if necessary. Grind the peanuts into a fine powder (briefly pound them in a mortar and pestle; crush them with a rolling pin; or use a food processor). Be careful not to grind them into a paste. If the peanut powder is oily, wrap it in absorbent paper (paper towel) and squeeze for a minute or two.
2. Stir the spices into the powder, mixing well. For really spicy hot suya, use more cayenne pepper — for a milder dish, substitute paprika for some (all) of the cayenne pepper. Divide the peanut-spice mix into two parts, putting half in one bowl and half in another. Set one bowl aside. Dip and roll the meat in the other bowl of the peanut-spice mix, making sure the meat is completely coated. Allow meat to marinate for thirty minutes or more. (Get the outdoor grill going or pre-heat the oven while you are waiting).
3. Place the meat on skewers (alternating with the onion, tomato, and sweet pepper, if desired). Broil in a hot oven, or grill over hot coals, until meat is done. Use a meat thermometer to check for doneness. Serve immediately with the reserved peanut-spice mix, for sprinkling or dipping as desired. (Do not use the mix that came into contact with the raw meat.).

Fruit Salad

Ingredients:

- 4 ripe papayas or 4 mangoes, peeled, seeded and cut into bite-size pieces

- 2 red apples, cored and chopped
- 2 ripe bananas, peeled and sliced
- 1 (16 ounce) can pineapple tidbits, well-drained
- 1 cup fresh orange juice
- 1 tablespoon granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/3 cup sweetened flaked coconut

Preparation:

1. In large bowl combine papayas, apples, bananas, pineapple, orange juice, sugar, and cinnamon. Toss to mix well. Cover and chill until ready to serve. To serve, sprinkle with shredded coconut.

Beef in Tomato Sauce

Ingredients:

- 1 (2 pound) New York strip steaks
- 3 tablespoons olive oil
- salt
- ground black pepper
- 6 chicken bouillon cubes
- 6 tomatoes
- 2 red peppers
- 2 onions
- 2 garlic cloves

Preparation:

1. Cut beef into 1 1/2 inch cubes, then rinse in warm water to clean. Put beef into a medium sauce pot with 1 tablespoon olive oil. Add salt and pepper, to taste, and bouillon cubes. Cover and place pot over low heat. Let it steam for 20 minutes.

2. Put 3 tomatoes, 1 red pepper, 1 onion, and 1 garlic clove into a blender and pulse to coarsely chop. Then pour tomato mixture into the pot with the beef and add the remaining 2 tablespoons of olive oil. Cook 15 minutes. Stirring it on medium heat, add the remaining 3 tomatoes, cut into wedges, 1 sliced red pepper, 1 sliced onion, and 1 sliced garlic clove. Cook for 15 minutes and it's ready to serve.

Chicken and Rice

Ingredients:

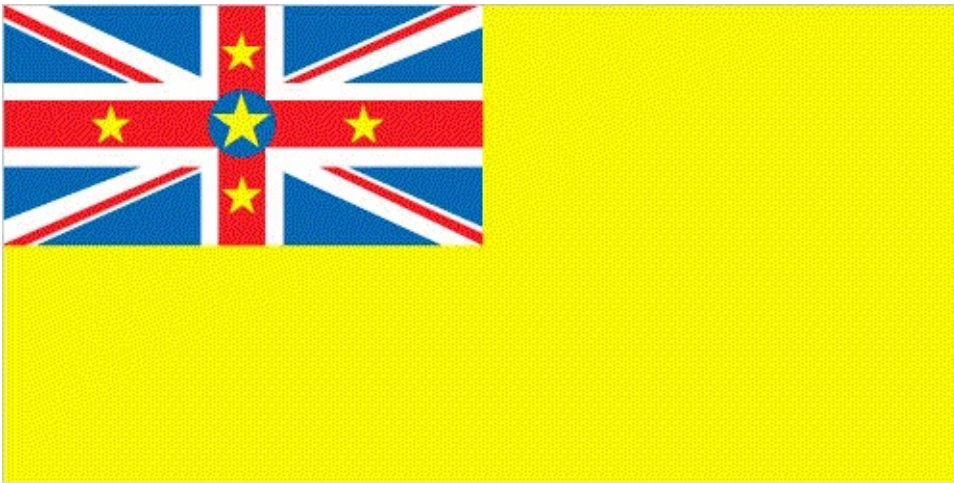
- 3 pounds chicken pieces
- 2 tablespoons oil
- 1 medium onion, chopped
- 16 ounces canned tomatoes, cut up
- 1 1/4 cups chicken broth
- 1 bay leaf

- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon thyme, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1 cup long grain rice
- 1 tablespoon parsley, chopped

Preparation:

1. In a large skillet brown chicken on both sides in hot oil about 15 minutes; remove from skillet. Set aside chicken, reserving drippings. Add the onion to drippings; cook till tender but not brown. Drain off fat. Return chicken to skillet.
2. Combine undrained tomatoes, broth, and seasonings. Pour over chicken. DO NOT STIR. Bring to boiling; reduce heat. Cover; simmer for 30 minutes. Skim off fat. Add rice, making sure all the rice is covered with liquid. Cover; simmer for 30 minutes more or until rice is tender. Remove bay leaf. Sprinkle with parsley.

Niue



Coconut Bread

Ingredients:

- 2 Cups Of Flour
- 2 Cups Of Coconut
- 1 Edmonds Dry Yeast Satchet
- 1 Tablespoon Of Sugar
- 1 Tablespoon Of Milk Powder
- 300 milliliters Of Warm Water

Preparation:

1. Mix All Dry Ingredients Together In A Bowl. Add Water Bit By Bit. Stir Together With Dry Ingredients With A Wooden Spoon. Lightly Flour Board. Knead Dough

For 10 Minutes. Leave Bread Dough To Rest In A Warm Place 10 Minutes. Knead Bread Dough Again For 10 – 20 Minutes.

2. Place Dough On A Greased Tray Or Bread Tin. Leave In A Warm Place For Bread Dough To Air And Rise Approximately 30 To 40 Minutes. Bake In Oven 150 – 200 Degrees (To Your Preference). 9 Cook For 35 Minutes Or Until Coconut Bread Crust Is Brown (To Your Preference).

Peach and lime chutney with toasted Niuean coconut bread

Ingredients:

- 1 Apple, peeled, cored, and chopped
- 1 Onion, peeled and finely diced
- 1 Kaffir lime leaf, finely shredded
- 2 cups Peaches, peeled and chopped
- 2 teaspoon Salt
- 1 cup Brown sugar
- 1 cup Malt vinegar
- 1 teaspoon Coriander seeds, crushed in a mortar and pestle
- 1 Star anise + add to shopping list

Preparation:

1. Put all ingredients in a heavy based saucepan. Bring to a boil stirring, then continue boiling steadily for approximately 1 hour, stirring frequently until the mixture is thick and jam-like. Spoon into sterilised jars. Leave chutney to cool then cover with airtight sterilised lids and store in a cool, dark cupboard.

Refrigerate after opening. Serve on toasted Niuean coconut bread, available from the Otara market. Get in before 10am or it will all be sold, or substitute with brioche.

Norfolk Island



Coconut Loaf

Ingredients:

- 1 1/2 Cup Self-raising flour
- 1 Cup desiccated coconut
- 1 Cup caster sugar
- 1 Cup milk
- jam of your choice

Preparation:

1. Preheat oven to 180 degrees Celcius. Grease an average sized loaf tin.
2. Sift flour, Add other dry ingredients and mix together, Add milk and stir until combined and Pour into prepared loaf tin
3. Place 3 dollops of jam onto evenly spaced out lengthways alongthe centre of the loaf. Use the spoon to then place into the centre of the dollop and drag along the top to make a swirly pattern. Bake for approximately 50 minutes. Cool for 10 minutes before turning out.

BBQ Norfolk Island Rump with Garlic Aioli

Ingredients:

- 2 kilograms Norfolk Island rump
- 1 cup sugar
- ½ cup sea salt
- 1 liter water
- 4 bay leaves
- 6 whole cloves
- handful of pepper corns
- handful English breakfast tea leaves
- handful fresh 'deadman's' fingers
- fresh rocket leaves
- 2 cloves garlic
- 1 egg yolk
- 1 teaspoon Dijon mustard
- sprinkle of sea salt
- 500 milliliters good quality extra virgin olive oil

Preparation:

1. Place prime Norfolk Island rump in a large non-reactive dish. In a separate bowl mix sugar, sea salt and water sufficient to cover the rump. Pour the mixture over the rump. Add 4 bay leaves, 6 whole cloves and a good sprinkle of whole peppercorns. Cover with glad wrap and place in fridge for a minimum of 8 hours but no longer then 12 hours.
2. Remove from water and store in fridge until you are ready to start cooking. Place a handful of English breakfast tea leaves in a large pot and put on the heat. When tea starts to smoke place rump on a rack in pot above tea leaves. Place lid

on pot and smoke for 8 minutes. Remove from pot and cut into several smaller pieces, place on a very hot BBQ plate and char-grill each side for about 2 minutes.

3. Place to one side to rest. Slice into thin slivers and serve on a plate of rocket, drizzle with garlic aioli and garnish with diced dead man fingers and a drizzle of good olive oil. For the garlic aioli: Place the garlic, yolk, mustard and salt in the bowl of a food processor. Slowly drizzle in the olive oil drop by drop at first and then in a steady stream. The aioli should be a thick mayonnaise consistency.

Chocolate Sponge Cake

Ingredients:

- 4 eggs
- 2 egg yolks
- 225 grams lump sugar (brown is best)
- 180 milliliters water
- 225 grams plain flour
- 60 grams cocoa powder grated zest of
- 1 lemon (or orange flower water)
- Chocolate Marquise

Preparation:

1. Break the eggs into a bowl and beat lightly. Combine the sugar and water in a pan, heat gently until the sugar dissolves then bring to a boil and continue boiling until the mixture reaches 110°C as measured by a confectioner's thermometer (the Soft Ball stage). Take off the heat, and when the sugar mix comes off the boil pour in a steady stream onto the beaten eggs, whisking briskly all the time.
2. Now stir in the lemon zest then sift the flour and cocoa powder into the bowl and carefully fold into the batter. Immediately turn the mixture into a greased and lined cake tin then transfer to an oven pre-heated to 190 degrees Celsius and bake for about 1 hour, or until a skewer inserted into the centre of the cake emerges cleanly. Turn onto a wire rack and allow to cool completely. Turn onto a wire rack and allow to cool completely. Spread with the Chocolate Marquise and serve immediately.

Ripe Banana Cake

Ingredients:

- 1 cup sugar
- ¾ cup butter
- 1 cup mashed bananas
- ½ cup milk
- 1 ¾ cups flour
- 1 egg
- 1 teaspoonful bicarbonate of soda and a pinch of salt.

Preparation:

1. Cream the butter, sugar, and bananas, then add the unbeaten egg. After that add the milk with the soda dissolved in it. Mix in the flour and salt. Bake for one hour.

Dumplings

Ingredients:

- 450 gramsrams plain flour
- 1 teaspoon salt
- 4 tablespoons flat-leaf parsley, chopped
- 1 tablespoon (15 grams) active, dried, yeast
- 1 teaspoon caster sugar
- 150 milliliters warm water
- 2 tablespoons warm milk

Preparation:

1. Combine the yeast, sugar and 60 milliliters warm water in a mug. Stir until the yeast has dissolved then set aside (covered) for 10 minutes, until frothy. In the meantime, combine the flour, salt and parsley in a bowl and stir thoroughly to mix. Form a well in the centre. add the yeast mixture along with the remaining water and the milk.
2. Stir with a fork to combine then, using your hands, bring the mixture together as a dough. Knead well for about 10 minutes then form the dough into a ball, cover the bowl with a cloth and set aside in a warm place to rise for about 60 to 80 minutes, or until doubled in volume. After this time knock the dough back then turn onto a lightly-floured work surface and knead well, adding more flour, as necessary, until the dough no longer sticks.
3. Divide into eight equal portions and form into balls. Place these on a greased baking tray, cover with a clean cloth and set aside to rise for about 45 minutes. In the meantime, bring a pan of water to a rolling boil. Once the dumplings have risen add quickly to the boiling water. Cover the pan and boil for exactly 20 minutes. After this time use a slotted spoon to remove the dumplings from the water. Serve immediately, either on their own as a snack, or with gravy or a sauce. They are also typically served with boiled beef, boiled bacon or can be added to a casserole.

Fisherman Pie

Ingredients:

- 450 gramsrams white fish
- 225 grams salmon or sea trout
- 120 gramsrams shelled prawns, roughly chopped
- 120 gramsrams shellfish cooked, removed from shells and chopped
- 120 gramsrams crab or lobster meat (optional)
- 200 milliliters milk

- 1 bay leaf
- 2 large onions, finely chopped
- 900 gramsrams potatoes, cooked and mashed
- 180 gramsrams grated cheese
- 30 gramsrams plain flour
- 30 gramsrams butter salt and freshly-ground black pepper

Preparation:

1. Clean, scale and fillet the fish before placing in a deep oven-proof dish along with the onion and bay leaf. Cover with the milk, add a lid (or cover the dish with foil) then place in an oven pre-heated to 160 degrees Celsius and poach gently for 20 minutes. In the meantime, cook and mash the potatoes. When the fish is done, remove the fillets from the cooking liquid and place to one side.
2. Prepare a roux by melting the butter in a pan then scatter over the flour and stir in to form your roux. Take off the heat and whisk in the fish cooking liquid (remove the bay leaf). Return to a low heat and cook gently until well thickened. Now flake the fish fillets, removing any bones) then stir into the thickened sauce along with the prawns, shellfish and crab or lobster meat (if using).
3. Season to taste then stir in the mashed potatoes and 150 gramsrams of the cheese. Turn into a baking dish then brush the top with milk and sprinkle over the remaining cheese. Transfer to an oven pre-heated to 190 degrees Celsius and bake for about 20 minutes, or until the dish is piping hot and the top is golden. This is typically served with winter root vegetables that are braised and is accompanied by pickled marsh samphire.

Sauces and Jams

Ingredients:

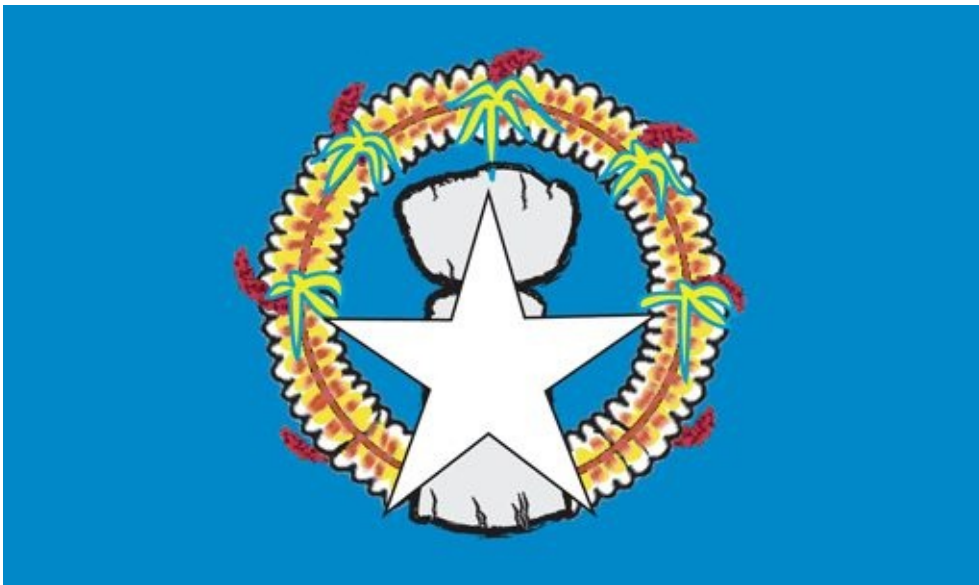
- 3 tablespoons water
- 120 gramsrams butter, finely diced

Preparation:

1. Pour the water into a very small saucepan and bring to a boil. Immediately add the butter. As soon as all the butter has melted take off the heat and shake the pan about until the sauce has thickened and looks smooth and glossy. Serve immediately (do not return to the heat once the pan has been taken off it).



Northern Mariana Islands



Stuffed Zucchini

Ingredients:

- 1/2 kilogram beef
- 1 1/2 cups rice
- 1 kilogram small zucchini
- salt and pepper
- 3 cups tomato juice
- cooking oil

Preparation:

1. Choose the small and fresh zucchini, core, and wash with fresh water. Mince meat coarsely and mix with rice and seasoning. Fill zucchini loosely with rice mixture and arrange in pot. Season tomato juice, add 1-2 tablespoons cooking oil, and pour over zucchini and put on fire for about 30 minutes.

Style Chicken Keligun

Ingredients:

- 6 chicken breasts
- 1 cup soy sauce
- 1/2 cup white vinegar
- 1 teaspoon garlic, crushed
- ground black pepper, to taste
- 1/4 cup fresh lemon juice
- salt, to taste
- 1 cup unsweetened flaked coconut
- 1/3 cup chopped green onion
- 1/8 teaspoon Mrs. Dash seasoning mix or 1/8 teaspoon lemon pepper
- 1/8 cup chopped green onion (garnish)

Preparation:

1. Combine the soy sauce, vinegar, garlic and ground black pepper. Mix together. Marinate chicken in refrigerator for 2 to 4 hours. Remove chicken from refrigerator and dispose of marinade. Broil or barbecue chicken for 25 to 30 minutes or until cooked through and juices run clear. When chicken is cooked, remove bones and dice chicken meat. Put diced chicken in a medium bowl. Add the lemon juice and salt and mix together. Add the coconut, 1/3 cup green onions and Mrs. Dash or lemon pepper. Mix all together then top with green onion garnish and serve.

Red Rice

Ingredients:

- 2 cups (250 grams) medium-grained rice
- 2 tablespoons (30 grams) achiote seeds
- 2 cups (500 milliliters) water
- 1/2 teaspoon (3 grams) salt
- 3 teaspoon (15 milliliters) oil
- 1/2 cup (125 grams) chopped onions

Preparation:

1. Rinse achiote seeds and soak in 1/2 cup (125 milliliters) warm water and salt for a half hour. Strain red liquid into a bowl. Saute onions in oil in a large pot. Add remaining 1 1/2 cups (375 milliliters) water and 1/2 cup (125 milliliters) of the achiote coloring and bring to a boil.
2. Add rice and salt to the red mixture and cook until all the water has evaporated. Cover pot, reduce heat, and cook for an additional 10 to 15 minutes, stirring occasionally. Remove from heat, let cool for a few minutes, and serve.

Boiled Fish with Onion Sauce and Fungi

Ingredients:

For The Fish:

- 1 sprig fresh thyme
- 4 sprigs parsley
- 2 scotch bonnets or other fresh hot chiles, stemmed, seeded, and chopped
- 2 whole 1 pound red snappers, cleaned
- 1 small malanga, peeled and thickly sliced (optional)
- 1/2 ripe plantain, peeled and thickly sliced (optional)
- 2 limes, halved
- Salt
- 3 tablespoons vegetable oil
- 1 yellow onion, peeled and thinly sliced
- 1 small green bell pepper, stemmed, seeded, and coarsely chopped
- 1 small rib celery, thinly sliced
- 2 cloves garlic, peeled and finely chopped
- 2 tablespoons white vinegar

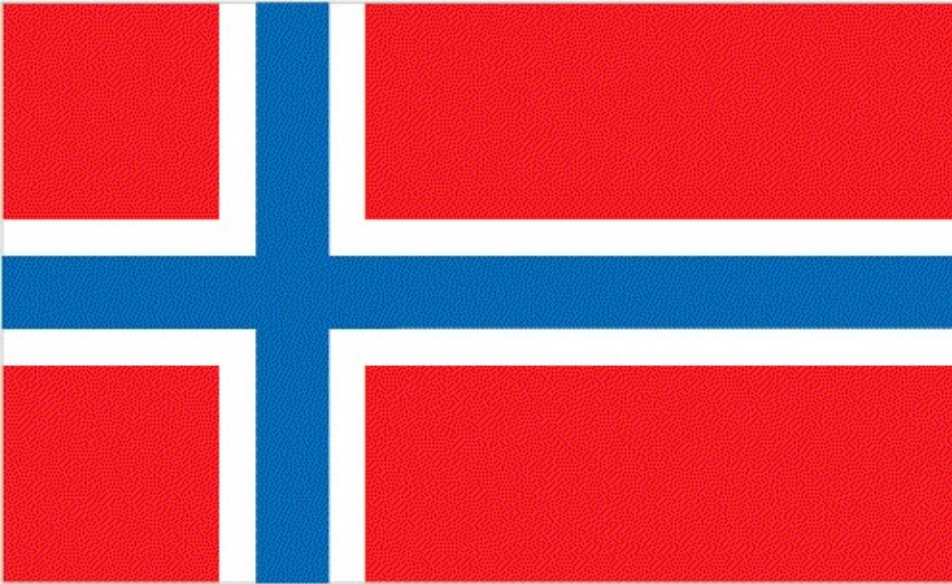
For The Hot Fungi:

- 1 cup salted water
- ½ cup fresh or frounceen okra, finely chopped
- 1⅔ cup white cornmeal
- 2 tablespoons butter
- Salt

Preparation:

1. Make the hot fungi: bring salted water to a boil in a medium saucepan over medium heat. Add okra, and cook until soft, about 5 minutes. Transfer okra and cooking liquid to a small bowl, and set aside. Bring white cornmeal, whisking constantly. Stir in reserved okra and liquid, reduce heat to low, cover, and cook until cornmeal is soft, about 15 minutes. Remove pan from heat, add butter, and stir vigorously with a wooden spoon to mix well. Season to taste with salt. Mold fungi into small mounds with a large, wet serving spoon.
2. Put thyme, 2 sprigs of the parsley, half the chiles, and 8 cups water into a large, deep skillet, and bring to a simmer over medium heat. Add fish, then malanga and plantains if using. (Water should just cover fish.) Squeeze 2 of the lime halves over fish, and season with salt. Cover, and return to a simmer. Reduce heat to medium-low, and cook, spooning broth over fish several times, until cooked through, about 10 minutes.
3. Carefully transfer each fish to a plate, using a slotted spatula; then divide plantains (if using) between plates. Cover to keep warm. Continue cooking malanga (if using) until soft, about 10 minutes more. Meanwhile, put oil, onions, peppers, celery, garlic, remaining chilies, and vinegar into a medium saucepan. Cover, and cook until vegetables are soft, about 15 minutes. Season onion sauce to taste with salt. Uncover fish, divide fungi between plates, and spoon malanga (if using) and broth around fish. Spoon some onion sauce over fish. Garnish each with remaining parsley and lime halves.

Norway



Meatballs

Ingredients:

- 1/4 cup milk
- 1/2 cup cornstarch
- 1 pound ground chuck
- 1 onion, finely chopped
- 3/4 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/4 teaspoon pepper
- 1 egg
- 2 tablespoons vegetable oil
- 2 (13 1/2 ounce) cans beef broth
- 2/3 cup sour cream

Preparation:

1. In a large bowl, mix milk and 1/4 cup cornstarch until well blended. Add meat, onion, salt, nutmeg, pepper and egg. Mix until well blended.
2. Cover. Refrigerate at least 20 minutes for easier shaping. Shape chilled meat mixture into 1in balls. In a 12in skillet, over med heat, heat oil until hot. Cook meatballs, half at a time, until browned on all sides, about 8-10 minutes. Remove with a slotted spoon. Drain on paper towels. Pour off all but 1/4 cup drippings, adding oil if necessary, to make 1/4 cup.
3. In a med bowl, mix beef broth and remaining 1/4 cup corn starch until well blended. Pour into skillet. Over med heat, cook while stirring constantly, until sauce boils and thickens. Add meatballs and reduce heat to low. Cover and simmer 15 minutes. Stir in sour cream and remove from heat.

Creamy Fish Soup

Ingredients:

- 2 1/2 tablespoons butter
- 2 1/2 tablespoons plain flour
- 5 cups fish stock or 4 cups vegetable stock
- 1 medium carrot, finely chopped in strips
- 2 cup leek, finely chopped in strips
- 2 potato, peeled and cut into small cubes (optional)
- 1 (14 ounce) can chopped tomatoes (optional)
- 12 peeled raw shrimp
- 12 mussels or 12 small scallops
- 6 ounces catfish (or fish of your own choice)
- 1/2 cup heavy cream
- 1/4 cup chopped fresh parsley
- salt and pepper
- 2 tablespoons sour cream (optional)
- 2 teaspoons lumpfish caviar (optional)

Preparation:

1. Melt 2 tablespoons of the butter, add the flour, stir for about 2 minutes without browning the flour. Add the fish stock at intervals, stirring all the time, let it boil gently for 5-10 minutes. Melt the rest of the butter and saute the carrots and leek and potatoes, if using, for approximately 10 minutes.

2. Add the tomatoes (if using) and simmer for another 5 minutes, then add the shrimps, mussels, fish and the cream. Simmer for another 5 minutes, or until the fish and shellfish are tender. Add the parsley and salt and pepper to taste. Serve garnished with sour cream and the lumpfish caviar.

Beef Stew

Ingredients:

- 2 pounds beef
- 5 cups beef broth
- 1 pound carrot
- 1 small rutabaga
- 3 cups potatoes
- 1 onion, finely chopped
- salt
- pepper

Preparation:

1. Dice the beef, cover with water, and simmer for one hour. Separately, wash and peel the vegetables and potatoes, and cut them into bite-size cubes. Bring the beef broth to a boil. Add the carrots and the rutabaga, and cook for 15 minutes. Then add potatoes, and cook another 15 minutes. Add the meat and onion, and season to taste with salt and pepper.

2. Continue to cook until the stew thickens and the meat, vegetables and potatoes are all tender (but not mushy). Stir occasionally while cooking, being careful not to

let them burn.

Farikal

Ingredients:

- 8 ounces sliced lamb meat
- 1 head cabbage, cored and sliced
- 2 cups water
- 1 1/2 tablespoons whole black peppercorns
- salt to taste

Preparation:

1. Arrange a layer of sliced lamb in the bottom of a Dutch oven or soup pot. Top with a layer of cabbage. Repeat layering as many times as you can. Tie the peppercorns into a small piece of cheesecloth, and place them in the center of the casserole. Pour the water over all, and cover with a lid. Bring to a boil, then simmer over low heat for 2 hours. Remove the package of peppercorns before serving.

Ragout of Beef

Ingredients:

- 3 pound beef
- 1 small onion, finely chopped
- Salt
- Pepper
- 1 quart stock or water
- 6 ounce fat
- 1 bay leaf
- 1½ ounce flour
- 4 black peppercorns

Preparation:

1. Slice the beef across the grain, beat well, sprinkle with seasoning and brown in 3 - 4 ounce. fat. To make a sauce, brown the remaining fat and flour slowly, fry the onion and gradually add the stock or water. Now put in the meat, with the bay leaf and peppercorns, cover, and cook slowly for 1 - 1½ hours. Serve with vegetables.

Loin of Pork with Prunes

Ingredients:

- Loin or pork
- ½ pound prunes
- Salt, pepper and ground ginger

Preparation:

1. Get the butcher to chine the meat and remove all the bones. Soak prunes in

hot water. Spread the meat flat on a board and sprinkle with salt, pepper and ground ginger. Arrange the prunes down the center of the meat and fold over, make into a roll and tie with string.

2. Melt some pork dripping in a pan, brown the meat on all sides, cover with stock and simmer gently over a low heat, or cook in a moderately hot oven (400°F) for 2 hours, or until the meat is tender. When it is cooked, place it on a hot dish and serve sliced, with browned potatoes, prunes and apple sauce.

Lamb and Cabbage Casserole

Ingredients:

- 2 tablespoons vegetable oil
- 3½ pounds breast of lamb, well trimming of fat and cut into 2 inch cubes
- 1/3 cup flour
- 2 pounds white cabbage, washed, cored and sliced into 1 inch wedges
- 1 cup diced celery
- 1½ cups sliced onions
- 2 tablespoons salt
- 2½ cups beef or chicken stock, fresh or canned
- 2 tablespoons whole black peppercorns, tied in cheesecloth and lightly bruised with a rolling pin or pestle

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. Heat the oil in a heavy 10- to 12 inch skillet over high heat until a light haze forms over it. Add the cubed meat and cook over medium-high heat, turning the cubes with a wooden spoon until they are evenly browned.
2. Using tongs, transfer the meat to a large mixing bowl. Sprinkle it with the flour and toss lightly with a wooden spoon until the meat cubes are evenly coated and no trace of flour remains. Set the skillet aside.
3. In a 5- to 6-quart casserole equipped with a cover, arrange a layer of the browned meat and another of cabbage wedges. Sprinkle with half of the celery and half of the onions, and salt each layer lightly. Repeat, ending with a layer of cabbage. Now deglaze the skillet in which you browned the meat by first pouring off nearly all of the fat, leaving only a thin film on the bottom of the pan.
4. Then pour in the stock, stir vigorously over high heat with a wooden spoon and scrape into the casserole any browned bits clinging to the bottom or sides of the pan. Pour the liquid over the meat and cabbage in the casserole. Add the bag of peppercorns, cover the casserole and bake for 1½ hours, or until the meat is tender when pierced with the tip of a sharp knife.

Small Cream Tarts

Ingredients:

- ½ pound flour
- 6½ ounce butter

- 2 ounce sugar
- 2 eggs
- Vanilla-flavored confectioner's custard

Preparation:

1. Make a sweet pastry with flour, butter, sugar and 2 egg yolks; roll out thinly and with a pastry cutter, stamp out rounds the size of your tart tins, with slightly smaller ones for the covers. Grease the tart tins and line with the pastry rounds. Put in a little vanilla-flavored confectioner's custard and cover with a lid of pastry. Bake in a hot oven (450 degrees Fahrenheit) until they are nicely brown. Serve lukewarm.

Oman



Chicken Kabuli Rice

Ingredients:

- 6 whole chicken legs
- 3 cups white basmati rice
- 3 sliced onions
- 2 garlic cloves, pressed
- 1 teaspoon whole cardamom pod, bruised
- 1 teaspoon whole cloves
- 1 teaspoon whole black peppercorn
- 1 teaspoon dried coriander
- 1 teaspoon cumin seed
- 1 small cinnamon stick
- 2 whole dried limes
- 1 tablespoon baharat spice mix
- 4 tablespoons tomato paste

- light tasting extra virgin olive oil
- 1/4 cup golden raisin, soaked in water for 30 minutes
- 1/4 cup blanched whole almond
- 3 pinches dried lime powder
- sea salt, to taste
- cilantro leaf, to garnish (optional)

Preparation:

1. Wash white basmati rice and soak 10 to more minutes depending on quality of rice. Wash whole chicken legs keeping the skin on. Add to pot. Cover chicken pieces with water and bring to the boil skimming off the scum. Add whole spices including loomi as well as sea salt and boil for a further 40 minutes. Drain the chicken pieces keeping the chicken stock and shallow fry in a bit of light tasting extra virgin olive oil until golden brown.

2. Fry sliced onion in the same oil until golden brown then remove half of them and keep aside for garnishing. To the remaining onions in the pan, add tomato paste and baharat spice mix then add 6 cups of the chicken stock after straining. To that add the drained rice. Bring to a boil and reduce heat and cover for 10-20 minutes depending on amount, quality and quantity. (If it's a cheaper rice it will become softer faster so do 10 minutes and take off the heat 1 minute then check if done). Drain raisins then add to a pan with a bit of oil and fry along with the almonds until toasted. Then add garnish onions & loomi powder. Put the rice on a plate and arrange chicken pieces on top, garnish with raisins, almonds and onion mixture and a few cilantro leaves if wished.

Spice Mix

Ingredients:

- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 3 whole cloves
- 1 teaspoon turmeric (optional-will add a yellow color to food)

Preparation:

1. Mix all together and store in a jar with lid. Use in meat and vegetable stews. May also add to rice dishes, soups, lentil and bean dishes.

Chicken Biryani

Ingredients:

- Chicken 1/2 kilogram
- Basmati rice 1/2 kilogram
- Salt to taste
- Black pepper to taste

- Nutmeg powder ¼ teaspoon
- Mace powder ¼ teaspoon
- Coriander 1 teaspoon (crushed)
- White cumin ½ teaspoon
- Black pepper ¼ teaspoon
- Cloves 5
- Black cardamom 2
- Cinnamon sticks few
- Bay leaves few
- Star aniseeds 2
- Clarified butter 100 gramsrams
- Ginger garlic paste 1 tablespoon
- Onion ½ kilogram
- Raisin 1 tablespoon
- Almond 1 tablespoon
- Dried plums 100 gramsrams
- Potatoes 100 gramsrams
- Egg 2

Preparation:

1. Soak basmati rice for half an hour. Grind sliced onions and fry the other finely sliced onion till golden brown. Add clarified butter to a medium sized cooking pot and let it melt. Then add ginger garlic paste and sauté for a couple of minutes. Now add onion puree, cumin seeds, whole black pepper, cloves, black cardamoms, cinnamon sticks, bay leaves and star aniseeds. Sauté until the puree is golden brown. Then add chicken and mix briefly.
2. Now add crushed coriander, cumin seeds, salt n black pepper, raisins, almonds, dried plum and potatoes. Add water if required to cook meat. When meat is tender, take it off the flame. In a medium sized cooking pot, boil water. When water comes to a boil, add 1 tablespoon oil, salt and rice and cook until rice is 1/3 cooked. Boil eggs and remove the shell. Add boiled rice to the other cooking pot where you cooked chicken. Sprinkle saffron and cover to let simmer for 8 – 10 minutes. Garnish with fried eggs and serve.

Sherbat

Ingredients:

- Milk 1 liter
- Sugar 1 cup
- Cream ½ cup
- Vanilla essence Few drops
- Almonds 1 teaspoon sliced
- Pistachios 1 teaspoon sliced
- Vanilla custard 1 tablespoon
- Saffron color 1 pinch

Preparation:

1. Boil milk. Add sugar, cream, vanilla essence, vanilla custard, saffron color, sliced almonds and sliced pistachios and cook on low flame until milk is thicker. Remove from the flame and let it cool. Put in refrigerator to chill thoroughly when the mixture comes to room temperature. Ready to serve.

Style Lamb

Ingredients:

- ½ baby lamb cut in 7 pieces, about 7 pounds
- 2 tablespoons powdered cinnamon
- 2 tablespoons cumin
- 2 tablespoons cloves
- 2 tablespoons cardamom
- 1 tablespoon freshly ground black pepper
- 1 cup vegetable oil
- 2 pounds pitted dates, soaked in 2 cups water overnight, then mashed by hand or in a food processor
- ½ cup fresh lemon juice
- ½ cup vinegar
- 2 teaspoons salt or to taste

Preparation:

1. Rub lamb with spices. Set aside for an hour or so. Heat oil over medium heat in a lidded kettle large enough to hold lamb in 2 layers. In batches, brown lamb on all sides. Discard all but 1 tablespoon of fat. Add dates, lemon juice, vinegar and salt and reduce by half. Arrange lamb pieces in 2 layers.

2. Set lid ajar slightly and braise lamb over a medium-low flame for about an hour, turning meat from time to time while stirring date mixture to prevent scorching. (Add water as needed.) Cook until lamb is tender, testing it with a fork. The lamb is ready when it begins to fall from the bone.

BB Chicken Sandwich

Ingredients:

- 4 medium chicken breasts (diced into cubes)
- 5 sliced cloves of garlic
- 3 tablespoon balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 3 tablespoon extra virgin olive oil
- 6 buns of white bread
- Salt and black pepper

Preparation:

1. Wash the chicken cubes and then drain them well. Put the chicken cubes in a

bowl, add the Worcestershire sauce, the salt and finely crushed black pepper. Mix the chicken with the ingredients well and leave the bowl in the fridge to marinate for 30 minutes minimum. You. Then take them out of the fridge 15 minutes before you use them.

2. Put a frying pan on a medium flame, add the EVOO and the garlic to it, then as soon as the oil starts to sizzle, add the chicken. Saute the chicken until it turns white and then add the balsamic vinegar. Keep saute the chicken until it is done. If the chicken is still not cooked well you can add small amounts of water or chicken stock to help cook it. Slice the buns and fill them with the chicken. You can add cheese or any kind of sauce you like. It can be served with chips or fries.

Oven Grilled Chicken

Ingredients:

- 1 whole chicken, 600 gramsrams or 800 gramsrams
- 2 crushed or thinly sliced green chili
- 1 medium sized onion chopped in cubes
- 2 medium sized tomatoes chopped in cubes
- 5 crushed gloves of garlic
- 1 tea-spoon of black pepper
- A hand-full of chopped coriander
- a teaspoon of turmeric
- a teaspoon salt
- 2 lemons

Preparation:

1. Clean the chicken well and peel the skin off. Rub the green chili, garlic, black pepper, turmeric, and salt all over the chicken. Fill the inside of the chicken with the chopped onion, tomatoes, and coriander. Squeeze the lemons on the outside and inside of the chicken. Wrap the whole chicken with aluminum foil and put it on an oven tray. Put it into the oven for an hour.

2. If you are using a gas oven switch the down flame at medium to high heat. If using an electric oven use 260 degrees Celsius. Optional vegetables could be grilled next to the chicken, but make sure you wrap it with aluminum foil otherwise it will burn for that long. The chicken could be either eaten with rice or bread. If rice is used its advised to have some sort of curry such as Dal (lentils) as the chicken would not be very saucy even though the tomatoes is inside it.

Chicken

Ingredients:

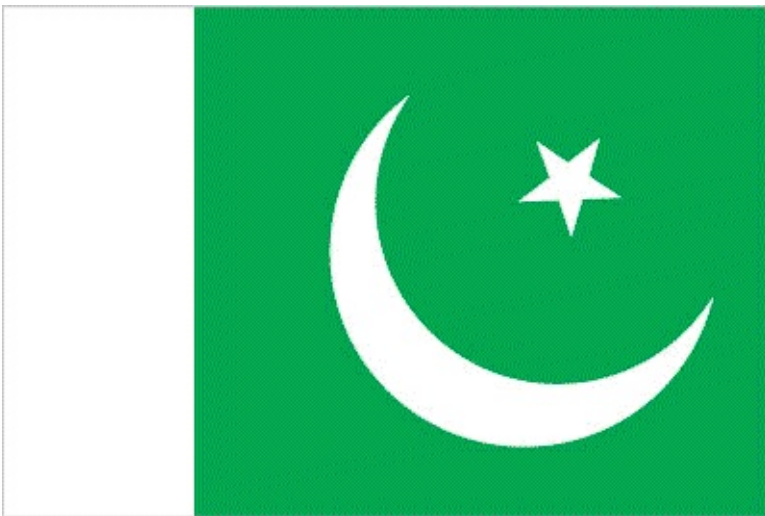
- 4 tender boneless chicken breasts
- 3 cloves of garlic
- 1 tablespoon of honey
- 1 tablespoon of red grape vinegar
- 2 tablespoon of tomato paste

- 1 teaspoon freshly crushed black pepper
- 1 teaspoon Worcestershire sauce
- Extra virgin olive oil
- Salt

Preparation:

1. Crush the garlic cloves, add half of the black pepper, honey, vinegar, tomato paste, and Worcestershire sauce, mix them well and then put the combination in the fridge for half an hour to allow the flavour to blend. Season the chicken breast with salt and the remaining crushed pepper. Heat a frying pan and drizzle some EVOO. When the pan is screamingly hot place the breasts on it.
2. Get the mix from the fridge and wait for one of the sides of the chicken breast to whiten in colour, when that happens, flip the chicken breast and brush that with the mix. Wait for the other side to whiten, then flip and brush. Repeat the process until the mix finishes. Add water to the pan, wait for the water to evaporate, then check if the chicken is cooked using the knife test. Repeat this stage until the chicken is cooked. Serve with mashed potatoes, garlic bread, and salad.

Pakistan



Spicy Chili Chicken

Ingredients:

- 2 pounds boneless chicken (cut into 1 1/2 inch square pieces)
- 3 tablespoons tandoori spice mix
- 4 tablespoons lemon juice
- 1/2 jalapeno (sliced)
- 4 leaves curry leaves (kari patta)
- 1 1/4 tablespoons red food coloring
- 2 tablespoons red chili paste
- 1 teaspoon oil (optional)

Preparation:

1. In a pan add the chicken and stir fry till its half cooked or the water dries up. Next add 2 tablespoons tandoori spice mix and 2 tablespoons lemon juice and cook on high heat till the chicken is completely done.
2. Now add the remaining tandoori masala, lemon juice, red food color, and red chili paste. Cook for 5 minutes on high medium heat. In the end add jalapeno, curry leaves (kari patta) and oil and simmer on medium heat for another 5 minutes. Your chili chicken is done. Serve with rice, naan or parathas with chutney, raita and salad.

Fish Curry

Ingredients:

- 1/2 kilogram kingfish
- 100 grams onions
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 100 grams low-fat plain yogurt
- 1/2 teaspoon fenugreek seeds (methi)
- 3 tablespoons oil or 3 tablespoons ghee
- 2 tablespoons fresh coriander leaves, chopped, for garnishing

Preparation:

1. Heat oil in a pot. Add onions and saute until brown. Grind the onions. Put the ground onions in a large mixing bowl. Add yoghurt to the ground onions. Add fish pieces to this, mix well and marinate the fish in this mixture for 2 hours. In the same oil which was used to saute the onions, add the methi seeds. Allow to sizzle a bit, then remove them once they turn brown. Add ginger-garlic paste to the same oil.
2. Saute until the raw smell is gone. Add red chili and turmeric powders. Mix well and continue to stir-fry for a few minutes. Add the marinated fish pieces. Add half a glass of water and mix well. Keep on low flame for 10 minutes. Garnish with coriander leaves. Serve hot with chappatis.

Flat Bread

Ingredients:

- 1 cup warm water
- 2 tablespoons unsalted butter
- 1 tablespoon dry yeast
- 1 teaspoon salt
- 1 tablespoon honey
- 2 3/4 cups whole wheat flour

Preparation:

1. Stir the butter into the warm water until it melts (this should take about 1 minute at the most). Stir the yeast and salt in the water/butter mixture until dissolves; then allow the yeast to bloom (10 minutes). Stir in honey. Gradually work in enough flour to make a soft, workable dough. Turn out on a floured board and knead until elastic and smooth. Let rise until doubled in bulk (30 minutes).
2. Preheat oven to 500 degrees Fahrenheit. Turn out on a floured board and knead briefly. Form into 12 balls. Roll each ball out to 1/4 inch thick, and let rise for 15 minutes. Turn over onto a greased baking sheet and bake for 10 minutes (watch closely so they don't brown too much).

Chickpeas Pilaf

Ingredients:

- 3 cups basmati rice (soaked in water for at least 1/2 an hour)
- 1 (15 ounce) can chickpeas (Safaid Chanay) or 1 (15 ounce) can garbanzo beans (Safaid Chanay)
- 1 cup oil
- 1 medium onion (sliced)
- 3 teaspoons cumin seeds (zeera)
- 1 teaspoon ginger-garlic paste (Lehsan Adrak)
- 3 teaspoons salt
- 2 teaspoons red chili powder
- 3 black cardamom pods (bari elaichi)
- 1 teaspoon clove (laung)
- 2 cinnamon sticks (Dalchini)
- 1 1/2 cups yogurt
- 3 teaspoons anise seed (saunf)
- 1 teaspoon garam masala powder
- 3 1/2 cups water

Preparation:

1. Heat oil in a pan and fry onions till they turn golden brown. Add cardamom pods (bari elaichi), cloves (laung), cinammon sticks (dalchini), cumin seeds (zeera) in the onions and stir for about 10 seconds. Then add ginger/garlic paste (lehsan adrak), 2 teaspoons salt and red chili powder and stir fry on medium heat for 5 minutes. Next add yogurt and chickpeas or garbanzos and cook on medium high till the yogurt water dries up.
2. Now add garam masala powder and anise seed (saunf) powder and cover and cook for 2 minutes on medium low heat. (Its THESE two ingredients which make this pulao very different then the usual pulaos you might have eaten so far. Finally add the remaining 1 teaspoon salt, rice and the water and cook it uncovered on high heat for 7 minutes or till the water dries up. Cover the pan and close the lid tightly making sure no steam passes out and cook on low heat for 15 minutes or till the rice is done. Serve it your favorite chutney or raita.

Chicken Tikka

Ingredients:

- 2 pounds chicken legs, thighs or breasts
- 1 teaspoon salt
- 1 teaspoon red chili powder
- 1 teaspoon coriander seeds, roasted, ground
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, fresh, grated
- 4 tablespoons plain yogurt (full fat)
- 2 tablespoons lemon juice or white wine vinegar
- 1/2 teaspoon black pepper, ground
- Vegetable oil

Preparation:

1. Remove the skin and make 2-3 deep cuts in each chicken piece. Roast the coriander seeds in a hot cast iron skillet. After cooling, grind to powder. Mix all dry ingredients with the lemon juice or vinegar and make a paste. Put this paste onto chicken pieces and leave them for at least 4-5 hours to marinate. Better if left in refrigerator over night.
2. Grill method: Rub each piece of chicken with a few drops of vegetable oil. Grill the chicken using indirect heat over hot coals. Oven method: Put the chicken pieces (with the paste still on it) onto a broiler tray and cover them with aluminum foil. Put the tray into a medium oven (350 degrees Fahrenheit) for 30 minutes. Then remove tray and pour off any liquid. Baste chicken with 2 tablespoons of oil and return to the oven for another 15 minutes until outside of chicken is crispy.

Beetroot Paratha

Ingredients:

For the dough:

- 225 grams or 8 ounces Plain Flour
- 2 tablespoon Chickpea or Besan Flour
- 1 Raw Beetroot, grated
- 25 grams or 1 ounce Freshly Chopped Coriander Leaves
- 1 tablespoon Oil
- 2 tablespoon Sesame Seeds
- 1 tablespoon Red Chili Powder
- 1/2 tablespoon Turmeric
- Salt to taste
- 240 milliliters or 1/8 ounces Water
- Oil or melted butter or Ghee for brushing
- Extra Flour for dusting

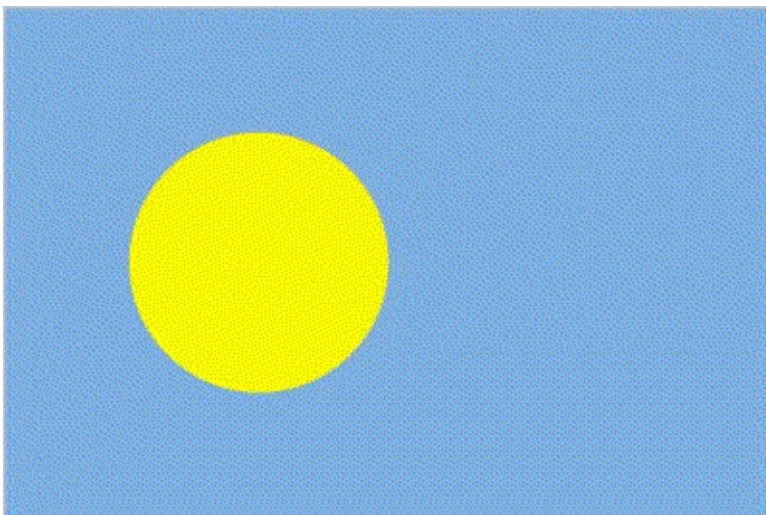
Preparation:

1. Place all the dough ingredients in a large mixing bowl together with most of the

water and knead well to form a medium soft dough, adding a little more water or flour as necessary. Knead for 5 to 8 minutes. Place it back into the bowl, cover with cling film and set aside for 20 minutes. Divide the mixture into balls about 5cm/2 inches in diameter and roll out each ball into circles about 10 cm or 4 inches in diameter.

2. Brush each circle with oil/melted butter/ghee and dust lightly with flour. Fold into half, so it looks like a "D" then brush with more oil/melted butter/ghee and lightly dust again with flour. Fold the "D" in half so it looks like a triangle then roll it out into circles about 3mm/1/8th inch in thickness. Heat a heavy frying pan until hot then add a paratha and cook for 1 minute. Turn and brush the cooked side with oil/melted butter/ghee whilst cooking the other side for 1 minute. Turn again and cook the first side until golden brown and beginning to crisp, brushing the top with oil/melted butter/ ghee, then turn once more and cook the other side until golden brown and beginning to crisp.

Palau



Palau

Ingredients:

- 2 cups Rice
- 2 pounds chicken or beef (preferably seasoned overnight with garlic, lime and onions)
- 2 table spoons extra virgin olive oil 4 Tablespoons tomato paste
- 1/2 table spoon Salt and pepper to taste
- 4 1/2 cups water
- 1 tin or cup pigeon peas
- 1 table spoon of sugar or 1 table spoon of caramel browning (more for desired colour)
- 1/4 cup minced onions 1 clove garlic (cut into small cubes or diced)
- 1/4 cup celery stalks (cut into small cubes)

- 1/4 cup chopped tomatoes
- 1 hot pepper (green)

Preparation:

1. Heat oil - Add sugar, and heat while stirring until near black or brown according to taste (or use caramel browning for the better control of the browning process if unsure). Add seasoned chicken as soon as sugar is correct or suitable brown colour. Stir at first and then cook for 10 minutes in covered saucepan over medium or low heat.
2. Add olive oil, tomato paste, pigeon peas (red kidney beans can be substituted), onions, celery, finely chopped garlic, and rice. Stir. Add tomatoes last. Add water, and hot pepper (whole, do not cut!) or pimento pepper. Bring to a boil. Cover saucepan and leave to cook on low flame, about forty minutes until the rice dries

Yellow Rice with Carrots and Ground Beef

Ingredients:

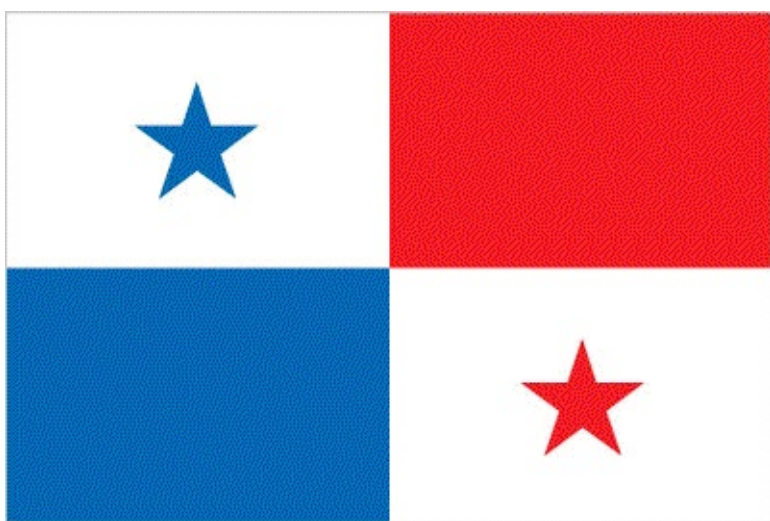
- 1 pound basmati rice
- 6 tablespoons olive oil
- 2 medium onions, chopped
- 1 1/2 pounds ground beef
- salt
- pepper
- 2 large carrots
- 1/4 cup raisins
- 2 teaspoons garam masala (Recipe #224763) or 2 teaspoons baharat mixed spice (Baharat Spice Blend)
- 1/4 teaspoon saffron

Preparation:

1. Rinse the rice several times in cold water until the water runs clear. Add fresh water and leave the rice to soak for at least half an hour.
2. Preheat oven to 325 degrees Fahrenheit. Heat 2 tablespoons of oil in a large pan and add the onions; stir and cook until brown. Remove the onions and set them aside. Add ground beef to the hot oil. Brown the meat. Add one cup of water and salt and pepper to taste. Bring to a boil, then lower the heat, cover and simmer until the meat is tender. After the meat is cooked, remove it from the broth and set it on a plate.
3. Grind the onions to a pulp and add them to the meat broth. Wash and peel the carrots and cut into pieces the size of matchsticks. Heat 2 tablespoons of the oil in a small pan and add the carrots. Cook gently until the carrots are lightly browned and tender (adding a little water, which will evaporate during cooking). Add the raisins and cook gently until they begin to swell. Remove the raisins and carrots from oil.
4. Bring 5 cups of water to a boil in a pot and add 1 teaspoon of salt. Add the rinsed rice to the boiling water. Parboil for 2 to 3 minutes, then drain in a large

sieve. Pour the rice into a large casserole and sprinkle with garam masala and saffron. Measure $\frac{3}{4}$ cup of the reserved meat juices and pour over the rice, stirring once. Place the cooked meat on one side of the pan and the carrots and raisins on the other adding the reserved oil cook for 25 minutes in the preheated oven. To serve, remove the carrots and raisins and set aside. Place the rice on a serving platter. Top the rice with the meat, then garnish with the carrots and raisins.

Panama



Beef Empanadas

Ingredients:

- 1 (15 ounce) box Pillsbury ready-made pie crusts
- $\frac{3}{4}$ pound ground beef
- 1 medium onion, diced
- 1 small bell pepper, diced
- 1 bay leaf
- 2 garlic cloves, diced
- 4 tablespoons oil
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{4}$ cup chopped green chili pepper (or $\frac{1}{2}$ teaspoon Tabasco)

Preparation:

1. Preheat oven to 400 degrees.
2. Filling: Place oil in skillet and brown the beef, then drain the grease. Add rest of ingredients, cover and simmer for about 30 minutes. Remove the bay leaf. If needed, add a little bit of flour to thicken the consistency of the filling. Salt and pepper to taste.
3. For Crust: Roll out on a lightly floured board $\frac{1}{8}$ inch thick. Cut with cookie cutter or glass for appetizer sized empanadas. Use a small plate for luncheon size

empanadas. On each round, put about 1/2 teaspoon filling. Fold over and flute edges with fork. Brush tops with beaten egg. Bake at 400 degrees until the crust is golden brown. You can also deep fry these in a deep fryer or in a deep skillet with enough oil to cover them. that's the way they eat them there, but baking is lower fat! But fried is sooo good! If frying don't brush the tops with egg!

Plantain Porridge

Ingredients:

- 2 large green plantains
- 720 milliliters water
- 3/4 teaspoon salt
- 2 teaspoon sugar milk, to serve

Preparation:

1. Peel the plantains and grate coarsely (reserve any juice). Meanwhile, combine the water, salt and sugar in a saucepan and bring to a boil. Stir in the grated plantains and plantain juice then reduce the heat and simmer gently until the mixture is almost smooth (about 10 minutes), stirring occasionally. Divide the mixture amongst four bowls and pass the milk separately. Serve with a glass of orange juice.

Sea Bass Ceviche

Ingredients:

- 500 grams boneless sea bass fillets
- 150 grams onions, finely chopped
- 320 milliliters fresh lemon juice
- 70 grams parsley, finely chopped
- 4 tablespoons coriander leaves, finely chopped
- salt, to taste
- 1/2 hot chili, finely minced

Preparation:

1. Slice the fish into bite-sized pieces then place in a non-reactive (glass or ceramic) bowl. Add all the remaining ingredients and mix thoroughly to combine (ensure that the lemon juice covers all the fish). Cover with cling film (plastic wrap) and place in the refrigerator for 24 hours to allow the lemon juice to cure the fish. Spoon into glasses or bowls and serve accompanied by crackers.

Canal Dessert

Ingredients:

1st layer:

- 1 1/2 cups flour
- 3/4 cup margarine, softened
- 1/2 cup chopped nuts, I use walnuts

2nd layer:

- 1 (8 ounce) package cream cheese
- 1 cup powdered sugar
- 4 ounces Cool Whip

3rd layer:

- 3 (4 ounce) packages instant chocolate pudding mix
- 4 1/2 cups milk

4th layer:

- 8 ounces Cool Whip

Preparation:

1. Cream flour, margarine, and nuts. Press into 9 x 13 pan. Cook for 10 minutes at 350 degrees Fahrenheit. Let cool. Beat cream cheese, powdered sugar, cool whip until smooth. Spread cream cheese mixture on crust. Mix together pudding mix and milk. Pour onto cream cheese mixture. Once pudding is set up, spread cool whip on evenly. Refrigerate until serving.

Papua New Guinea



Chicken and Coconut in Banana Leaves

Ingredients:

- 1 teaspoon low-sodium soy sauce
- 1 teaspoon barbecue sauce
- 1 teaspoon minced fresh ginger
- 3/4 cup coconut milk
- 2 chicken drumsticks
- 2 chicken thighs
- 2 yellow plantains, peeled and cut into 3/4 inch slices
- 1 sweet potato, peeled and cut into thick sticks

- 1 fresh, unsplit banana leaf

Preparation:

1. Whisk together soy sauce, barbeque sauce, ginger, and coconut. Pour over chicken drumsticks, thighs, plantain, and sweet potato in a resealable plastic bag. Seal, and marinate 30 minutes. Preheat oven to 350 degrees F (175 degrees Celsius). Gently warm the whole banana leaf over a fire or gas burner until the leaf is pliable, but not burnt, 3 to 4 minutes. Cut the leaf into four large squares, measuring at least 12x12 inches. Carefully cut four long, thin strips from the rib of the leaf, these will be used as string to tie the packets later.

2. Place a piece of meat onto each banana leaf square, and evenly divide the vegetables on top. Pour in any remaining marinade, and fold the leaves around the chicken like a present. Securely tie with the rib strips, and place the packets onto a baking sheet. Bake in preheated oven until the chicken is tender and no longer pink in the center, about 1 hour. Check the packets occasionally to make sure they do not burn.

Lemonade

Ingredients:

- Lemons — 3 to 5
- Cold water — 6 cups
- Sugar — 3/4 cup

Preparation:

1. Squeeze lemons and pour the juice into a 2-quart pitcher. Drop one or two of the squeezed halves into the pitcher and pound gently with a wooden spoon to release the lemon oils. Pour in the water and sugar and stir well to until the sugar is completely dissolved. Adjust flavor with more lemon juice or sugar and chill well before serving.

Baked Sweet Potato

Ingredients:

- 3 Cups mashed Sweet Potato or Kau Kau
- 3 Tablespoons butter
- 3 Tablespoons finely sliced onions
- 3 eggs
- 1/2 teaspoon ground cinnamon
- 1 Tablespoon milk
- salt and pepper to taste.

Preparation:

1. After mashing the cooked sweet potato, mix in the butter, onion, milk, cinnamon, salt and pepper. Separate the egg whites from the yolks. Beat them separately. Fold the egg yolks into the mashed potato followed by the egg whites. Place mixture in a greased baking dish. Brush the top with butter and bake in the

oven with the dish placed in a pan of water for 35 to 40 minutes at 160 degrees Celsius.

Kokoda Fish

Ingredients:

- 1 kilogram of fish fillets (any firm white fillets)
- 1 cup lime or lemon juice
- 1 clove garlic (crushed)
- $\frac{3}{4}$ cup of coconut cream

Garnish:

- sliced hard boiled eggs, onion rings, cucumber and sliced tomato

Preparation:

1. Remove skin and bones from the fish and cut into 1 cm cubes. Put in a glass or earthenware bowl and pour juice over. Cover and refrigerate for 6 to 8 hours turning from time to time with a wooden spoon. Take fish from bowl and drain off juice. Mix the garlic with the coconut cream. Divide fish into 6 bowls and pour the coconut cream over the fish. Garnish with eggs, onions, cucumber and tomatoes. If available serve with baked bread fruit and baked bananas.

Yam Patties

Ingredients:

- 3 cups of any yam, cooked and mashed (potato, taro, manioc, tapioca, etc)
- 1 beaten egg
- 2 teaspoons grated onion
- 2 teaspoons chopped parsley
- plain flour
- salt and pepper to taste
- cooking oil for frying

Preparation:

1. Mixed the mashed yam with egg, onion, parsley, salt and pepper and form a flat circular patty. Roll the patty in flour and fry in hot oil till golden brown.

Pit Pit In Coconut Cream

Ingredients:

- 12 pieces of pit pit (the edible stalk of a wild cane)
- 3 cups coconut milk
- 1 spring onion
- 2 tomatoes
- $\frac{1}{4}$ teaspoon grated ginger
- $\frac{1}{2}$ teaspoon salt

Preparation:

1. Mix all the ingredients and steam on medium heat for 15 to 20 minutes, until cooked all the way through.

Coconut With Mixed Vegetables

Ingredients:

- 6 cups of mixed vegetables (whatever is available— for instance you can use any of the following carrots, snake beans, kau kau or sweet potato, zucchini, green or red peppers, eggplant, potatoes and peas)
- 1 crushed clove of garlic
- 2 fresh small chilies, seeded and chopped
- ½ cup fresh coconut cream,
- ½ cup grated coconut
- 2 tablespoons of oil

Preparation:

1. Boil a cup of water in a saucepan. Boil each vegetable separately in the same water. Ensure that each vegetable is lightly cooked but still firm to bite. Use a little more water if it has evaporated. Do not throw away the water once you have cooked the vegetables. Mix together all the ingredients with the saved vegetable water and bring to the boil. Add all the vegetables and simmer gently for five minutes. Serve with plain, boiled white or brown rice.

Banana Cake

Ingredients:

- ½ cup margarine or butter
- ½ cup of sugar
- 2 eggs
- 1 teaspoon vanilla essence
- 3 medium size bananas (mashed)
- 1 teaspoon bicarbonate of soda
- 1 ½ cup of self-raising flour
- 1/3 cup of milk - well enough to give it the right texture, wet, but not runny.

Preparation:

1. Pre heat oven to 180 degrees. Beat butter, sugar and vanilla essence until creamy. Gradually beat in eggs and add mashed bananas. Mix milk and bicarbonate of soda and fold into banana mixture with flour (note - the amount of milk will vary depending on the mushiness of the bananas). Pour batter into a round greased 20 cm deep-sided cake pan. Bake for 45-50 minutes in a hot oven.

Paraguay



Cheese Corn Bread Soup

Ingredients:

- 8 tablespoons butter
- 1 large sweet onion, finely chopped
- 1 cup farmer cheese or 1 cup cottage cheese
- 1 cup grated muenster cheese or 1 cup other mild cheese
- 2 cups cornmeal
- 2 cups corn kernels, grated or 1 (16 ounce) can cream-style corn
- 1 teaspoon salt
- 1 cup milk
- 6 eggs, separated

Preparation:

1. Heat half the butter in a skillet and cook the onions over moderate heat until tender but not brown. Set aside. Combine the remaining butter with the farmer's or cottage cheese and mix until thoroughly combined. Add the Muenster, onions, cornmeal, corn, salt, milk, egg yolks, and mix thoroughly.
2. Beat the egg whites until soft peaks form and fold them into the batter. Pour the batter into a greased and floured 10 inch by 13 inch (25 cm x 30 cm) baking pan and bake in a preheated 400 degrees Fahrenheit or 200 degrees Celsius oven for 45 to 55 minutes, or until a toothpick inserted in the center comes out clean.

Dumpling Soup

Ingredients:

- 1/3 cup white or yellow cornmeal
- 1/3 cup grated Parmesan cheese
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Pinch of freshly ground black pepper

- 1 large egg, lightly beaten
- 2 tablespoon minced scallions, white portion only
- 1 tablespoon canola oil
- 2 tablespoon canola oil or bacon fat
- 1 pound boneless beef shank
- Salt as needed
- Freshly ground black pepper as needed
- 8 cups Chicken Broth, plus as needed
- 1-1/2 cups minced onion
- 3/4 cup small-dice carrot
- 3/4 cup small-dice celery
- 2 teaspoon minced garlic
- 1 bay leaf
- 1 whole clove
- 2 or 3 crushed saffron threads (optional)
- 3 tablespoon chopped flat-leaf parsley
- 1/4 cup grated Parmesan cheese

Preparation:

1. Make the dumplings: Combine the cornmeal, Parmesan, flour, baking powder, salt, pepper, egg, scallions, and oil in a mixing bowl. Cover the batter and let it rest at least 45 minutes and up to 3 hours before shaping and cooking the dumplings. Heat 1 tablespoon of the oil in a soup pot over medium-high heat. Season the beef shank with salt and pepper and add it to the hot oil. Sear the beef on all sides, turning as necessary, until browned, 7 to 8 minutes.

2. Add the chicken broth and simmer over low heat until the beef is tender, 45 to 50 minutes. Remove the beef to a plate and let cool. Strain the broth through a fine sieve and reserve. Return the soup pot to medium-high heat. Add the remaining oil and heat over medium-high heat. Add the onion, carrot, celery, and garlic and sauté, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes. Add the strained broth to the soup pot along with additional chicken broth, if needed, to make 8 cups. Bring the broth to a simmer and add the bay leaf, clove, and saffron threads, if using. Simmer until the vegetables are tender and the broth is flavorful, 30 minutes. Remove the bay leaf and clove and discard.

3. Trim the cooled beef and cut it into medium dice. Return the beef to the soup. To form the dumplings, pinch off small pieces of dough (about 1 teaspoon) and roll them into balls. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes. Stir in the parsley, and season to taste with salt and pepper. Serve immediately in warmed soup bowls sprinkled with Parmesan cheese.

Meat Loaf

Ingredients:

- 2 pounds ground beef

- 1 tablespoon flour
- 2 pinches nutmeg
- 1/2 onion, finely chopped
- 2 tablespoons chopped parsley
- 1 teaspoon thyme
- 1/2 teaspoon ground cumin
- 3 garlic cloves, crushed
- 1 egg
- 4 slices bacon, cut up into small pieces (optional)
- salt and pepper

Filling:

- 2 carrots, shredded (optional)
- 1 pepper, sliced (optional)
- 3 hard-boiled eggs (optional)
- 1/4 cup grated Parmesan cheese

Preparation:

1. Mix all of the ingredients except the optional ones in a bowl and mix well. On a sheet of aluminum foil, spread out the meat mixture (you're going to roll it in a second). Lay out in the middle your shredded carrots, peppers, and hard-boiled eggs. Roll the meat up, joining the ends and the seam so it looks like a log. The foil will help you. Use the foil to keep it closed for cooking. Cook at 350 degrees Fahrenheit for 45 minutes to an hour. At 40 minutes, open the foil a bit to check.

Beef Stew

Ingredients:

- 1 pound ground beef
- 6 cups cold water
- 2 tablespoons oil
- 2 large onions, chopped
- 2 large tomatoes, chopped
- 2 green bananas, cut into 1 inch chunks
- 1/4 cup uncooked rice
- salt
- pepper

Preparation:

1. Place beef in a large pot or Dutch oven. Add water and stir until blended. Bring to a boil, cover, and simmer for about 10 minutes. Meanwhile, heat oil in a skillet. Saute onions, tomatoes, and bananas for about 5 minutes. Add to beef mixture. Add salt, pepper and rice. Cover and simmer 30 minutes.

Pasta with Mushrooms

Ingredients:

- 2 tablespoons olive oil
- 2 onions, chopped
- 1 cup tomato sauce
- 1 tomato, chopped
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon pepper (or to taste)
- 3 slices bacon, chopped
- 4 ounces ham, julienned
- 2 sausages, sliced thin
- 1 cup chopped mushroom
- 1 cup stock
- 12 ounces long pasta, such as spaghetti, fettuccine, tagliatelle, etc. (pre-cooked weight)
- water for cooking pasta
- 1 cup grated cheddar cheese (or Parmesan)

Preparation:

1. Heat olive oil in a saucepan. Add onions and saute for 10 minutes, stirring frequently. Stir in tomato sauce, tomato, salt, pepper, bacon, ham and sausages. Cover and cook over low heat for 20 minutes. Combine mushrooms and stock and add to pot. Cover and cook over low heat for 15 minutes more. While sauce is cooking, cook and drain pasta. Preheat oven to 375 degrees Fahrenheit. Layer pasta, cheese and sauce in a greased baking dish. Make as many layers as possible, ending with a layer of sauce. Bake for 25 minutes, or until heated through and lightly browned.

Beef Soup

Ingredients:

- 2 pounds lean ground sirloin or 2 pounds round steaks
- 2 tablespoons vegetable oil
- 2 medium onions, finely chopped
- 1 green bell peppers, seeded and finely chopped or 1 -2 hot pepper, seeded and chopped
- 4 medium tomatoes, peeled and chopped
- 8 cups cold water
- 1/2 cup rice or 1/2 cup vermicelli
- salt
- grated parmesan cheese

Preparation:

1. Have the butcher grind the meat twice, then mash it in a mortar to make sure it is completely pulverized or use a food processor. Set the meat aside together with any juices. Heat the oil in a skillet and saute the onions and green pepper or 1-2 hot peppers until the onions are softened. Add the tomatoes and cook until the mixture is thick and well blended, about 5 minutes longer. Cool the mixture

slightly.

2. Put the beef and its juices into a saucepan. Stir in the sauteed onions, green pepper or hot peppers and tomatoes, known as the sofrito, and 8 cups cold water. Mix well. Bring to a boil over moderate heat, stirring with a wooden spoon. Add the rice or noodles and simmer, still stirring, until tender, about 15 minutes. At this point, season to taste with salt. If salt is added earlier the meat and the liquid, which should be completely blended, may separate.

3. Some cooks believe that constant stirring is the most important step, others believe the adding of salt is the important factor. Superstition has it that if anyone who does not enjoy cooking is present in the kitchen they may cause the So'O-Yosopy to separate and spoil the dish. Serve with a baked sweet potato or a thick slice of broiled yucca (cassava), or both, and Sopa Paraguay, Paraguayan Corn Bread. Recipe for corn bread is posted. Sprinkle, if liked, with grated cheese. Water biscuits may also be served with soup.

Tortillas

Ingredients:

- 3/4 pound ground beef
- 2 pounds yucca root or 2 pounds cassava
- 1 garlic clove, minced
- 4 tablespoons oil
- 1 tablespoon salt
- 1 pinch ground cumin
- 1 small onion, chopped
- 2 tablespoons cornstarch

Preparation:

1. Peel yucca, or cassava, and boil in salted water until tender, about 20 to 30 minutes (don't overcook). Meanwhile, heat a skillet over medium heat and cook ground beef and onion, until meat is browned and onion is softened, about 5 minutes. Remove yucca, or cassava, from heat and puree; mix with cooked ground beef, minced garlic, salt, cumin, and corn starch. With wet hands, form into small tortillas or patties. Heat oil in a large skillet, over medium heat, fry tortillas until golden, turn and fry other side; drain on paper toweling.

Corn Bread

Ingredients:

- cooking spray
- 2 tablespoons fresh parmesan cheese, grated
- 1 tablespoon butter
- 1 tablespoon vegetable oil

- 1 cup onion, chopped
- 1/3 cup green bell pepper, chopped
- 2 cups fresh corn kernels, divided (about 4 ears)
- 1/2 cup 1% low fat cottage cheese
- 1 1/2 cups yellow cornmeal
- 3/4 cup sharp cheddar cheese, shredded
- 1/2 cup nonfat milk
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 large egg whites
- 1/2 teaspoon cream of tartar

Preparation:

1. Preheat oven to 400 degrees Fahrenheit. Coat a 9 inch round cake pan with cooking spray. Sprinkle with parmesan cheese and set aside. Heat butter and oil in a medium skillet over medium heat. Add onion and bell pepper, cook 5 minutes or until soft. Place onion mixture in a food processor. Add 1 1/2 cups corn and cottage cheese; process until almost smooth, scraping sides of bowl occasionally. Place pureed mixture in a large bowl. Stir in remaining 1/2 cup corn, cornmeal, cheddar cheese, milk, salt and black pepper.

2. Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon into prepared pan. Bake at 400 degrees Fahrenheit for 30 minutes or until a wooden pick inserted in center comes out clean (cover loosely with foil if it becomes too brown). Cool in pan 10 minutes on a wire rack. Place a plate upside down on top of bread, invert onto plate. Cut into wedges.

Peru



Stir Fry

Ingredients:

Marinade:

- 1 1/2 tablespoons crushed garlic
- 1/2 teaspoon salt
- 2 teaspoons cumin
- 1 1/2 teaspoons ground black pepper
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons canola oil

Stir Fry:

- 1 1/2 pounds beef tenderloin, cut into strips (or some other tender steak)
- 2 medium red onions, cut into strips
- 1 (15 ounce) can diced tomatoes, drained
- salt and pepper, to taste
- 2 jalapeno pepper, cut into strips
- 1/4 cup fresh cilantro
- 4 potatoes, peeled and cut into strips
- 1/2-1 teaspoon paprika
- canola oil, for frying

Preparation:

1. Make a paste by combining the garlic and salt. Whisk together the garlic paste, rice vinegar, soy sauce, canola oil, cumin, and ground black pepper. Place the steak in one bowl and the onions in another. Divide the marinade between the 2 bowls and let set in the refrigerator for at least an hour. Pour a small amount of oil in a wok and turn on medium heat. Once the oil is hot add the steak with marinade and cook until brown. Add the tomato and simmer for a few minutes.
2. Add the jalapeño, cilantro, and onions with marinade to the wok, slowly stirring

until well blended. Simmer for 5 more minutes. As the ingredients are cooking in the wok, sprinkle the potatoes with paprika and fry in a separate pan. Once done add to the other ingredients. Serve with a dish of white rice.

Shrimp Chowder

Ingredients:

- 2 pounds shrimp, with shells and heads
- 4 cups water
- 2 tablespoons olive oil
- 1/2 small red onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tablespoon aji panca chili paste
- 1 teaspoon aji amarillo chili paste
- 1 cup peas, either fresh or frozen
- 1/4 cup long-grain white rice
- 2 ear of corn, cut into 1 1/2 inches chunks
- 1 pound russet potato, peeled and cut into 1 1/2 inch chunks
- 1 teaspoon salt (to taste)
- 1/2 cup queso fresco, cut into 1/2 inch dice
- 1 cup evaporated milk
- 1 tablespoon fresh oregano, chopped
- 3 eggs

Preparation:

1. Remove heads and shells from shrimp, and refrigerate the shrimp. Put shells and heads in a medium saucepan, add water to cover, and bring to a boil over medium-high heat. Reduce the heat and simmer for 15 minutes. While shells are simmering, heat the olive oil in a large flameproof casserole over medium heat. Add onion and garlic, and cook for 2 minutes, stirring. Stir in the aji panca (or tomato paste) and aji amarillo pastes. Reduce heat to medium-low and continue cooking, stirring often, for 10 minutes, or until onion is softened.
2. Puree shrimp shells and cooking liquid. Strain mixture through a fine-mesh strainer into a bowl and reserve the liquid (solids can be discarded). Measure out the liquid and add enough water to make 4 cups. Add shrimp broth to onion mixture and bring to a boil. Stir in peas, rice and corn chunks. Reduce the heat and simmer for 10 minutes. Add potatoes and salt. Continue cooking until potatoes and rice are just tender (approx 10 minutes more). Add shrimp and queso fresco. Simmer, stirring occasionally, until shrimp is just cooked through, about 4 minutes (shrimp should be pink).
3. Stir in the evaporated milk and oregano. Continue cooking and stirring. When the soup begins boiling again, Crack the eggs into the soup, spacing them so they remain separate in the soup. If you prefer, you can beat the eggs together in a bowl before adding them to the soup instead). When eggs are cooked, soup is finished.

Spicy Chicken

Ingredients:

- 8 chicken thighs, bone in
- salt and pepper
- 1 serrano pepper, chopped
- 2 red fresno chiles, chopped
- 6 garlic cloves, chopped
- 1 tablespoon fresh oregano or 1 tablespoon marjoram leaves
- 4 bay leaves, fresh if available
- 2 limes, zest and juice
- 1 tablespoon sweet paprika, smoked
- 1/4 cup olive oil, plus
- 1 tablespoon olive oil, divided
- 2 teaspoons cumin seeds
- 1 tablespoon sugar
- 1 cup chicken stock
- mint leaf, to garnish
- cilantro leaf, to garnish

Preparation:

1. Place chicken in a shallow dish and season with salt and pepper. In a food processor, process chilies, garlic, oregano or marjoram, bay, lime zest and juice, paprika and about 1/4 cup olive oil into a paste. Slather all over the chicken pieces, coating them evenly. Chill several hours or overnight.
2. Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add cumin seeds and swirl a few seconds to toast then add chicken pieces and lightly brown, 10 minutes. Sprinkle sugar over the chicken and add stock. Partially cover and cook 10 minutes more. Toss with mint and cilantro, and serve with mashed blue potatoes alongside.

Steamed Fish Fillets

Ingredients:

- 2 tablespoons corn oil
- 1 large onion, sliced (1 cup)
- 2 garlic cloves, chopped fine
- 2 medium tomatoes, sliced (1 cup)
- 1/4 teaspoon paprika
- 1 teaspoon salt (to taste)
- 1 1/2 pounds flounder fillets or 1 1/2 pounds cod fish fillets or 1 1/2 pounds red snapper fillets or 1 1/2 pounds other white fish fillets
- 1/2 cup dry white wine
- 10 sprigs fresh parsley, leaves only, chopped

Preparation:

1. Heat the oil in a large skillet over low heat. Add the onion, garlic, tomatoes, paprika and salt and stir-fry for 2 to 4 minutes. Cover the mixture completely with the fish fillets. Add the wine, cover the skillet, and cook for 5 minutes over low heat, which is just enough time to steam the fish. Garnish with the parsley. Serve with lemon slices, accompanied by sliced boiled potatoes, sliced boiled yuca, or hot white rice.

Spicy Pork

Ingredients:

- 2 1/2 pounds boneless pork shoulder, cubed
- 1/4 cup white vinegar
- 1 tablespoon ground cumin
- 1 tablespoon ground turmeric
- 1/2 teaspoon garlic powder
- 1 teaspoon salt (or to taste)
- 1/4 teaspoon ground black pepper (or to taste)
- 1 tablespoon vegetable oil
- 1 cup orange juice
- 1/2 cup water
- 1 tablespoon dried onion flakes
- 1 tablespoon all-purpose flour
- 2 tablespoons water

Preparation:

1. Place pork into a large bowl. In a small bowl, mix together the vinegar, cumin, turmeric, garlic powder, salt and pepper. Pour over the pork, and stir to coat. Cover and refrigerate for 1 hour. Heat oil in a large skillet over medium-high heat. Remove pork from the marinade, reserving the marinade, and place in the hot skillet. Cook until nicely browned on the outside.

2. Add orange juice, 1/2 cup water, dried onion, and the reserved marinade. Reduce heat to low, cover, and simmer for about 30 minutes, or until the pork is fork tender. In a small cup, stir together the flour and 2 tablespoons of water. Stir into the skillet, and simmer uncovered until thickened, 2 to 4 minutes.

Chicken Soup

Ingredients:

- 4 boneless skinless chicken breast halves, and cut in half
- salt, to taste
- pepper, to taste
- 1/2 cup olive oil
- 1 medium onion, chopped
- 1 teaspoon garlic, minced

- 1 tablespoon serrano chili, seeded and minced
- 1/2 cup fresh cilantro, chopped
- 1 cup green peas
- 1 cup corn
- 1/2 red bell pepper, chopped
- 10 cups chicken broth
- 4 yukon gold potatoes, cut in half
- 1 cup uncooked white rice

Preparation:

1. Season the chicken with salt and pepper. Heat the olive oil in a large, heavy pot over medium-high heat. Stir in the onion, garlic, and serrano chili; cook until the onion has softened, about 1 minute. Add the chicken, and continue to cook for 5 minutes. Stir in the cilantro, peas, corn, and red pepper; cook for 1 minute.
2. Pour in the chicken broth, potatoes, and rice. Bring to a boil, then reduce heat to medium-low, and simmer until the chicken is opaque and the potatoes are tender, about 40 minutes.

Beef Kebabs

Ingredients:

- Beef
- 1 1/2 pounds boneless sirloin steaks, trimmed and cut into 1/2 inch pieces
- 3 tablespoons red wine vinegar
- 2 teaspoons hot paprika
- 1 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- Fiery rub
- 1 teaspoon hot paprika
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon ground turmeric
- 3 tablespoons chopped fresh flat-leaf parsley
- cooking spray

Preparation:

1. To prepare the beef, combine first 7 ingredients in a large bowl; toss well. Cover and chill 3 hours. To prepare fiery rub, combine 1 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon pepper, turmeric, and parsley. Prepare grill.
2. Remove beef from bowl, discarding marinade. Thread beef onto each of 6 (10 inches) skewers. Press fiery rub onto beef. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until desired degree of doneness, turning once.



Philippines



Adobo Pork

Ingredients:

- 4 pounds pork (cut in 2 inch cubes) or 3 -4 pounds chicken (cut into serving pieces)
- 1/2 cup vinegar
- 1/2 cup soy sauce
- 1 cup water
- 3 bay leaves, crumbled
- 2 teaspoons peppercorns (whole)
- 4 garlic cloves, crushed
- 1 medium onion, chopped
- 3/4 teaspoon ground pepper
- 2 teaspoons salt (optional, I do not put it in, it is what the original cook uses)

Preparation:

1. Combine all of the ingredients in a large pot. (The women who shared the recipe with me put the spices into the pot freely. Reviewer Felina suggested tying the spices into a cheesecloth to so that you get the flavor but don't bite into the peppercorns while you eat the dish - a stainless tea ball works too. Do whichever please you). Allow everything sit at room temperature for at least 15 minutes. Bring to a boil then reduce heat to low; simmer for 1 1/2 - 2 hours (leave lid slightly ajar). Remove lid and cook 10 minutes more. Serve with rice.

Adobo Style

Ingredients:

- 1 1/2 pounds pork, cut into 1 inch cubes
- 1/3 cup vinegar
- 2 tablespoons soy sauce
- 1 teaspoon salt

- 3 garlic cloves
- 1 small bay leaf
- 1/4 teaspoon pepper
- 1/2 cup water
- 2 tablespoons cooking oil

Preparation:

1. Combine all ingredients except cooking oil in pot and let stand for at least 30 minutes. Simmer covered for one hour until meat is tender. Drain and reserve sauce. Heat oil in skillet. Brown meat on all sides. Transfer to serving dish. Pour off remaining oil in skillet. Add reserved sauce and cook for a minute or two, scraping all brown bits sticking to the pan. Remove bay leaf. Pour sauce over meat and serve.

Chicken Adobo

Ingredients:

- 3 pounds chicken pieces, bone-in
- 1/2 cup soy sauce
- 2/3 cup vinegar
- 1 -2 garlic clove, crushed
- 2 bay leaves
- 1 teaspoon peppercorn
- salt

Preparation:

1. Bring to a boil the first 6 ingredients. Simmer for about 50 minutes until the chicken is tender and sauce is reduced by half. I simmered with the lid on for about 35 minutes and took the lid off the last 15 to let the sauce reduce. Add salt to taste. Serve hot with rice.

Fried Rice

Ingredients:

- 1/2 pound bacon (chopped)
- 1 green pepper (seeded, chopped)
- 1 onion (minced)
- 1 small cabbage (shredded)
- 3 carrots (peeled, julienned)
- 2 garlic cloves (minced)
- 1 pound leftover roast pork (chopped)
- 2 cups cold cooked rice
- 1 cup frozen peas (thawed)
- 1/2 cup soy sauce

Preparation:

1. In a wok fry bacon until crisp. Drain well. Re-heat wok. Add the pepper, onion,

cabbage, carrots and garlic. Stir-fry 3 minutes. Add pork. Cook 1 minute. Add rice. Cook 1 minute. Stir in peas and soy sauce. Cook 30 seconds.

Beef with Coconut Milk

Ingredients:

- 3 pounds stewing beef chuck, cubed
- 3/4 cup white vinegar
- 1 head garlic, peeled and crushed
- 1/2 cup soy sauce
- 4 bay leaves
- 1 1/2 tablespoons whole black peppercorns
- 1 tablespoon fresh ground black pepper
- 1 tablespoon sugar
- 4 tablespoons vegetable oil
- 1 tablespoon salt or 1 tablespoon patis
- 1 (12 ounce) can coconut milk

Preparation:

1. In a large pot combine the first 8 ingredients: beef, vinegar, garlic, soy sauce, bay leaves, peppercorns, ground pepper and sugar. Let stand for 2 hours (traditional method is room temperature, I put in in the refrigerator). Bring mixture to a boil then simmer about an hour or until the meat is tender.

2. Heat oil in a large skillet. Use a slotted spoon to spoon out garlic from beef mixture. Add garlic to skillet and cook until brown. Use slotted spoon to add the beef to the skillet with garlic and continue to cook, stirring, until it is browned on all sides. Add salt or patis to taste and the coconut milk. Add the sauce from the pot that the beef simmered in. Cook for 5 more minutes. Serve with rice or noodles.

Banana Lumpia

Ingredients:

- 12 pieces lumpia skins (8 x 8)
- 1 (11 ounce) box goya brand ripe plantains
- 1/4 cup brown sugar, for sprinkling
- oil for frying

Preparation:

1. Slice Goya ripe plantains in half (lengthwise). Lay 2 sections of plantain on a lumpia wrapper. Sprinkle some brown sugar on the plantains. Wrap lumpia according to package directions. Deep-fry in oil until golden brown. Serve with a scoop of vanilla ice cream.

Roast Leg of Lamb

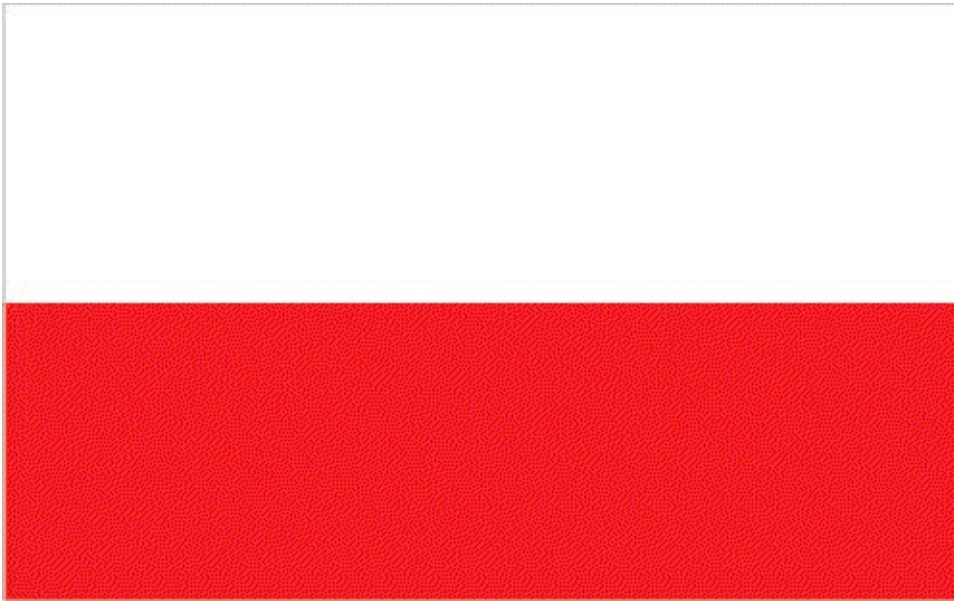
Ingredients:

- 1 (4 -6 pound) leg of lamb
- 4 garlic cloves, slivered
- 1 teaspoon salt
- 3/4 teaspoon black pepper
- 8 bay leaves
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- Sarsa
- 3 tablespoons long-grain rice
- 1 1/2 tablespoons canola oil
- 1/2 cup chopped shallot
- 3 garlic cloves, minced
- 90 gramsrams chopped lamb liver or 90 gramsrams chicken livers or 90 gramsrams pork liver or 90 gramsrams beef liver
- 1 teaspoon sweet paprika
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cloves
- 1 1/2 cups chicken stock
- 2 tablespoons soy sauce
- 1 tablespoon light brown sugar
- 1 tablespoon rice vinegar
- 1 bay leaf

Preparation:

1. Lamb: Trim fat from lamb. Cut slits all over lamb; insert garlic slivers in each. Sprinkle all over with salt and pepper. Lay bay leaves in centre of roasting pan; place lamb on top. Drizzle with 1 tablespoon of lime juice. Roast in 400 degrees Fahrenheit oven for 30 minutes. Reduce temperature to 325 degrees Fahrenheit. Whisk together the remaining lime juice and oil; spoon over lamb. Baste with pan juices for 15 minutes until lamb reaches desired doneness, about 1 hour for medium rare or internal temperature of 150 degrees Fahrenheit.
2. Sarsa: In a small skillet, toast rice over medium heat until nutty brown, 5 to 7 minutes. Place in spice grinder or blender and process into fine powder. Transfer to bowl; set aside. Add oil to skillet; increase heat to medium- high. Add shallots and garlic sauté until lightly browned. Add liver; sauté until seared. Reduce heat to low; add paprika, turmeric, pepper, cayenne and cloves. Cook, stirring for 30 seconds. Add stock and bring to a boil; remove from heat and let cool slightly.
3. Scrape mixture into blender; puree and transfer to saucepan. Stir in soy sauce, sugar, vinegar and 1/2 cup water; add bay leaf. Bring to a simmer; stir in the rice powder. Simmer over low heat, stirring often, until thick and smooth, 15 to 20 minutes. Remove bay leaf and transfer to a bowl. Carve lamb; serve with sarsa.

Poland



Dill Pickle Soup

Ingredients:

- 6 cups vegetable stock or 6 cups chicken stock or 6 cups beef stock
- 4 large dill pickles, shredded
- 1/2 cup pickle juice, from the pickle jar
- 2 1/2 cups thinly sliced potatoes
- 2 tablespoons instant flour
- 1 cup milk
- 1 egg
- 2 tablespoons soft butter

Garnish:

- chopped fresh dill
- sour cream
- salt and pepper

Preparation:

1. In a large saucepan or soup pot with cover, combine stock, pickles, pickle liquid and potatoes. Bring to a boil, reduce heat and cook covered, over low heat until potatoes start to get soft (about 10 minutes). Combine flour and milk, add to broth, bring to a boil and remove from heat.

2. Combine egg and butter and stir into broth. Return pot to the stove and heat through without boiling. Season with salt and pepper. Garnish with sour cream and or dill.

Cabbage with Polish Sausage

Ingredients:

- 1 cup onion, chopped

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup water
- 1/4 cup vinegar
- 3/4 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper
- 12 cups cabbage, coarsely chopped
- 1/2 pound Polish sausage, cut into 1 inch pieces

Preparation:

1. Sauté onion in butter in a Dutch oven over low heat until tender. Add flour, stirring until smooth. Cook 1 minutes, stirring constantly. Gradually add water and vinegar; cook over medium heat, stirring constantly, until mixture thickens. Stir in remaining ingredients. Reduce heat, cover and simmer for 20 minutes.

Sausage Soup

Ingredients:

- 2 tablespoons butter
- 1 1/2 pounds lean fresh kiepoundasa or 1 1/2 pounds smoked kiepoundasa, sliced
- 1 cup chopped onion
- 2 cups chopped celery
- 4 cups shredded cabbage
- 2 cups sliced carrots
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 2 tablespoons white vinegar
- 3 cups beef broth
- 2 cups water
- 3 cups peeled and cubed potatoes
- salt and pepper

Garnish:

- chopped fresh dill (optional)

Preparation:

1. Melt butter in a large skillet, add sausage, onions and celery, and cook over medium heat until sausage are lightly browned. Pour mixture into a soup pot and add remaining ingredients except for potatoes. Bring to a boil, reduce heat, cover and simmer for 1 hour. Add potatoes and cook until potatoes are tender. Season with salt and pepper and garnish with dill, if desired.

Pork Chops

Ingredients:

- 8 pork chops (at least 3/4 inch thick, bone in)
- 1 (28 -56 ounce) can sauerkraut
- 16 ounces applesauce or 2 cups peeled chopped apples
- 1 large onion, chopped
- 1 package shake and bake pork coating mix

Preparation:

1. Heat oven to 375 degrees Fahrenheit. Spray a 9x13 baking dish with cooking spray. Mix the drained sauerkraut, applesauce or apples, and chopped onion in the baking dish. Spread out evenly. Shake the pork chops in the Shake and Bake until evenly coated. Place chops on top of the sauerkraut, but don't overlap. Sprinkle any coating mix remaining in the bag over the top of the pork and sauerkraut. Place, uncovered, in the preheated oven and bake for 45-60 minutes, or until the pork is done and the coating crispy.

Sauerkraut with Sausage

Ingredients:

- 6 slices smoked bacon, 2 inch wide strips
- 1 large onion, sliced
- 1 carrot, chopped
- 2 pounds sauerkraut, rinsed and drained
- 2 cups dry white wine
- 1 1/2 cups chicken stock
- 1 tablespoon caraway seed
- 4 juniper berries or 1 tablespoon gin
- 1 1/2 pounds kiepoundasa, 3 inch lengths

Preparation:

1. Preheat oven to 300 degrees Fahrenheit. Place bacon, onion and carrot in heavy large ovenproof Dutch oven over medium-high heat. Saute until onion is tender but not brown, about 5 minutes. Squeeze as much liquid as possible from sauerkraut.

2. Add sauerkraut to oven. Add wine, stock, caraway seeds and juniper berries. Bring to simmer. Cover tightly, place in oven and bake 1 hour. Add kiepoundasa to Dutch oven, pushing into sauerkraut. Cover and bake 1 hour. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring frequently).

Roast Chicken

Ingredients:

- 2 whole roasting chickens
- 1 onion, peeled and quartered
- 4 garlic cloves, peeled
- 2 tablespoons paprika

- 2 teaspoons salt
- 1 teaspoon fresh ground black pepper
- 2 cups chicken broth
- 1/3 cup vodka
- 2 tablespoons water
- 1 tablespoon cornstarch
- 3 tablespoons fresh dill, finely chopped
- 2 tablespoons sour cream (optional)

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Remove giblets from chickens. Place hearts, necks, and gizzards in roasting pan. Discard livers. With a sharp knife, remove excess fat from chickens. Dry insides with a paper towel. With fingers, loosen skin over breast and thighs to make pockets, being careful not to tear the skin. In a food processor or blender, combine onion, garlic, paprika, salt, and pepper; puree until smooth. Spread 1/4 cup onion puree in the bottom of the roasting pan.

2. Place chickens in pan, at least 1 inch apart. Rub 1 tablespoon puree in each cavity and spread remaining puree under skin. Tuck wing tips under back and tie legs together with kitchen twine. Roast chickens for 20 minutes. Drizzle with 1/4 cup chicken broth and roast for 40 minutes more, basting with pan drippings every 20 minutes. Tent chickens with foil and continue roasting for 30 minutes, or until meat thermometer measures 180° and the cavity juices run clear.

3. Transfer chickens to a platter and cover with foil to keep warm. Pour pan juices into a bowl and chill in freezer 10 minutes to bring fat to the surface. Meanwhile, add remaining chicken broth and vodka to roasting pan and bring to boil over medium heat, scraping up any brown bits adhering to pan. Add any juices accumulated on the platter. Skim off fat from chilled pan juices, add to roasting pan, and return to a boil.

4. Strain juices through a fine sieve into a medium saucepan. Bring to a simmer over medium heat. In a small bowl, blend water and cornstarch; whisk into simmering gravy. Cook, stirring, until slightly thickened, about 1 minute. Whisk in dill and sour cream, if using. Season with salt and pepper. Carve chickens, discarding skin. Serve with gravy (save some if making Polish Chicken Noodle Soup.) Serve with egg noodles and sauteed cabbage.

Chicken with Mushrooms

Ingredients:

- 1 fryer chicken, about 3½ pounds, quartered
- 2 cups water
- 1 stalk celery, chopped
- 1 carrot, chopped
- 1 tablespoon chopped parsley
- 1 ounce dried mushrooms soaked for ½ hour in 1 cup of warm water (Reserve

the water.)

- Salt and freshly ground black pepper to taste
- 2 tablespoons each butter and flour cooked together to form a roux
- 1 cup dry white wine
- 2 egg yolks

Preparation:

1. Place the chicken pieces in a stove-top covered casserole and add the 2 cups of water. Bring to a boil. Soak the mushrooms and drain them through a fine strainer, reserving the soaking water. Chop the mushrooms. Add the celery, carrot, parsley, mushrooms, along with the strained soaking water. Add a bit of salt and pepper to taste and simmer the whole, covered, for about 1 hour.

2. Remove the chicken to a heated platter and thicken the pan liquid with the roux. Add the wine and bring the sauce to a simmer. Remove the pan from the heat.

Place the egg yolks in a 2-cup glass measuring cup and add about ½ cup of the sauce, stirring all the time. Blend this mixture into the sauce in the pot, then return the chicken to the pot. Test for salt and pepper. Heat the dish to serving temperature but not to a simmer or the eggs will curdle.

Duck with Red Cabbage

Ingredients:

- 1 duck, about 5 pounds
- 1 medium head red cabbage, cored and coarsely shredded
- 1 yellow onion, peeled and chopped
- 2 teaspoons salt
- ½ pound salt pork, diced
- ½ cup dry red wine
- Juice of 1 lemon
- 1 teaspoon sugar

Preparation:

1. Place the duck in a roasting pan and roast at 425 degrees Fahrenheit for 30 minutes. Drain off the fat. In the meantime, place the cabbage and onion in a bowl and sprinkle with about 2 teaspoons salt. Let stand for 10 minutes, rinse, and then squeeze out the moisture, discarding the salty liquid. In a frying pan, saute the salt pork until just golden. Add the cabbage and onion to the pan along with the wine, lemon juice, sugar, and caraway seeds. Simmer, covered, for 20 minutes.

2. Spoon the cabbage mixture over the top of the duck and bake the duck a second time at 350°F for about 1 hour and 15 minutes, or until tender. Baste several times during the roasting. Serve the cabbage in a separate bowl alongside the duck.

Steamed Beef Slices

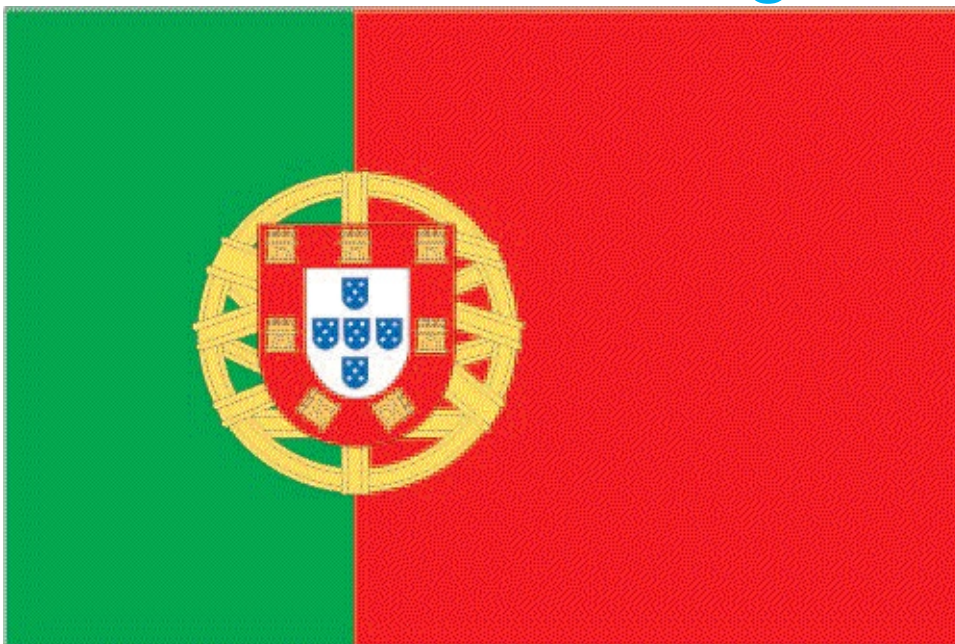
Ingredients:

- 2 pound topside (thinly sliced)
- 1 lemon, peeled, seeded and sliced
- Salt and pepper
- 1 tablespoon butter
- ¼ pound bacon or salt pork
- 1 cup beer
- 1 large onion, minced
- ½ cup water
- 2 pound flour

Preparation:

1. Try to obtain thinly sliced meat. Pound even thinner and season. Line a heavy casserole with bacon or salt pork slices and arrange the meat over these, alternating with minced onion, a little flour and lemon slices. Add the butter, beer and water. Cover tightly and bake in a moderate oven at 425 degrees Fahrenheit for 1½ hours. Serve with fried potatoes or rice or noodles.

Portugal



Pork Tenderloin

Ingredients:

- 1 pound pork tenderloin, trimmed
- 2 tablespoons flour
- salt
- pepper
- paprika
- 1 tablespoon butter

- 1 onion, sliced
- 1/2 pound mushroom, sliced
- 2/3 cup dry white wine
- 1/4 teaspoon rosemary
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley, chopped

Preparation:

1. Season flour with salt, pepper and paprika. Roll tenderloin in seasoned flour. Saute pork in butter until golden brown. Add sliced onions and mushrooms. Saute for a minute or two. Add wine and rosemary. Cover and cook over low heat for 45 to 60 minutes, or until done. Add lemon juice and parsley just before serving.

Steak

Ingredients:

- 1 tablespoon red wine vinegar
- 1 garlic clove, minced
- 2 (8 ounce) beef tenderloin steaks (1 inch thick)
- salt
- pepper
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup red wine
- 1 1/2 teaspoons tomato paste
- 2 tablespoons butter, cut into pieces, room temperature
- 2 slices prosciutto, chopped
- 2 tablespoons parsley

Preparation:

1. In a small bowl combine vinegar and garlic. Let stand 10 minutes. Pat steaks dry and then sprinkle with salt and pepper on both sides. Rub vinegar mixture into steaks. Let stand at room temperature for 10 minutes (or cover with plastic wrap and refrigerate for up to one hour). In a skillet over medium heat melt butter with oil. Add steaks and cook to desired doneness (5-10 minutes per side). Transfer steaks to plates and cover with foil to keep warm.

2. Pour off fat from skillet. Put skillet on high heat and stir in wine, scraping up browned bits. Boil for 3 minutes or until it is syrupy. Whisk in tomato paste. Remove from heat. Whisk in remaining 2 tablespoons butter (1 piece at a time), incorporating in sauce. Stir in prosciutto and parsley. Spoon sauce over steaks.

Beef Stew

Ingredients:

- 1/4 cup olive oil
- 1 1/2 pounds beef round steak, cut into thin strips

- 1 1/4 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1 large onion, thinly sliced
- 2 green peppers, cut into thin strips
- 6 garlic cloves, minced
- 6 tablespoons tomato paste
- 1 (35 ounce) can Italian plum tomatoes, crushed with your hands, with their juice
- 1 1/2 cups water
- 1 bay leaf
- 1/2 teaspoon crushed red pepper flakes
- 1 cup ditalini
- 2 tablespoons minced fresh parsley leaves

Preparation:

1. In a Dutch oven or heavy skillet heat the olive oil over high heat. Season the beef with 1/2 teaspoon of the salt and the black pepper. Saute the beef, in batches if necessary so that the pan is not crowded, until well-browned on all sides, about 4 minutes. Transfer the beef to a plate and set aside. Add the onion and green peppers to the skillet and cook, stirring frequently, until softened and caramelized around the edges, about 6 minutes.
2. Add the garlic and cook for 1 minute. Add the tomato paste and cook for 2 minutes, stirring constantly. Add the tomatoes, water, bay leaf, crushed red pepper and remaining 3/4 teaspoon salt. Return the beef to the pan and bring the sauce to a boil. Reduce the heat to medium-low and cook, partially covered, for 1 1/2 hours or until the meat is very tender. Add the ditalini to the gravy and cook until tender, about 25 minutes. Add the parsley. Serve immediately.

Fish

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 green pepper, diced
- 1 (14 ounce) can chopped tomatoes
- 1 teaspoon paprika
- 1 orange, juice of
- 4 (6 -8 ounce) cod fish fillets, skin removed
- salt and pepper, to taste
- 1 tablespoon fresh parsley, chopped

Preparation:

1. Heat the oil in a heavy fry pan and saute the onion, garlic and pepper for about 5-7 minutes until softened. Add the tomatoes, paprika and orange juice. Season, stir well and simmer for a further 5 minutes. Lay the fish fillets on top, cutting them to fit the pan if necessary. Season lightly, cover and simmer gently for 12-15

minutes or until the fish is cooked but still firm. Transfer to serving dishes and sprinkle with parsley. Serve hot.

Sauce for Chicken

Ingredients:

- 4 tablespoons lemon juice
- 5 tablespoons olive oil
- 1/4 cup vinegar
- 1 tablespoon cayenne pepper
- 1 tablespoon garlic, minced
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 tablespoon chili flakes

Preparation:

1. Add all ingredients to a bowl and whisk together. Brush on chicken before barbecuing (or baking in oven).

Shrimp and Scallops

Ingredients:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 6 garlic cloves, minced
- 1 pound sliced mushrooms
- 2 tablespoons tomato paste
- 1/4 cup white wine
- 1/4 cup fresh lemon juice
- 1 pound peeled and deveined shrimp
- 1 bunch green onion, chopped
- 1 pound scallops
- salt and pepper
- 1/4 cup chopped parsley

Preparation:

1. Melt butter and oil in a large skillet over medium heat. Add garlic and saute for one minute. Increase heat to high and add mushrooms. Saute until done. Add tomato paste and stir. Add wine and lemon juice and bring to a boil. Add shrimp and green onions. Cook one minute, stirring constantly. Add scallops and cook 3 minutes or until scallops are opaque. Season with salt and pepper and garnish with parsley.

Rolled Leg Of Lamb Roasted With Mint

Ingredients:

- 1/4 cup finely chopped parsley

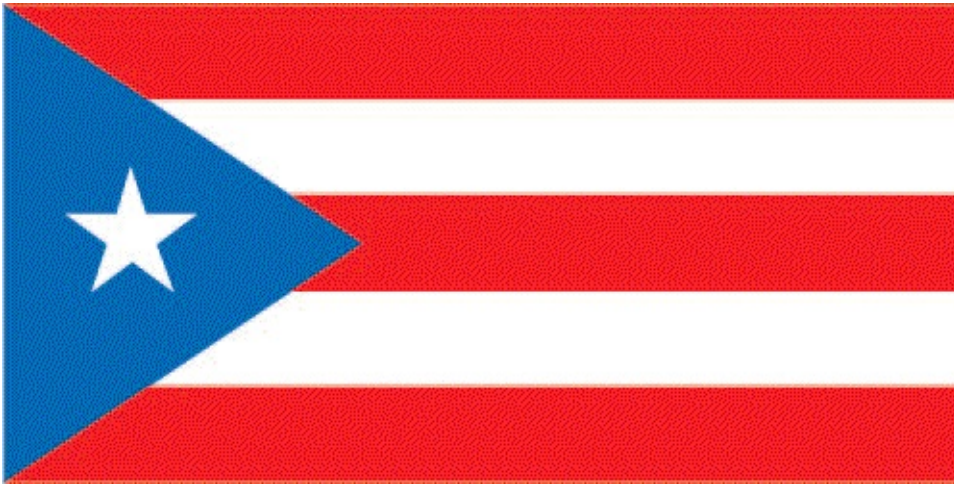
- ¼ cup finely cut fresh mint leaves
- 2 tablespoons butter, softened
- 2 tablespoons finely chopped lean bacon
- 2 teaspoons finely chopped garlic
- 1 tablespoon red wine vinegar
- 1 teaspoon paprika
- 1 teaspoon salt
- ¼ teaspoons freshly ground black pepper
- A 6 to 7 pound leg of lamb, boned, with outer fell and all fat removed
- 2 tablespoons olive oil

Preparation:

1. In a large bowl, combine the parsley, mint, butter, bacon, garlic, vinegar, paprika, salt and black pepper, and mix them together thoroughly. With a large, sharp knife, open the leg of lamb flat by cutting lengthwise through the thinnest side of the cavity left when the bones were removed. Cut away any clumps of exposed fat from inside the leg and, with the point of the knife, cut ¼ to ½ inch down into the thicker areas so that the lamb lies even flatter.
2. Spread the leg out flat, fat side down, and pat the parsley and mint mixture evenly over the meat. Then, starting at one long side, roll the lamb into a tight cylinder, tucking in the ragged edges of meat. With white kitchen cord, tie the roll securely at two inch intervals, wrap it loosely in foil or plastic wrap, and refrigerate for at least 12 hours. Preheat the oven to 450 degrees Fahrenheit. With a pastry brush, coat the surface of the lamb with the olive oil. Place the meat on a rack in a shallow roasting pan just large enough to hold it comfortably.
3. For the most predictable results, insert a meat thermometer into the center of the meat. Roast uncovered in the middle of the oven for 15 minutes. Then reduce the heat to 350 degrees Fahrenheit and continue roasting uncovered 45 minutes to 1 hour or until the lamb is done to your taste. Basting is unnecessary. The meat thermometer will register 130 degrees Fahrenheit to 140 degrees Fahrenheit when the lamb is rare, 150 degrees Fahrenheit to 160 degrees Fahrenheit when medium and 160 degrees Fahrenheit to 170 degrees Fahrenheit when it is well done. Carve the lamb crosswise into ¼ inch-thick slices and arrange them slightly overlapping along the center of a heated platter. Serve at once.



Puerto Rico



Chicken

Ingredients:

- 1 pound chicken drumsticks
- 1 tablespoon adobo seasoning
- 1/2 (.18 ounce) packet sazón seasoning
- 1/2 teaspoon salt
- 5 large red potatoes, peeled and thickly sliced
- 1 large red bell pepper, seeded and chopped
- 1 large green bell pepper, seeded and chopped
- 1 large onion, chopped
- 5 cloves garlic, minced
- 1 bunch fresh cilantro, chopped
- 2 tablespoons olive oil
- 1/2 cup dry red wine
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 fresh or dried bay leaves

Preparation:

1. Wash the chicken and pat dry; place into a large bowl. Season with adobo seasoning, sazón seasoning, and salt. Place the legs into a slow cooker, and cover with the potato slices. Puree the red pepper, green pepper, onion, garlic, cilantro, olive oil, wine, cumin, and oregano in a blender. Pour over the chicken and add the bay leaves. Cook on Low for 6 to 8 hours, until the chicken is easily removed from the bone.

Carne Guisada

Ingredients:

- 1 (8 ounce) can canned tomato sauce
- 1/4 cup sofrito sauce
- 1 (.18 ounce) packet sazón seasoning
- 1 tablespoon adobo seasoning

- 1/2 teaspoon dried oregano
- salt to taste
- 2 pounds beef stew meat
- 2 cups peeled, cubed potatoes
- 1 cup water

Preparation:

1. In a large pot, combine tomato sauce, sofrito sauce, sazón seasoning, adobo seasoning, oregano, and salt. Simmer over medium low heat for 5 minutes. Add meat, and cook until evenly browned. Stir in just enough water to cover meat. Cover, and simmer for about 1 hour. Add potatoes, and cook for about 30 minutes or until potatoes are tender.

Paella

Ingredients:

- 2 pounds raw chicken, cut into portion-sized pieces
- 1 pound raw red snapper fillet (or other white fish), cubed
- 1 pound raw lobster meat, chopped
- 1 pound raw shrimp, cleaned, deveined, and chopped
- 2 garlic cloves, minced
- Salt
- ½ cup white wine
- ½ cup vegetable oil (olive oil is recommended)
- 1 bay leaf
- 2 tablespoons Sofrito
- 4 cups water
- 3 cups uncooked rice
- 4 chorizos (Spanish sausages), sliced diagonally
- 6 boiled chopped clams or 1 (10-ounce) can Goya Red Clam Sauce
- 6 stuffed olives
- 1 fresh hot pepper, seeded and minced

Preparation:

1. Combine the chicken, red snapper, lobster, and shrimp in a large casserole. Season with the garlic and salt to taste, and add the white wine. Marinate for at least 2 hours (or overnight). Heat ¼ cup of the oil in a very large saucepan.

2. Remove the chicken pieces from the marinade, add to the saucepan, and saute until all sides are evenly browned. Add the bay leaf, sofrito, and water to the saucepan; cover and bring to a boil. Simmer for 10 minutes, taste for salt, and add the rice. Cover, return to medium heat, and cook for 15 minutes.

3. Heat the remaining ¼ cup oil in a skillet. Remove the fish, lobster, and shrimp from the marinade and add to the skillet. Quickly saute for 5 minutes. Reduce the heat and add the sausages, clams or clam sauce, olives, and hot pepper and saute for 2 to 3 minutes. Then combine the contents of the skillet with the chicken and rice, stirring well. Cover the saucepan and simmer for 5 minutes more.

Remove from the heat and serve hot with garlic bread, white wine, and a salad.

Spicy Soup

Ingredients:

- ½ pound dried white beans, soaked overnight in ample water and drained
- 1 pound chicken thighs
- ½ pound Spanish Chorizo Sausage or Mexican chorizo from a good market cut in ½ inch
- ½ pound ham chopped
- ¼ pound salt pork, diced
- 1 medium yellow onion, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 2 teaspoons Worcestershire Sauce
- Few shots of Tabasco
- 2½ quarts water
- ½ pound potatoes, peeled, quartered, and sliced
- ½ pound green cabbage, sliced thin
- 2 cups kale (tough stems removed), sliced thin
- ½ pound turnips, peeled, quartered, and sliced
- Salt and freshly ground black pepper to taste

Garnish:

- Chopped fresh dill (optional)

Preparation:

1. Place the beans, chicken, chorizo, ham, pork, onion, garlic, Worcestershire sauce, Tabasco, and water in a 6- to 8-quart soup pot. Bring to a boil, and then turn down to a simmer. Cook, covered, for 45 minutes. Remove the chicken pieces from the pot and debone. Set the meat aside and discard the bones. Add the remaining ingredients except the salt, pepper and chicken to the pot. Simmer, covered, for 25 minutes, and then add salt and pepper. Return the chicken meat to the pot and simmer for a few more minutes. Top with the optional dill.

Cheese Corn Sticks

Ingredients:

- 3 cups water
- 2 teaspoons salt
- 1½ cups yellow cornmeal
- 1 cup freshly grated imported Edam or Gouda or a mild Cheddar cheese
- 1½ cups vegetable oil

Preparation:

1. Combine the water and salt in a heavy 2- to 3-quart saucepan and bring to a boil over high heat. Stirring constantly, pour in the cornmeal in a slow, thin stream so the water does not stop boiling; continue to stir for 2 or 3 minutes, until the

porridge is smooth and thick. Remove the pan from the heat and beat in the grated cheese with the spoon. Cool to room temperature, then, moistening your hands from time to time in cold water, shape 2 tablespoons of the mixture at a time into cylinders about 3 inches long and 1 inch in diameter. Covered with plastic wrap or wax paper, the surullitos may be kept at room temperature for 2 to 3 hours or in the refrigerator for a day or so.

2. When you are ready to fry the surullitos, preheat the oven to the lowest possible temperature and line a large, shallow baking dish with paper towels. In a heavy 10- to 12 inch skillet, heat the oil over high heat until a light haze forms above it. Fry 4 or 5 surullitos at a time, turning them with a slotted spoon or spatula for about 5 minutes, or until they are crisp and golden brown. As the corn sticks brown, transfer them to the lined baking dish and keep them warm in the oven. Serve the surullitos hot or at room temperature either as an accompaniment to drinks or as a hot bread.

Red Beans and Rice

Ingredients:

- 1/2 cup chopped lean ham
- 1/2 cup chopped onion
- 1/2 cup green bell pepper
- 1/2 cup chorizo sausage, optional
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 (19 ounce) can red kidney beans, rinsed
- 1 (8 ounce) can unsalted tomato sauce
- 1 tablespoon Tabasco sauce
- 2 cups uncooked white rice
- 1/2 teaspoon salt

Preparation:

1. Over medium heat, heat oil in a large saucepan. Add ham, chorizo, onion and green pepper, garlic and cumin. Sauté until vegetables are tender. Add beans, tomato sauce and Tabasco sauce. Simmer for 5 minutes. Add in remaining ingredients and 4 cups water. Bring to boil. Reduce heat, cover and simmer until rice is tender.

Rice and Beans

Ingredients:

- 1 (16 ounce) can red kidney beans (habichuelas coloradas) or 1 (16 ounce) can pink beans (habichuelas coloradas)
- 1/2 teaspoon adobo seasoning
- 1 tablespoon vegetable oil
- 1 slice cooked ham or 1 slice salt pork or 1 slice Canadian bacon, cubed

- 1/2 teaspoon garlic powder
- 1 (5 grams) packet sazón con azafrán seasoning
- 1 1/2 tablespoons sofrito sauce
- 1 1/2 cups white rice, uncooked

Preparation:

1. Made by Goya brand and can be found in the Spanish or Latin section of your grocery store. Cook white rice as instructions on package of rice say to (5 minute rice is perfectly fine). Make sure when you are done cooking to let excess water out of rice. In saucepan, heat oil on low-medium heat and put in the ham, salted pork, or Canadian bacon. Once it starts to sizzle, add the garlic powder and Adobo seasoning. Then add the Sofrito and Sazón con Azafrán seasoning, stir. Next add red beans (drain most of liquid, just a little bit is needed to pull the sauce together). Mix and serve.

Fish Fillets

Ingredients:

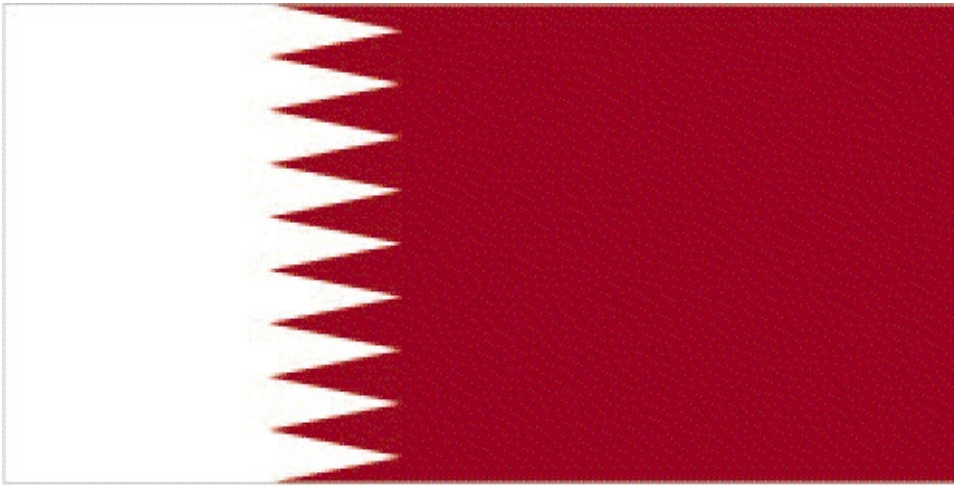
- 6 fish fillets
- 1 tablespoon butter
- 1/4 cup beer
- 3 garlic cloves, crushed
- 1 tablespoon lime juice (or to taste)
- 3 tablespoons vegetable oil
- 1 onion, sliced
- 1 teaspoon dried oregano
- 1/2 green bell pepper, chopped
- 1 tablespoon tomato paste
- 3/4 cup chicken stock
- 1/4 cup dry white wine

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Place fish in a single layer in a baking dish and dot with butter. Add beer, lime juice, and 1 clove garlic. Bake 30 minutes, basting occasionally. Meanwhile, heat oil in a skillet over high heat. Add onion, remaining garlic, oregano and bell pepper. Sauté until onion is tender, about 5 minutes.

2. Add remaining ingredients to pan and cook for an additional 10-15 minutes. When fish is done, remove from oven and place in sauce. Cook over medium-low heat until fish is heated through and flavored with the sauce.

Qatar



Breakfast

Ingredients:

- 1/2 cup vermicelli, broken in to about 1 inch pieces or 1/2 cup cut spaghetti
- 2 tablespoons sugar
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- 1 pinch salt
- 1 tablespoon butter
- 1/4 cup orange juice
- 1 egg, omelette

Preparation:

1. Boil Vermicelli about 2 minutes less than package directs. Drain then toss in to a mixing bowl. Immediately toss in sugar, cinnamon, ginger and mix well. The heat of the pasta will dissolve the sugar. In a small non stick frying pan melt butter over medium high heat. Stir in orange juice.
2. Pour in noodle mixture and spread to flatten. Cover and turn heat down to medium low. Cook for 10-15 minutes until the liquid has absorbed and the bottom has crisped. Set aside noodle cake and wipe out the frying pan. Make a one egg omelette. Cut the omelette into a few large pieces and serve on top of the noodle cake.

Al Harees

Ingredients:

- 1 kilogram lamb or 1 kilogram chicken, on the bone
- 1 kilogram whole wheat
- 150 grams ghee (or traditional saman)
- salt and freshly ground black pepper, to taste
- water, as needed
- 1/2 teaspoon ground cinnamon
- 2 teaspoons roasted ground cumin
- 4 whole bruised cardamom pods

- 1/2 teaspoon cinnamon
- sugar

Preparation:

1. Soak wheat overnight in plenty of water. In a large pot, place pre-soaked and drained wheat, add 1 and 3/4 liter of water and boil until the wheat is beginning to fluff up and soften - skim off any foam or skummy bits on the surface! Soak the lamb / chicken in plenty of lightly salted water whilst the wheat is cooking. When the wheat is fluffy, rinse and drain the meat.
2. In a large, heavy bottomed pot (or special harees pot), place the wheat and the meat with a little salt and pepper and enough water to come about 5cm above the wheat and meat. Cover with a tight fitting lid - you can place a damp cloth or aluminium foil over the pot and then place the lid over that of the lid is not a tight fit. Bring to a boil, reduce heat and cook on a very low heat for 3 1/2 hours, stirring occasionally and skim-off froth or fat on the surface.
3. Once the wheat is very soft and has lost it's shape and most of the water has been absorbed, remove from heat and allow to cool a little, then remove any bones and gristle. (If all the water has been absorbed add about 3/4 cup - 1 cup of boiling water - if there is too much water but the wheat is cooked, ladle out the excess water.) Shred the lamb or chicken if any larger pieces remain - there shouldn't really be any as almost all of it will have 'melted' into the wheat.
4. Now begin whipping the wheat and meat until it forms a homogenous, slightly elastic, pastelike consistency - add a little salted boiling water to thin it down if required. Use a large wooden spoon, or pound it with a wooden rolling pin to get the desired consistency. You could also pulse it in a food processor or use an immersion blender but if you are lucky enough, you might have a medhrab which is specially for harees. Check the seasoning and re-season if desired. Transfer to a warmed serving pot, cover and keep warm.
5. Place the ghee in a pan and season to taste with salt and pepper (and any of the spices listed below). Gently warm the ghee and mix well. Pour the seasoned ghee over the harees and serve immediately.

Sweet bread with cream

Ingredients:

- Bread slice - 6 nos

For syrup:

- Sugar- 1 cup
- Water- 1/2 cup
- Rose essence - few drops

For cream:

- Heavy cream - 2 cups
- Sugar - 3 tablespoons
- Pistachios - few Crushed

Preparation:

1. Trim the brown sides from the bread and crumble them in a cookie tray. Heat the oven at 350 degrees Fahrenheit and roast the bread till light brown color. Whip the heavy cream with sugar , till it attains soft peaks.Keep it aside. In a sauce pan put sugar and water. Boil them till the sugar dissolves and syrup becomes sticky. Add rose essence to the syrup.

2. Add the roasted bread in the boiling sugar syrup and mix them well. Cook them till the sugar starts caramelize and the bread become little golden in color. Now in a bowl transfer the bread mixed in syrup and press them to form a layer. Next spread the whipped cream and spread it evenly on the bread crumbs. Garnish with crushed pistachios and nuts.

Sweetened Buttered dates

Ingredients:

- Butter - 1/4 stick
- All-purpose flour - 4 tablespoon
- Cinnamon pd - 1/4 teaspoon
- Confectioner's sugar - For dusting

Preparation:

1. In a serving plate first arrange the dates. In a sauce pan heat butter and after they melt, add flour and roast it for a while. Then add cinnamon pd and mix them well. Cook them till the flour roast well for about 3-4 minutes in simmer. Once done drizzle the sauce on the arranged dates. After the sauce cools a bit dust the confectioners sugar and serve them.

Tabbouleh

Ingredients:

- 1/2 cup bulgur wheat
- 2 cloves garlic crushed
- 2 tablespoon lemon juice
- few mint leaves, fresh
- a bunch of parsely , chopped
- 2 scallions , white and green , chopped
- 3 tomatoes, diced
- salt to taste
- black pepper freshly ground , to taste
- 1 tablespoon olive oil

Preparation:

1. Cover bulgur with warm water and soak for 15 minutes. Squeeze out excess water. Mix in the lemon juice, crushed garlic , salt and pepper. Allow this to rest until bulgur is soft, about 30 minutes. Wash and chop the mint and parsely. Combine the mint, parsely, scallions and tomatoes and bulgur mixture. Toss with olive oil as desired. Add lemon juice, salt or pepper as desired to adjust the taste.

Serve with small romaine lettuce leaves.

Vegetarian Shawarma

Ingredients:

Vegetarian Shawarma Paste:

- 300 grams or 1 ½ cups rajma beans or kidney beans, soaked
- 200 grams or 1 cup cream
- 50 grams or ½ cup curd, thick
- 100 grams or ½ cup each of yellow and red capsicum, sliced
- 1 onion, diced
- 10 cloves garlic
- Pinch Sugar
- 1 teaspoon oil
- ½ teaspoon Lime Juice (adjust as per taste)
- 1 teaspoon Chili powder (adjust as per taste)
- 1 green Chili, minced
- ¾ teaspoon dhania or coriander powder
- ½ teaspoon jeera or cumin powder
- salt

Filling:

- Mushroom in pungent sauce
- 1 onion, sliced
- Capsicum sliced
- 8 Pita Bread

Preparation:

1. Add water to the rajma, three times the volume in a deep pan and pressure cook the rajma for 5-6 whistles. Let the pressure drop naturally, cool. In a kadhai or wok heat oil and add the diced pepper garlic and onion. Fry till soft. Add the sugar fry till lightly caramelised. Remove from the flame and set aside to cool.
2. Add the cooked and cooled beans, cream, curd, diced Chili, the fried pepper, onion and garlic mixture, salt and the dhania powder and the jeera powder to the blender or food processor jar. Grind the mix to a rough paste. Transfer the paste to a bowl, add lime juice and add more seasoning to taste, mix well. Vegetarian Shawarma Paste Lightly heat the bread spread paste onto bread. Add the mushroom vegetable, onion and capsicum. Roll, fold or wrap.

Spinach Pastry

Ingredients:

For the dough:

- ½ cup sourdough starter 78% hydration (increase flour by ½ cup if you want to skip this)
- 1 ½ cups whole wheat flour (I used King Arthur whole white wheat)
- ½ cup all-purpose flour

- 1/4 cup yogurt
- 2 tablespoon olive oil
- 1/4 teaspoon instant dry yeast (if you skip the sourdough use 1 teaspoon. yeast)
- 1/2 teaspoon Sugar
- Up to 1/2 cup warm water

Spinach filling:

- 1 bunch spinach
- 2 tablespoon onion
- 3 tablespoon cotija cheese, shredded
- 1 tablespoon olive oil
- salt and black pepper to taste

Cheese filling:

- 1/4 cup cotija cheese, shredded
- 1/4 cup sharp cheddar cheese, shredded
- 4-5 sprigs of cilantro, minced

Preparation:

1. Add all the dry ingredients to a bowl. Add the oil and yogurt and combine with the flour. If you are not using sourdough starter you will need a half cup of water. If you are using sourdough starter use half the water and if needed add more, a little at a time, until you have a soft dough. Knead well and keep aside covered until it doubles in volume. If using sourdough you can keep it overnight in the refrigerator to allow the flavors to develop.

2. Preheat oven to 400 degrees Fahrenheit. Prepare the cheese filling by mixing all the ingredients in a bowl. Keep aside. Blanch the spinach and drain. Heat the blanched spinach in a pan until all the water evaporates. Cool. Combine with the other ingredients and keep aside until needed. Transfer the risen dough to a working surface and cut into lime sized portions. Roll one portion to form a disc. Place the filling in the center. Bring up two sides and pull up the bottom to form a triangle.

3. Pinch the seams to seal them. If the dough is dry use a little water to seal the seam shut. Place on a baking sheet covered with parchment paper. Continue with the remaining portions. I made some with spinach filling and others with cheese. Bake in the preheated oven for 12-15 minutes. Broil for one minute.

Basbousa

Ingredients:

- 3/4 cup semolina
- 1/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 3 tablespoon sugar
- 1 teaspoon vanilla extract
- 1 1/2 tablespoon butter
- 2 tablespoon oil

- 2 tablespoon yogurt
- 1/2 cup milk
- Almonds for garnish

For the syrup:

- 1/2 cup water
- 1/2 cup sugar
- a squeeze of lemon juice

Preparation:

1. In a mixing bowl combine the semolina, all-purpose flour, baking powder and sugar. Add the vanilla extract, melted butter and oil. Mix until crumbly. Add the yogurt and milk and whisk into a thick batter. Pour batter into a round 7" pan greased with a little oil. Refrigerate for 15 minutes. Meanwhile preheat oven to 300 degrees Fahrenheit.

2. In the meantime boil the syrup ingredients until the sugar dissolves. Turn off heat and let the syrup cool. Remove the pan from the refrigerator and score the top in the shape of diamonds. Press an almond in the center of each diamond. Bake for 15-20 minutes. Pour the syrup over the top and bake for another 5 minutes. Remove from heat and cut along scored lines to form diamonds.

Paneer Machboos

Ingredients:

- 8 ounce paneer
- 2 cups of vegetable stock
- 3-4 strands saffron
- 1 tablespoon oil
- 1 onion
- 2 tomatoes
- 1 clove garlic
- 1 teaspoon. cinnamon powder
- 1 teaspoon. turmeric powder
- 1 teaspoon. Paprika
- 1 teaspoon. bezar powder
- 1 cup basmati rice
- salt to taste

Preparation:

1. To make bezar powder roast separately equal portions of whole cumin, fennel, coriander and pepper corn, a half inch stick of cinnamon and one red Chili pepper. When cool grind to a fine powder. Store in an airtight container in your pantry. Mix all the spices, cinnamon powder, turmeric powder, paprika and bezar powder together. Reserve half for later, use half to spice up the paneer.

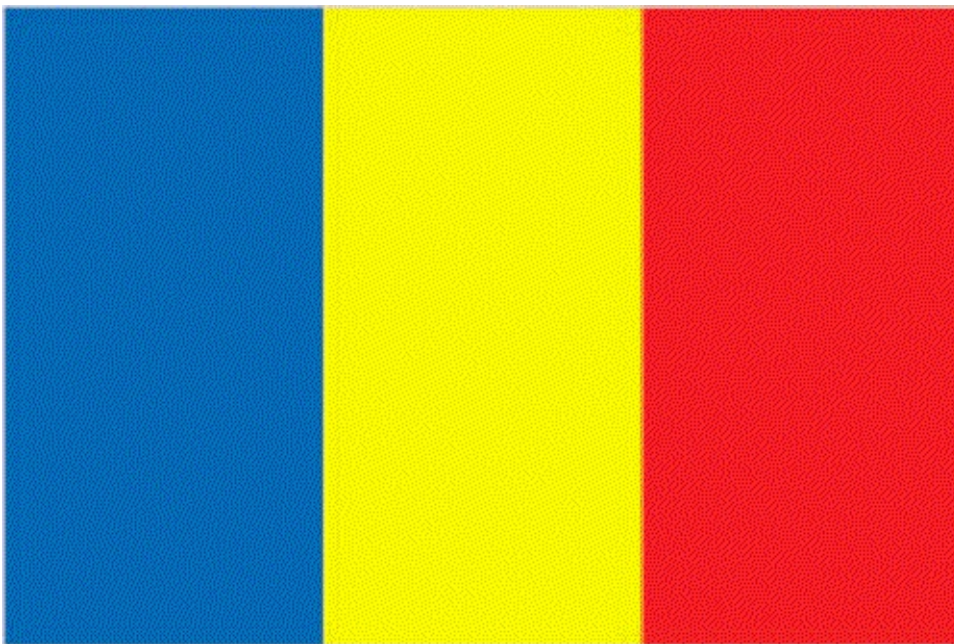
2. Preheat oven 400 degrees Fahrenheit. Wash the rice and drain. Keep aside. Make paneer or use store bought. Cut it into large rectangles and sprinkle one

side with half of the remaining spice powders. Heat oil in a pan. Place the paneer in the oil spiced side down. Sprinkle remaining spices on the other side. When brown flip and brown other side. Remove and place on paper towel.

3. Add saffron to the stock in a microwavable bowl and microwave for 2 minutes or until heated through. Keep warm. Chop the onion and saute the onion in the same pan as the paneer was cooked. Meanwhile mince the garlic and chop the tomato separately. When the onions are tender add the garlic and saute until fragrant.

4. Add the reserved spices. Combine well and add tomato. When heated through turn off the heat. Add the rice and mix together to coat the rice with onion tomato mixture. Transfer to a casserole. Cut the paneer into cubes and place over the rice. Pour the stock over the rice. Cover with aluminium foil. Bake in the preheated oven for one hour. Take a peek. If the water is not all absorbed keep for another 10-15 minutes until all the water is absorbed. Take it out of the oven and keep covered for a few minutes before serving.

Romania



Braised Chicken

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, thinly sliced
- 5 garlic cloves, minced
- 2 red bell peppers, deseeded and sliced
- 1 kilogram chicken piece, or cut-ups
- 1/2 cup tomato paste

- 2 large potatoes, diced
- 1 pinch dried thyme
- 1 pinch dried rosemary
- 2 carrots, chopped into chunks
- 1/2 cup dry white wine
- 1 pinch sugar
- 1 pinch salt
- 1 pinch pepper

Preparation:

1. heat oil in large wok or casserole pan until hot enough to cook. add onions and garlic stir frying 1 min until soft. add bell pepper and stir fry for 1 minute. add chicken cut ups and brown both sides 10-13 minutes.
2. Add rest of ingredients, stir fry for 1 min then cover and cook for 40-45 mins until the chicken looks cooked and there's no blood when pierced by a fork near the bones. garnish with thyme or rosemary (optional) and serve with bread or rice.

Apple Cake

Ingredients:

- 5 apples, peeled and cored
- 3 eggs
- 1 1/2 cups white sugar
- 3/4 cup vegetable oil
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 3/4 cup chopped walnuts

Preparation:

1. Preheat oven to 350 degrees Fahrenheit or 175 degrees Celsius. Grease and flour a 9x13 inch pan. Cut the apples into 1 inch wedges. Set aside. In a large bowl, whisk together the eggs and sugar until blended. Mix in the baking soda, oil, cinnamon and vanilla. Stir in the flour, just until incorporated. Fold in the apples and walnuts.
2. Pour batter into prepared pan. Bake in the preheated oven for 55 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool slightly. May be served warm or at room temperature.

Chicken with Mushrooms

Ingredients:

- 1 young chicken
- 1 small onion
- 4 ounces butter

- ½ cup chopped parsley
- 1 teaspoon flour
- ½ cup chopped dill
- 2 cups of stock
- Small glass red or white wine
- 1 pound mushrooms

Preparation:

1. Divide the chicken into neat pieces, fry in butter until they change color. Add the flour and let it brown, then put in the stock, stirring well to loosen the flour. See that the liquid covers the chicken, add the chopped mushrooms, the onion whole, the, chopped parsley and dill, and lastly, the wine. Cover and cook until the meat is tender and the sauce reduced to the consistency of thick gravy. Sour cream is sometimes served with this dish.

Veal Casserole With Potatoes

Ingredients:

- 6 tablespoons butter, softened
- 2 tablespoons soft fresh crumbs, made from homemade-type white bread, pulverized in a blender or finely shredded with a fork
- 8 medium-sized boiling potatoes (about 2½ pounds)
- 1 cup finely chopped onions
- 1 pound lean ground veal
- 2 tablespoons flour
- ¼ cup dry white wine
- ¼ cup finely chopped fresh parsley
- 2 tablespoons finely cut fresh fennel leaves
- ¼ teaspoon crumbled dried thyme
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 egg yolks, lightly beaten, plus 2 eggs
- 2 tablespoons butter, cut into ¼ inch bits
- 1 cup heavy cream

Preparation:

1. With a pastry brush, spread 2 tablespoons of the softened butter over the bottom and sides of a 2-quart casserole 3 inches deep. Add the bread crumbs and tip the casserole from side to side to spread them evenly. Set aside. With a small, sharp knife or swivel-bladed vegetable parer, peel the potatoes, dropping them into cold water as you proceed. Then, cut the potatoes into ¼ inch-thick slices and return them to the water.

2. In a heavy 10- to 12 inch skillet, heat 2 tablespoons of butter over moderate heat. When the foam begins to subside, pat a handful of potatoes completely dry with paper towels and drop them into the skillet. Turning them frequently with a spatula, fry the potatoes for 4 or 5 minutes, until they are golden brown on both

sides. As they brown, transfer the slices to paper towels to drain while you dry and fry the remaining potatoes, adding more butter to the skillet when necessary.

3. When the potatoes are browned, add 2 more tablespoons of butter to the skillet and drop in the onions. Stirring frequently, cook for about 5 minutes, or until they are soft and translucent but not brown. Add the veal and, mashing it frequently with the back of a spoon to break up any lumps, cook until no trace of pink remains. Stir in the flour and cook for a minute or two, then remove from the heat and beat in the wine, parsley, fennel, thyme, salt and pepper.

4. Let the mixture cool for about 5 minutes and stir in the egg yolks one at a time, stirring until no trace of yolk is visible. Taste for seasoning. Preheat the oven to 400 degrees Fahrenheit. Assemble the musaca cu cartofi in the following fashion: Spread about one third of the potato slices on the bottom of the casserole, overlapping them neatly. Spread half the meat mixture evenly over the potatoes, add another layer of potato slices, and then add the rest of the meat, spreading it out as before.

5. Cover with the remaining potato slices and scatter the 2 tablespoons of butter bits on top. Bake covered in the middle of the oven for 30 minutes. Then beat the 2 eggs and the cream together with a whisk or a rotary beater and pour evenly over the musaca. Bake uncovered for 30 minutes longer, or until the top is golden brown. Serve at once, directly from the casserole.

Grilled Beef Sausages

Ingredients:

- 2 pounds lean ground beef, preferably neck, ground together with ¼ pound fresh beef kidney suet
- 2 teaspoons finely chopped garlic
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon crumbled dried thyme
- 1½ teaspoons salt
- 1/8 teaspoon freshly ground black pepper
- ½ cup beef stock, fresh or canned
- Vegetable oil

Preparation:

1. Combine the beef and suet with the garlic, allspice, cloves, thyme, salt and pepper in a deep bowl. Knead vigorously with both hands until the ingredients are well blended. Then pour in the stock and beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning. Divide the mixture into 18 equal portions and roll each one into a cylinder about 3½ inches long and 1 inch thick, moistening your hands with cold water as you proceed.
2. Preheat the broiler to its highest setting. Brush the rack of a broiler pan lightly with oil and arrange the sausages side by side on the rack. Broil them about 3 inches from the heat for about 8 minutes, turning them with a spatula or tongs

every few minutes until they are crisp and brown on all sides. Serve with sausages with peppers in oil and sour dill pickles.

Duck with Black Olives

Ingredients:

- 1 duck cut into pieces
- 3 bay leaves
- 1 pound large black olives
- Salt and pepper
- 1 pound small onions
- Peppercorns
- 1 parsnip
- Olive oil
- 2 carrots
- 1 tablespoon plain flour
- A little chopped parsley
- A little wine

Preparation:

1. Make stock from the neck, giblets and bones of the duck with 1 small onion, peppercorns and a little parsley. Skim well and add the other vegetables and some salt. Fry the pieces of duck in olive oil in a deep pan and keep warm while you fry the onions whole in the same oil.
2. Make a sauce from the oil, flour and stock with the bay leaves. Arrange the meat in the pan, put in the onions, and the sauce with the bay leaves, season and let it all cook together for 1 hour. In the meantime, stone the olives, put them in a pan, cover with cold water and bring to the boil.
3. Strain and tip the olives into the pan with the meat. Let them simmer together for another half-hour and add a little wine. Peel the lemon, slice it and put in a small pan with a little water and boil for 5 minutes. Take out the slices of lemon and add the juice to the meat. When the duck is done take it out, arrange it on a dish, with the onions and olives, place the slices of lemon on top, and pour over the gravy. Served hot or cold

Fish Soup with Garlic Sauce

Ingredients:

- Stock
- 1 pound fish trimmings: the heads, tails and bones of any firm white-fleshed fish
- 1½ cups coarsely chopped onions
- 1 medium-sized bay leaf
- 1 teaspoon salt
- 6 cups cold water

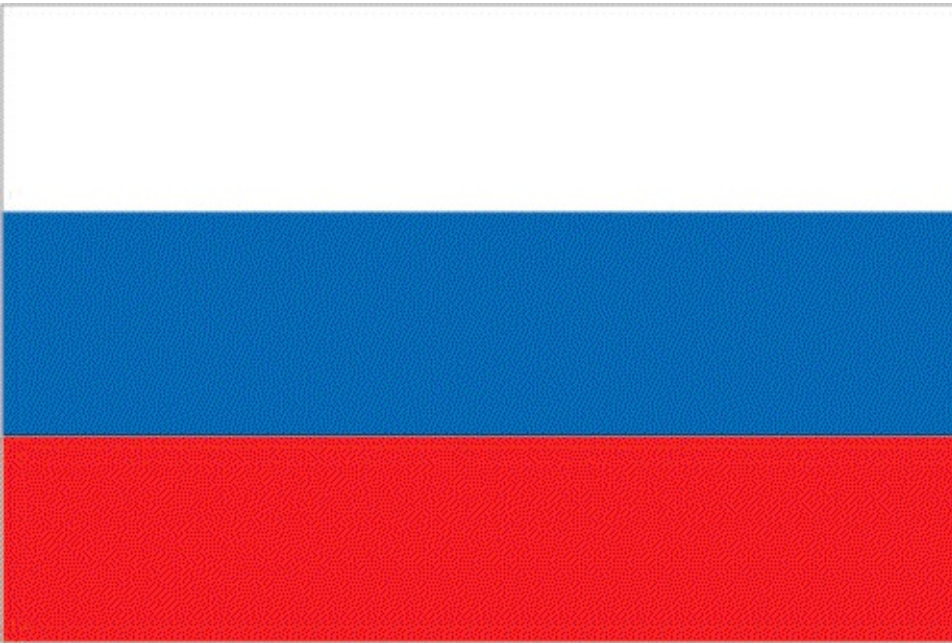
Fish Soup:

- ½ pound boned skinless halibut or other firm white-fleshed fish, coarsely chopped
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 pounds halibut or other firm white-fleshed fish steaks, each cut 1 inch thick
- 1 tablespoon finely chopped garlic mashed to a smooth paste with ½ teaspoon salt
- 1 medium-sized cucumber, peeled, seeded and cut into ¼ inch dice
- 2 tablespoons distilled white vinegar

Preparation:

1. Combine the fish trimmings, chopped onions, bay leaf, 1 teaspoon of salt and the 6 cups of water in a heavy 3- to 4-quart enameled or stainless-steel casserole. Bring to a boil over high heat, reduce the heat to low, and simmer partially covered for 30 minutes. Strain the entire contents of the casserole through a fine sieve into a deep bowl, pressing down hard on the fish trimmings and onions with the back of a spoon to extract all their juices before discarding them.
2. Pour the stock back into the casserole and add the chopped fish. Stirring occasionally, bring to a boil over high heat. Reduce the heat to its lowest point and simmer uncovered for about 15 minutes, or until the fish can be easily mashed with the back of a spoon. Puree the contents of the casserole in a food mill, or rub them through a coarse sieve, and return to the casserole. Stir in the 1 teaspoon of salt and ¼ teaspoon of pepper, and immerse the fish steaks in the soup.
3. Bring to a simmer over moderate heat and poach partially covered for 5 to 8 minutes, or until the fish flakes easily when prodded gently with a fork. Do not overcook. With a slotted spatula, transfer the steaks to a large heated tureen or individual soup plates. With a whisk, beat 1 cup of the soup into the garlic paste and pour the mixture into a sauceboat. Add the cucumber and vinegar to the remaining soup, taste for seasoning, and ladle over the fish steaks. Serve at once, accompanied by the garlic sauce.

Russia



Turkey Cutlets

Ingredients:

- 2 slices good-quality white bread, crusts removed
- 1/4 cup half-and-half
- 1 pound ground turkey
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/2 teaspoon dried dill
- 5 tablespoons butter, 3 of them at room temperature
- 1 cup dry breadcrumbs
- 2 tablespoons cooking oil

Preparation:

1. Break the bread into pieces. In a large bowl, soak the bread in the half-and-half until the liquid is absorbed, about 2 minutes. Mix in the turkey, egg, salt, pepper, dill, and the 3 tablespoons room-temperature butter. Put in the freezer for about 10 minutes to firm up.
2. Remove the turkey mixture from the freezer; it will still be very soft. Form the mixture into four oval cutlets and coat them with the bread crumbs. In a large, nonstick frying pan, heat the remaining 2 tablespoons butter and the oil over moderate heat. Cook the cutlets until golden brown and just done, 4 to 5 minutes per side. Sautéed mushrooms are the traditional Russian accompaniment to turkey cutlets. Beets, glazed carrots, and mashed potatoes are other excellent possibilities.

Stroganoff

Ingredients:

- 1 pound round steaks or 1 pound skirt steak
- 1 1/2 tablespoons cornstarch
- 1 1/2 teaspoons olive oil
- 1 large onion, thinly sliced
- 8 ounces sliced mushrooms
- 3/4 cup beef broth
- 3/4 teaspoon salt
- 3/8 teaspoon black pepper
- 3/8 cup sour cream
- 3 tablespoons parsley
- 8 ounces egg noodles

Preparation:

1. Cut steak diagonally across the grain into thin slices. Combine steak and cornstarch in a small bowl and toss well. Heat oil in a large nonstick skillet over medium-high heat. Add steak and saute 5 minutes. Add onion, and saute 1 minute. Add mushrooms, cover and cook 2 minutes. Add broth, salt, pepper. Reduce heat and simmer uncovered for 5 minutes. Remove from heat; stir in sour cream and parsley. Serve over egg noodles.

Cabbage Soup

Ingredients:

- 1 1/2 pounds chuck, cut into 1 inch cubes
- 2 cups cooked tomatoes, , chopped
- 1 large onion, chopped
- 1 bay leaf
- 1 clove garlic, minced
- 3 quarts cold water
- 1 medium head of cabbage, shredded
- 2 teaspoons white vinegar
- 2 teaspoons white sugar
- 1 teaspoon lemon juice
- sour cream
- salt and pepper

Preparation:

1. In a large soup pot cover the beef, tomatoes, onion, bay leaf and garlic with cold water. Let stand for 1 hour and simmer covered for 3 hours. Remove the bay leaf, add cabbage, sugar, onion, salt and pepper. Simmer for 15 minutes more. Remove from heat, add lemon juice and offer Sour Cream at the table.

Pork Chops and Potatoes in Sour Cream Sauce

Ingredients:

- 1/4 pound potato, sliced

- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/2 cup mushroom, sliced
- 2 center-cut pork chops
- oil
- 1 1/2 tablespoons water
- 1/4 cup low-fat sour cream

Preparation:

1. Spray skillet. Heat it over medium heat. Add potatoes and brown lightly. Set aside. Season chops with powders and pepper. Put a little oil in skillet. Cook chops for one minute on each side. Drain fat if necessary. Add water. Cover and cook for 10 minutes. Add potatoes and mushroom. Cook for 10 more minutes. Stir in sour cream. Heat thoroughly, but don't boil.

Chicken Dish

Ingredients:

- 6 boneless skinless chicken breasts
- 1 (1 1/4 ounce) envelope onion soup mix
- 1/2 cup hot water
- 8 ounces orange marmalade (or apricot preserves)
- 1 (15 ounce) can mandarin oranges (drained)
- 1 (16 ounce) can pineapple chunks, in juice (drained)
- 8 ounces Russian salad dressing (if you cannot find use Catalina Dressing)

Preparation:

1. Preheat oven to 350 degrees. Spray a casserole or baking dish with non-stick cooking spray. Place chicken breasts in dish. In 4 cup measure or bowl, mix together onion soup mix and water. Add to soup mix, the marmalade and Russian dressing, mixing well. Pour dressing mixture over chicken. Bake for 30 minutes or until chicken reaches internal temperature of 180 degrees. Serve over brown rice or cooked noodles.

Roast Suckling Pig

Ingredients:

- 12 pounds suckling pig, the head removed and the body cut into quarters
- 2 tablespoons coarse salt
- 2 teaspoons freshly ground black pepper
- 1/4 cup vegetable oil

Preparation:

1. Preheat the oven to 350°F. Wash the pig under cold running water and pat it thoroughly dry with paper towels. Sprinkle the flesh liberally with the coarse salt and pepper and rub them into the cavities with your fingers. With a pastry brush, coat the skin and flesh of the quarters and the head of the pig with vegetable oil. Crumple a sheet of aluminum foil into a small ball and insert it into the pig's mouth to keep it open as it roasts. Wrap small sheets of foil around the ears, to prevent them from burning.

2. Place the head in the center of a rack set in a shallow roasting pan and arrange the quarters skin-side up around it. Roast the pig undisturbed for 1¼ to 1½ hours, or until the skin is crisp and the juices run clear when the pig's flesh is pierced with the tip of a sharp knife. Fifteen minutes or so before the pig is done, remove

the foil from the ears to brown them slightly. Serve the pig on a bed of hot kasha, placing the head in the center with the quarters around it. Replace the foil in the mouth with a fresh apple.

Sturgeon or Halibut In Tomato and Mushroom Sauce

Ingredients:

- 2 cups thinly sliced onions
- 1 bay leaf
- ¼ cup scraped, coarsely chopped carrots
- ½ cup scraped, coarsely chopped parsley root
- 4 medium tomatoes, peeled, seeded and coarsely chopped
- 5 tablespoons unsalted butter
- 4 cups cold water
- 1½ pounds fresh sturgeon or halibut steaks
- ½ cup thinly sliced fresh mushrooms
- ½ cup heavy cream
- 1 tablespoon capers, drained and washed
- ¼ cup pitted green olives, washed under cold running water

Preparation:

1. Preheat the oven to 200 degrees Fahrenheit. In a 3- to 4-quart casserole, combine the onions, bay leaf, carrots, parsley root, tomatoes, 3 tablespoons of the butter and 4 cups of cold water. Bring to a boil over high heat, stirring constantly, then reduce the heat to moderate, partially cover the casserole, and simmer undisturbed for 30 minutes.

2. Pour the entire contents of the casserole into a fine sieve set over a large bowl. Press down on the vegetables with the back of a large spoon to extract all their juices before discarding them. Return the strained stock to the casserole, add the fish, and bring to a boil over high heat. Immediately reduce the heat to low, cover the casserole, and simmer 6 to 8 minutes, or until the fish is opaque and firm to the touch.

3. Be careful not to overcook. With a wide spatula, transfer the fish to a deep ovenproof serving dish, cover it loosely with foil and keep it warm in the oven while you complete the sauce. Again bring the stock to a boil over high heat, and continue to boil briskly, uncovered, until it has cooked down to about ½ cups.

Meanwhile, melt the 2 remaining tablespoons of butter in a 10- to 12 inch skillet over high heat, and when the foam has almost subsided, drop in the mushrooms.

4. Reduce the heat to moderate and cook for 3 to 5 minutes, stirring the mushrooms occasionally, until they are soft and most of the juices have cooked away. Stir in the reduced stock and, off the heat, beat in the heavy cream, 1tablespoon at a time. Then stir in the capers and olives and taste for seasoning. Pour the sauce over the fish and serve at once.

Beet and Cabbage Soup

Ingredients:

- 3 tablespoons olive oil
- 3 cloves garlic, peeled and chopped
- 1 pound lamb stew meat, chopped into ½ inch pieces
- 1 medium yellow onion, peeled and chopped
- 1¼ pounds green cabbage, cored and chopped
- 1½ pounds ripe tomatoes, diced
- 2 pounds red beets, peeled and diced
- 3½ quarts Beef Stock or use canned
- ¼ cup red wine vinegar
- 2 bay leaves
- Juice of ½ lemon
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper

Garnish:

- 1 pint sour cream
- 1 bunch of fresh dill

Preparation:

1. Heat a 12-quart heavy stockpot and add the oil, garlic, and lamb. Brown the lamb and add the onion. Saute until the onion is tender, and then add the cabbage, tomato, beets, Beef Stock, vinegar, bay leaves, lemon juice, salt, and pepper.
2. Bring to a boil, and then turn down to a simmer. Cook covered for 2 hours. Chop the reserved beet greens, add to the soup, and simmer for 15 more minutes. Add additional salt and pepper to taste. Dish the soup into bowls and pass the garnishes to each guest. A good tablespoon or 2 of sour cream is placed in each bowl with a bit of fresh dill on top.

Rwanda



Porridge

Ingredients:

- 125 grams Sosoma (sorghum, soya and maize flour mixed in equal proportions)
- 2 liters boiling water
- 250 milliliters cold water
- 12 teaspoon sugar

Preparation:

1. Begin by mixing the Sosoma with the cold water. Add this mixture to the boiling water and stir gently for about 10 minutes. Allow to cool for several minutes, stir-in the sugar and serve. This is a traditional dish and is typically prepared for children during times of shortages.

Beef Stew

Ingredients:

- 900 gramsgrams stewing beef cut into
- 1cm dice 1 onion, chopped
- 2 tablespoon groundnut oil
- 3 large green plantains, peeled and cut into
- 3 cm slices
- 4 tablespoon freshly-squeezed lemon juice
- 1 large tomato, blanched, peeled, de-seeded and coarsely chopped
- 2 teaspoon salt
- Maggi cube or bouillon cube
- 1/4 teaspoon freshly-ground black pepper

Preparation:

1. Add the oil to a heavy casserole and brown the beef and onions in this until browned. Rub the plantain slices in the lemon juice and add to the casserole. Cook for 5 minutes on low heat, stirring constantly. Add all the remaining ingredients and add enough water to cover. Bring the ingredients to a simmer and cook over low heat for about 2 hours (adding more water as needed). Serve with rice or a maize porridge.

Chicken

Ingredients:

- 1 large chicken, cut into serving pieces
- 3 tablespoon oil
- 1 onion, thinly sliced
- 3 large tomatoes, blanched, peeled and mashed
- 2 celery sticks, cut into thin rounds
- 1 teaspoon salt
- 1 hot chili pepper, pounded to a paste

Preparation:

1. Fry the chicken in hot oil until golden brown all over. Remove from the oil and set aside then fry the onions in the same pot until golden brown. Now return the chicken to the pot and add the tomatoes, celery, salt and chili. Reduce the heat to a simmer and cook until the chicken is done (about 40 minutes). Serve on a bed of rice.

Beef Kebabs

Ingredients:

Kebabs:

- 900 grams beef cut into bite-sized pieces
- 1/2 large onion, finely chopped
- 10 parsley sprigs, chopped
- 1 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1 hot chili, finely chopped
- 2 teaspoon paprika
- 1 teaspoon ground cumin
- 1 tablespoon vinegar
- 1 tablespoon olive oil

Hot Sauce:

- 5 tablespoon tomato purée
- 1 teaspoon salt
- 2 tablespoon olive oil
- 1/2 teaspoon Tabasco sauce
- 1 hot chilies, finely chopped (or to taste)
- 4 tablespoon vinegar
- 2 tablespoon water

Preparation:

1. Whisk together all the ingredients (except the beef) in a bowl until thoroughly combined then add the beef and stir to coat evenly. Cover the bowl with cling film (plastic wrap) and refrigerate for at least 8 hours (preferably over night). When ready to cook, heat your barbecue then spear five or six pieces of meat on each skewer. Cook over the barbecue until done to your liking. In the meantime, prepare the hot sauce. Whisk together the tomato purée with the olive oil in a bowl until smooth then add the vinegar, salt, Tabasco sauce, hot chili and water. Mix thoroughly and adjust the seasonings and heat to taste. Serve the kebabs with generous chunks of French bread and accompany with the hot sauce.

Peanut Nougat

Ingredients:

- 450 grams peeled, roasted, peanuts, crushed or ground
- 300 grams sugar
- lemon juice, to taste

Preparation:

1. Add the sugar to a pan and heat. When the sugar begins to melt, add the peanuts and stir together with a wooden spoon. Add a little lemon juice and stir in. Pour the mixture onto greaseproof paper or into a well-greased tin and pat down to about 5mm thick. Allow to cool and cut into 5cm squares.

Bananas with Split Green Peas

Ingredients:

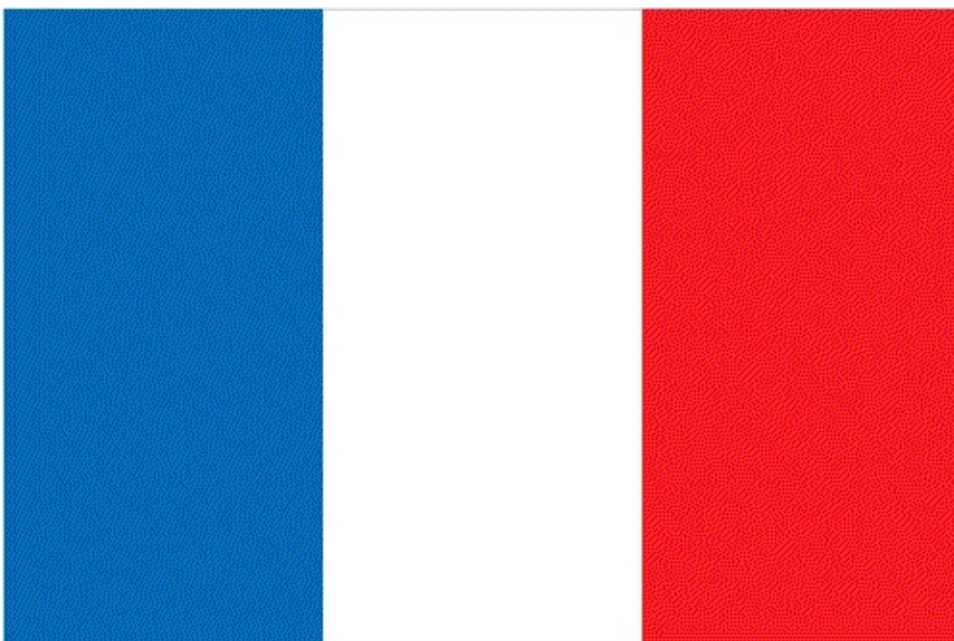
- 400 gramsrams dried split green peas, soaked over night
- 4 ripe bananas
- 1/2 teaspoon salt
- 2 tablespoon palm oil or groundnut oil with 2 teaspoon paprika
- 1 small onion, thinly sliced

Preparation:

1. Add the peas to a pan cover with water and bring to a boil. Simmer until tender (about 90 minutes). When the peas are done peel the bananas and lay them whole on top of the peas (do not mix). Continue to cook the mixture for about 10 minutes until the bananas are very soft. Add a little water if necessary to prevent the peas from sticking to the base of the pot. Meanwhile heat the palm oil in a frying pan that's large enough to hold the peas and bananas.

2. Brown the onions in the oil. Then, with a slotted spoon, remove the bananas and peas from the first pot and add to the onions. Sprinkle in the salt and continue to cook, over medium heat, stirring gently but constantly until all the oil has been absorbed. Serve immediately.

Saint Barthelemy



Seafood Salad

Ingredients:

Dressing:

- 3/4 cup frounceen orange juice concentrate, thawed
- 1/4 cup white wine vinegar
- 1/4 cup water
- 1/4 cup olive oil
- salt and pepper to taste

Salad:

- 1 cup cubed cooked lobster
- 1 (8 ounce) package frounceen fully cooked tiny salad shrimp, thawed
- 2 (6 ounce) cans lump crabmeat, drained
- 2 (10 ounce) bags mixed salad greens
- 1 large grapefruit, peeled and sectioned
- 2 kiwis, peeled and sliced
- 1 fresh pineapple - peeled, cored and cut into 3/4 inch wedges
- 2 tomatoes, cut into wedges

Preparation:

1. To make the dressing, place the orange juice concentrate, vinegar, and water in a blender; blend on low speed. Slowly drizzle the olive oil into the blender until mixture thickens slightly. Season with salt and pepper. Refrigerate until ready to use.
2. To make the seafood salad, place the lobster, shrimp, and crabmeat in a bowl. Add 2 tablespoons of the dressing and toss until seafood is coated.
3. Divide the salad greens among 6 plates or mound on one large platter. Place the seafood mixture on the greens. Alternate the grapefruit sections, kiwi slices, and pineapple and tomato wedges on the plates. Serve with the remaining chilled citrus vinaigrette on the side.

Lobster Spring Rolls with Lemongrass-Coconut Sauce

Ingredients:

- 1 tablespoons vegetable oil, plus more for frying
- 1/2 cup shiitake mushrooms, stems removed and discarded, caps sliced thin
- 1 cup Napa cabbage, sliced thin
- 1 cup carrot, shredded
- 1 cup cooked lobster meat, diced
- 10 egg-roll wrappers
- 1 can coconut milk
- 1/2 cup fresh lemongrass, minced
- 3 tablespoons fresh lemon juice
- 2 tablespoons Thai basil, chopped
- Kosher salt and black pepper, to taste

Preparation:

1. Add 1 tablespoon oil to a large sauté pan on medium heat. Add mushroom and cook 3 minutes. Add cabbage and carrot. Season with salt and pepper. Cook until vegetables are tender, about 10 minutes. Transfer mixture to a bowl and add lobster meat. Taste mixture and adjust seasoning.
2. Place 1 egg-roll wrapper on cutting board with corner pointing toward top of board. Add 3–4 tablespoons of filling to bottom third of wrapper. Dampen edges with water. Fold in sides and roll firmly into a tight cylinder. Make sure edges are sealed and cover with a damp towel. Repeat process with remaining wrappers.
3. In a large nonstick sauté pan, add 1 inch of oil. On medium-high heat, bring oil to 375 degrees Fahrenheit. (Use a candy thermometer to measure temperature.) Add 5 rolls, making sure not to crowd pan. Fry until roll is golden-brown on all sides, about 3-4 minutes. Remove from pan and drain on paper towel. Cook additional rolls and drain.
4. Add coconut milk, lemongrass, lemon juice, and basil to a saucepan and bring to a boil. Cook until reduced by one-third. Strain and serve with rolls.

Sweet Potato and Conch Cakes With Mustard Cream

Ingredients:

- 1 tablespoon olive oil, plus more for frying
- 1 medium yellow onion, diced small
- 1 red pepper, diced small
- 2 cloves garlic, minced
- 3 cups sweet potato, peeled and shredded
- 1 cup conch, cleaned and diced
- 1 extra large egg, beaten
- 2 tablespoons all-purpose flour
- 3 tablespoons breadcrumbs
- 1 cup heavy cream
- 3 tablespoons Dijon mustard
- zest of 1/2 lemon
- Kosher salt and black pepper, to taste

Preparation:

1. Add 1 tablespoon to a sauté pan on medium heat. Add onion and pepper. Season with salt and pepper and sauté until soft, about 8 minutes. Add garlic and cook 1 minute. Add mixture to a large bowl. Add sweet potato, conch, egg, and flour to bowl and mix well. Form mixture into round cakes and dust with breadcrumbs.
2. Add 3–4 tablespoons of oil to a large sauté pan on medium heat. When oil is shimmering but not yet smoking, work in batches to fry cakes until both sides are golden-brown, about 5 minutes per side. Add cream to a saucepan on medium heat. Cook until cream is reduced by one-quarter. Add mustard and lemon zest and whisk to combine. Drizzle on individual serving plates and place cakes on top.

Serve with lemon wedges, if desired.

Chili Prawns with Mango, Jicama and Cilantro Salad

Ingredients:

- 1/4 cup plus 1 tablespoon extra virgin olive oil
- 1 tablespoon Thai chili, seeded and sliced very thin
- 3 tablespoons parsley, minced
- 12 giant prawns, cleaned and butterflied
- 1 tablespoons lime juice
- 1 tablespoon lemon juice
- 1 ripe mango, peeled and julienned
- 1 cup jicama, peeled and julienned
- 1 tablespoon cilantro, minced
- Kosher salt, to taste

Preparation:

1. Add 1/4 cup oil, chili, parsley, and prawns to a bowl and mix well. Cover, refrigerate, and marinate prawns for at least 1 hour. Preheat grill to medium-high and brush lightly with oil. Remove prawns from marinade. Wipe off excess oil and season prawns with salt. Grill until flesh is opaque and just cooked through, about 5 minutes per side.
2. Add 1 tablespoon oil, lime juice, and lemon juice to a bowl. Whisk and season with salt. Add mango, jicama, and cilantro. Mix well and adjust seasoning. To serve, place salad on individual plates and top with shrimp.

Cumin-dusted Filet with Fennel Puree

Ingredients:

- 1 (2 pound) beef tenderloin, trimmed and tied
- 1 1/2 tablespoons cumin
- 1 tablespoon olive oil
- 3 cups whole milk
- 2 large fennel bupounds
- 1 tablespoon unsalted butter
- Kosher salt and black pepper, to taste

Preparation:

1. Pat tenderloin dry and evenly sprinkle cumin on all sides. Season generously with salt and pepper. Preheat oven to 350 degrees Fahrenheit. Place a baking rack on a sheet tray and set aside. Add oil to a large sauté pan on medium-high heat. When oil is hot, add tenderloin and sear evenly on all sides, about 1 minute per side. Place filet on baking rack and cook in oven until center of tenderloin registers 125°F on a meat thermometer, about 40 minutes. Allow to rest 15 minutes before slicing.
2. Slice fennel bupounds in quarters lengthwise and remove core. Add milk and

fennel to a saucepan and bring to a boil. Reduce to a simmer and cook until fennel is very tender, about 25 minutes. Add water if pan does not have enough liquid. Transfer fennel to food processor. Add butter and allow to melt. Add 1/4 cup milk and puree until smooth. Add additional milk if consistency is too thick. Season with salt and pepper and serve with filet.

Berries with Lemon Curd

Ingredients:

- 2 large eggs
- 1 large egg yolk
- 1/2 cup sugar
- 1 1/2 tablespoons lemon zest
- 1/3 cup fresh lemon juice
- 6 tablespoons unsalted butter, cold, quartered lengthwise, and diced
- 3/4 cup strawberries, halved
- 3/4 cup blueberries, stems removed
- 1/2 cup raspberries
- 1/2 cup blackberries

Preparation:

1. Add eggs, yolk, sugar, lemon zest, and lemon juice to a non-reactive medium bowl. Bring 2 inches of water to a simmer in a saucepan. Place bowl over saucepan, whisking constantly, until egg mixture reaches 170°F. Slowly add cubes of butter, continuing to whisk constantly, until butter has dissolved. Press Saran wrap on top of curd and refrigerate until serving. Add berries to a bowl and toss gently. Serve with cold lemon curd.

Saint Helena, Ascension, and Tristan da Cunha



Fish Cakes

Ingredients:

- 250 grams fresh tuna
- 300 grams potatoes
- 1 small onion, finely chopped
- 1 medium egg
- 1 rasher of bacon, diced
- 1 whole chili, chopped finely
- ½ tablespoon chopped parsley
- 1 pinch of thyme
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon of black pepper
- 1 tablespoon of onion powder
- 1 teaspoon mixed spice
- 2 ½ tablespoons of paprika
- 2 tablespoons of garlic powder
- 2 tablespoons of curry powder
- Salt to season

Preparation:

1. Peel and boil potatoes in lightly salted water until soft. Drain, mash and leave to cool; Cook and shred the fish with a knife until fine; Add the mashed potato and mix thoroughly; Heat a frying pan on a medium heat with 2 tablespoons of cooking oil.
2. Fry the onion, chili and bacon until lightly browned, adding spices as required; Cool, then add to fish and mashed potato; Add the egg and mix together thoroughly; Form cakes to about 2cm thick and about 6cm round; Return to the frying pan and fry cakes until medium-brown on both sides

Bread and Dance

Ingredients:

- 450 grams fresh tomatoes or 400 grams tin of tomatoes
- 1 onion, finely chopped
- 1 chili
- 1 tablespoon sugar
- 1 teaspoon salt
- Cooking oil or butter
- 2 rashers bacon, finely chopped (omit for a vegetarian version)
- 1 beaten egg

Preparation:

1. Heat the oil in a frying pan. Add onions, chili, bacon and herbs. Fry until soft then add tomatoes with juice, salt and sugar. Using a fork mash tomatoes.
2. Simmer mixture until all the liquid has evaporated and you are left with a thick pulp. Stir in beaten egg until cooked. Remove from heat and cool. Store in the refrigerator. Serve in sandwiches

Stuffed Pokes

Ingredients:

- 2 large fish pokes
- 900 gramsrams mashed potatoes
- 120 gramsrams bacon, finely chopped
- 2 large onions, finely chopped
- Chopped parsley
- 1 pinch thyme
- Seasoning

Preparation:

1. Wash pokes thoroughly and boil in salted water until tender. Set aside to cool. Meanwhile fry the onions, parsley, thyme and bacon until lightly brown, then add to potatoes and season to taste. Spoon seasoned potatoes into the tender pokes.
2. Season the pokes. Secure the ends with some white cotton or white string. Put some cooking oil into a saucepan, just enough to cover the bottom and heat gently. Add pokes and cook until golden brown for about 1 hour, tossing during cooking time. Keep lid on saucepan

Around The Mast

Ingredients:

- 3 tablespoons cooking oil
- 1 onion, chopped
- 450 gramsrams bacon, chopped
- 4 large potatoes, chopped
- 1 cabbage, chopped
- 2 large carrots, chopped
- 2 small slices of pumpkin, chopped
- 1 tomato, chopped
- 1 teaspoon sugar
- 225 grams rice
- 1 heaped tablespoon medium curry powder
- Tomato sauce
- Worcestershire sauce
- Parsley
- Water
- Salt to taste

Preparation:

1. Heat oil and fry onion until starting to brown. Add curry powder and sugar and cook for about a minute. Add bacon and chopped vegetables and steam for a about 10 minutes. Add sufficient water to cover all the ingredients.
2. Add the washed rice and season with salt, herbs and sauces. Cover and bring to the boil and simmer gently until all the water has evaporated and the meat and vegetables are all cooked. Add more water if necessary

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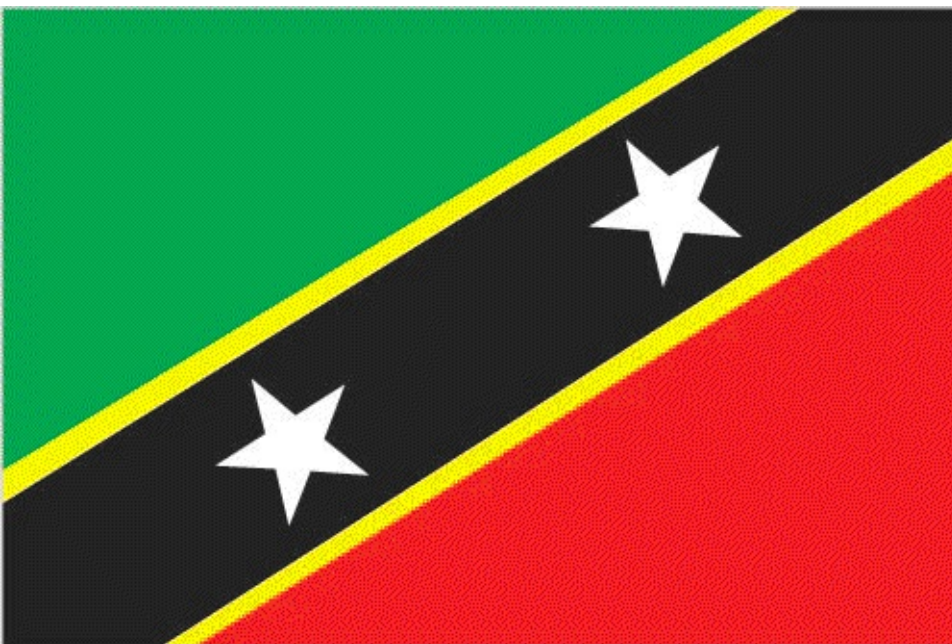
Ingredients:

- 1 medium cabbage, sliced
- 4 potatoes, chopped small
- 225 grams bacon pieces
- 1 large onion, sliced
- Salt and pepper
- Thyme
- Parsley

Preparation:

1. Heat oil in pan and fry onion and bacon until the onion is transparent. Add potatoes, cabbage and seasoning to taste. Cover and steam until potatoes are cooked

Saint Kitts and Nevis



Callaloo Soup with Crab

Ingredients:

- ¼ pound pickled meat

- 3 crabs
- 1 dounceen eddoes or dasheen leaves
- 8 ochroes (okra)
- Celery, garlic, eschallot
- Salt and pepper to taste
- 1 tablespoon butter
- 1 pint boiling water

Preparation:

1. Soak and cut up the pickled meat. Scald the crabs to kill them, then scrub them well. Strip the stalks and midribs from the dasheen leaves, then wash and roll them. Wash and cut up the ochroes, eschallot, celery and garlic.
2. Put all ingredients except the butter in a large saucepan. Pour on the boiling water and let simmer until everything is soft — about ½ to ¾ hour. Remove the crabs, swizzle thoroughly, add butter and reheat. If desired, remove the flesh from the crabs and add to the callaloo before serving. Serve with plantain or yam foo-foo.

Goat Water

Ingredients:

- 10 pounds Goat Meat (Mutton)
- 2 pounds (1 kilogram) green pawpaw (diced)
- 2 pounds (1 kilogram) breadfruit
- 1 pound (500 gramsrams) flour
- 1 pound (500 gramsrams) onions
- 1/1 pt. (125 milliliters) cooking oil
- gravy browning
- 1 pound (500 gramsrams) cooking tomatoes
- 6 tablespoon (30 milliliters) tomato ketchup
- 2 ounces (50 gramsrams) margarine
- Salt and black pepper to taste
- 3 maggi cubes

Preparation:

1. Wash meat, cut into serving pieces and season with salt and pepper. Set aside for ½ hour. Lightly brown in cooking oil. Put into large pot and simmer for 2 hours. Remove from fire. Dice pawpaw, breadfruit and onions and sauté in margarine.
2. Add to meat and return to fire. Simmer gently and add whole peppers. Mix 3 tablespoon (45milliliters) flour to a smooth paste with water, add 2 tablespoon (30milliliters) gravy browning. Add to stew and continue simmering. With the remaining flour, make tiny dumpling (droppers) and add to the stew. Add cubes and continue simmering until meat is very soft, and the stew brown in colour. Remove hot peppers. Serve hot with bread rolls.

Tarragon Chicken with Carrots and Linguine

Ingredients:

- 6 ounce linguine, uncooked 1 cup stock
- 1 pound chicken breast, skinned and bones
- 2 onion, sliced crosswise
- 2 carrots, cut into julienne strips
- 8 mushrooms, sliced
- 1/4 cup minced fresh parsley
- 1/2 teaspoon dried tarragon
- 1 tablespoon freshly grated Parmesan Cheese and minced scallions for garnish

Preparation:

1. Saute chicken, carrots, onions, mushrooms, until lightly brown. In a large pot, cook linguine until just tender. Drain and set aside. Add linguine and toss to combine. In a large skillet, heat stock over a medium heat. Cut chicken into 1/2 inch wide strips and add to stock. Cook for 7 minutes stirring frequently. Add parsley, tarragon and linguine, heat until linguine is hot. Remove to a serving bowl or platter and sprinkle with cheese and scallions. Serve warm.

Rikkita Beef

Ingredients:

- 1/2 pound beef or steak
- 1 teaspoon hot pepper
- 3 cloves of garlic
- 2 hot peppers finely cut
- 1 teaspoon curry
- 1 cup white wine or 1 cup champagne
- 1 cup Italian dressing

Preparation:

1. Put beef or steak with garlic, champagne, and hot peppers in plastic bag and marinate poke holes before you marinade so meat absorbs flavor. Put in a large pan with curry and hot pepper and marinade. Cook meat until fully cooked. Place meat in bowl and pour Italian dressing on meat and serve.

Stewed Salt Fish with Dumplings, Spicy Plantains and Breadfruit

Ingredients:***Stewed Saltfish:***

- 1 pound saltfish
- 1 small onion
- 1 green pepper diced
- 1 pound tomatoes chopped
- 4 tablespoon vegetable oil
- 2 tablespoon margarine

- 2 tablespoon parsley chopped
- 6 scallions finely chopped
- 5 cloves chopped garlic
- salt and pepper to taste

Spicy Plantains:

- 2 tablespoon fresh ginger peeled and grated
- 1 small onion grated
- 1/4 teaspoon salt
- 1/4 teaspoon hot sauce or finely chopped pepper
- 3 medium sized plantains(peeled and chopped into 1/2 pieces)
- fry oil

Coconut Dumplings:

- 1 1/2 cups flour
- 1/4 teaspoon salt
- 1 tablespoon oil
- 1 tablespoon margarine
- 1/2 cup of water
- 1/2 cup grated coconut

Seasoned Breadfruit:

- 2 tablespoon oil
- 1 tablespoon unsalted butter or margarine
- 1/2 cup red pepper diced
- 1 medium onion chopped
- 4 garlic cloves crushed
- 1 tablespoon fresh thyme leaves
- 2 tablespoon fresh parsley chopped
- 3 cups full breadfruit chopped into 1" pieces
- 1/2 cup chicken broth or 1 cube dissolved in 1/2 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation:

1. Saltfish: Soak saltfish overnight then boil in fresh water until tender. Drain fish, remove bones, scales and flakes. Heat oil in a large heavy pan. Add pepper, scallions, onion and garlic. Cover and cook over low heat for 5 minutes, stirring occasionally. Add tomatoes and simmer over moderate heat for 2 to 3 minutes. Add saltish, margarine, salt and pepper. Cover the stew and simmer over low heat for 5 minutes. Arrange the saltfish on a plate. Sprinkle with parsley and serve with dumplings, breadfruit and spicy plantains

2. Spicy Plantains: Combine all ingredients in a bowl. Toss until mixed. Fry in batches until golden brown and cooked. remove and drain on paper towels. Serve alongside saltfish,dumplings and breadfruit.

3. Coconut Dumplings: Place flour, coconut, salt, margarine and oil in a bowl. Gradually stir in water to make a stiff dough.Turn onto a lightly floured board and knead for about 2 minutes. Make dumplings in desired shape. Slide dumplings

into boiling water. Cover and cook for about 10 to 15 minutes.

4. Seasoned Breadfruit: Melt butter or margarine in a heavy pan over medium heat then add oil. Add onions and cook 5 to 8 minutes until golden, stir often. Add garlic, thyme, red pepper and parsley, saute for 30 seconds.

5. Remove from heat and add breadfruit with chicken broth or other prepared liquid. Toss gently to blend and heat through. Season to taste with salt and pepper. Serve with dumplings, saltfish and spicy plantains.

Saint Lucia



Garlic Pork

Ingredients:

- 1/2 pound garlic cloves, peeled
- 2 tablespoons fresh thyme or 4 tablespoons dried thyme
- 2 onions, chopped
- 1 Congo pepper (Habanero), seeds and stem removed, chopped
- 2 teaspoons salt Juice of 1 lime
- 2 cups white vinegar
- 4 pounds boneless pork leg or shoulder, cut into 1 inch cubes
- vegetable oil for frying

Preparation:

1. Combine all the ingredients except the pork and oil and puree in a blender in batches until smooth. Pour the mixture over the pork and marinate, covered, in a nonmetallic bowl in the refrigerator for at least 2 days and preferably 1 week. Drain the pork and pat it dry. Heat the oil in a frying pan and fry the pork cubes, a few at a time, turning often, until they are browned on all sides, about 5 to 7 minutes.
2. Then Drain the pork on paper towels, keep warm in foil over the coalpot, and

serve with a fruit salad. Variations: Some cooks brown the pork slightly over the raw coal pot fire and then finish the cooking in the coal pot. Garlic lovers extraordinaire, simmer the marinade until thick and serve it over the pork cubes.

Fried Flying Fish

Ingredients:

- 2 eggs
- 1 1/2 cups flour
- 1/2 cup minced onion or chives
- 2 tablespoons minced parsley
- 2 teaspoons minced fresh thyme (or 1 teaspoon dried thyme)
- 1 teaspoon minced celery leaves
- 1 teaspoon Worcestershire sauce freshly ground black pepper
- salt to taste
- 2 pounds flying fish fillets (or substitute other white fish)
- vegetable oil for frying

Preparation:

1. Combine all the ingredients except the fish and oil to make a batter, and mix well. Add the fish and let sit for 30 minutes. Remove the fish and fry in oil until deep brown. Serve with tartar sauce and a choice of hot sauces.

Sweet Ginger Seabass

Ingredients:

- 2 seabass
- Lemon
- Chive
- Soya Sauce
- Honey Ginger
- Salt and pepper

Preparation:

1. Take the Seabass clean, then soak in water for about 5mins with lemon. Take fish and dry off the water Take a knife and make three insertion across body of fish Take lemon juice and put it over the fish, letting it into the flesh Put salt and pepper to your taste Chop chive and place it with about 5 table spoons of Soya sauce with about 2 table spoons of honey (Mix all in a bowl) Pour mixture over fish, then then slice ginger very thin putting some of the ginger on the bottom of the foil.

2. Place the fish on the bed of ginger, then put some more ginger on the top of the fish. Wrap fish with all ingredients in foil. Then for the best part: Here comes the Coal pot Cook for only 11min on coals, then remove fish from coal pot Take some water and put out the coals and when the coal starts to smoke replace the fish this time with the foil open so the fish can take up all the lovely smokey taste.

Spicy Chickpea, Courgette and Carrot Burgers

Ingredients:

- 1 big clove of Garlic crushed
- 1 large Onion finely chopped
- 3 large Carrots grated
- 1 large Courgette grated
- 2 slices of nutty brown Bread whizzed into crumbs in process
- 1 400 grams tin Chickpeas rinsed and lightly processed still a bit chunky
- 2 heaped dessertspoons crunchy Peanut Butter
- 1 dessertspoon Patak's or similar Korma Paste
- Salt and pepper

Preparation:

1. Soften Garlic and Onion in a little Butter Olive Oil mix, then add Carrots cook for just long enough to soften a little, then add Courgettes mix and stir well cooking again briefly, then in a bigish bowl mix Breadcrumbs and Chickpeas add veg mix and stir in Korma Paste and Peanut Butter and season.
2. Take a good spoonful, roll in Whole-wheat or Spelt Flour pat flat and fry in either Sunflower or Coconut oil for approx 10 mins each side. Delicious served in a toasted Pitta Bread with salad Mayo or Ketchup...Grandkids always add a slice of processed cheese too!

Mango Charcoal-Grilled Shark Steaks

Ingredients:

- 4 shark steaks
- 1 cup freshly squeezed lime juice
- 1/2 teaspoon crushed black pepper
- 1/2 cup olive oil
- 1 teaspoon salt

Preparation:

1. Combine the shark steaks, lime juice, black pepper, and sherry and marinate overnight in the refrigerator. Remove the steaks and pat them dry. Combine the olive oil and salt and spread the mixture over the steaks. Place the steaks in a wire rack (for easy turning) and grill over hot hardwood coals, taking care that the dripping olive oil does not cause flames to burn the steak although if this happens it would only give the fish a Smokey delicious taste so need not worry. Grill for about 8 minutes per side, depending on the thickness of the steaks.

Buns

Ingredients:

- 250 milliliters or 9 ounces milk
- 1 teaspoon saffron threads

- 50 gramsrams or 1¾ ounces unsalted butter
- 500 gramsrams or 1 pound 2ounces strong white bread flour, plus extra for dusting
- 1 teaspoon salt
- 7 grams sachet instant yeast
- 50 gramsrams or 1¾ ounces caster sugar
- 100 gramsrams or 3½ ounces quark cheese
- vegetable oil, for greasing (optional)
- 1 free-range egg yolk, for glazing
- 24 raisins

Preparation:

1. Heat the milk in a small saucepan over a low heat until gently steaming. Remove the pan from the heat, add the saffron threads and butter and set aside for 10 minutes, or until the saffron has infused the milk and the milk has cooled slightly. Tip the flour into a large mixing bowl, then add the salt to one side of the bowl and the yeast to the other. Add the sugar.
2. Strain the saffron-infused milk over the bowl of flour, then add the quark. Stir the mixture using your fingers until it comes together as a soft dough and the sides of the bowl are clean. Turn out the dough onto a lightly floured work surface and knead for 5-6 minutes, or until the dough is no longer sticky and has a smooth, silky exterior. Transfer the dough to a lightly oiled bowl, cover the bowl with cling film and set aside in a warm place for 1½-2 hours, or until the dough has doubled in size.
3. Brush two baking sheets with vegetable oil or dust with flour. When the dough has proved, knock it back, then divide into 12 equally-sized pieces. Roll the pieces of dough into 30 cm or 12 inches long sausage shapes. Bend four of the pieces of dough into S-shapes, coiling each end of the S-shape tightly like a scroll. Place onto one of the prepared baking trays.
4. Shape another four pieces of dough into S-shapes, but this time just tuck the ends of the S-shapes back on themselves rather than coiling them tightly. Place two of the S-shapes on one of the prepared baking trays, and place the other two on top of them to create cross shapes. The remaining pieces of dough can be shaped into traditional animal shapes including oxen, cats and birds - alternatively, bend them into S-shapes as before.
5. Cover the dough shapes loosely with cling film and set aside to prove again for 30-45 minutes, or until they have doubled in size. Preheat the oven to 200 Celsius. Brush the dough shapes all over with a little of the beaten egg yolk, then garnish each shape with two raisins (for the S-shaped buns, place the raisins in the centre of each coil of dough). Bake the buns in the oven for 12-15 minutes, or until lightly golden-brown and cooked through. Set aside to cool on a wire rack.

Fry Bakes

Ingredients:

- 4 cups flour (may sub small portion-1 cup-whole wheat flour)
- 1/4 cup sugar
- 2 teaspoons salt
- 2 teaspoons yeast
- 2 teaspoons baking powder
- 1 1/2 cups water (or as needed to bring the dough together)

Preparation:

1. Add all ingredients to the bowl of a stand mixer fitted with dough attachment, OR you can do this by hand. Mix until a soft dough forms. If you can stand to wait thirty minutes to an hour, let the dough rest and rise. If you can't wait, these bake up great even if you cook them right away. But they do become rather lovely little plump pillows once they do puff up.

2. Right before cooking, pat them down into relatively thin discs (about 1/4 inch thick). Fry in a 1/4 inch of oil on both sides until puffy, browned, and cooked through. Try your heat set to medium and this should be about perfect. You might need to play around with your temperature to get it to cook through on the inside before the outside gets too dark.

Barbecued Chicken

Ingredients:

Saint Lucia Barbecue Sauce:

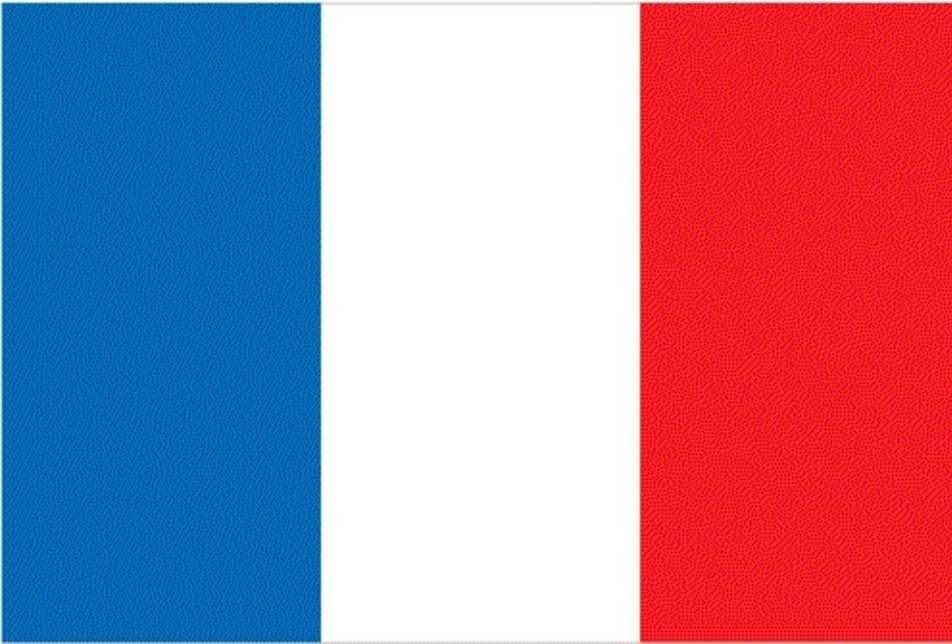
- 1 (28 ounce) can plum tomatoes, drained and pureed 796 milliliters
- 1 cup finely chopped pineapple
- 1/4 cup brown sugar
- 1/4 cup Dijon mustard
- 2 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons minced fresh gingerroot
- 6 garlic cloves, minced
- 1 onion, finely chopped
- 2 hot fresh chili peppers, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 4 pounds skinless chicken pieces, bone in

Preparation:

1. In saucepan, combine all ingredients except chicken. Bring to boil and cook for 15 minutes, uncovered. Sauce should be thick. Cool. Pat chicken pieces dry and coat with sauce. Place meaty side up in baking dish and bake in preheated 350 degrees Fahrenheit oven for 30 minutes.

2. If you want to barbecue chicken, remove chicken from baking dish, transfer sauce to saucepan and boil until thick. Barbecue chicken for 5 to 10 minutes per side, brushing with reduced sauce. If you aren't barbecuing, simply bake chicken for 10 to 20 minutes longer in sauce, or until thoroughly cooked.

Saint Martin



Butter Cookies

Ingredients:

- 1/2 pound unsalted butter, room temperature
- 1/2 cup granulated sugar
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups all-purpose flour
- 1/4 teaspoon salt

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. In a large bowl, cream butter and sugar along with the vanilla extract, until mixture is fluffy and light. In a bowl, whisk together flour and salt, then, 1/2 cup at a time, add it to the butter mixture, beating well after each addition.
2. Scoop dough onto the center of a large ungreased, 9 inch square baking pan, and using a spatula spread it out evenly. Bake the huge cookie on the center rack of the oven until firm to the touch and golden brown, about 35 minutes. Remove the pan from the oven and cut the 9 inch square cookie into 1 1/2 inch squares, making 36 smaller cookies. Place them on a wire rack to cool before eating.

Spare Ribs

Ingredients:

- 1 kilogram of pork ribs, chopped
- Wash the pieces with the lime and cider vinegar
- Marinate 2 hours
- 1 onion

- 6 garlic cloves

Preparation:

1. Prepare the sauce in a container: Prepare a marinade with a good amount of BBQ sauce, onion and 6 cloves of garlic chopped, with lime juice. Place ribs directly on the grill with the marinade over it. Served with plain or Creole rice!

Crabmeat Stuffed Shells

Ingredients:

- 12 live blue crabs
- 3 tablespoons butter
- 1 medium onion, chopped
- 1 medium tomato, chopped

Preparation:

1. Bring water to boil in a large pot. Add crabs. Boil 15 minutes, until the shells turn bright red. Drain and cool. Break open the claws and pick out the meat. Discard pieces of shell. Carefully open the crab backs, removing and reserving any meat and fat, but discarding gill and white intestine. Scrub empty shells thoroughly.

2. Preheat broiler. Melt butter in a medium saucepan over medium-high heat. Add onion, tomato and chives. Cook until softened and remove from heat. Stir in flaked crabmeat, Worcestershire sauce, salt, and black pepper. Refill crab backs with the crab mixture and sprinkle with bread crumbs. Place stuffed crabs on a baking sheet and brown under broiler. Serve hot.

Callaloo Soup

Ingredients:

- 2 pounds fresh kale
- 1/2 pound callaloo, or fresh spinach
- 12 okra pods
- 1/4 pound salt pork, cut into thin strips
- 1/2 pound fresh lean pork, cubed
- 2 onions, thinly sliced
- Freshly ground black pepper to taste
- 1 hot pepper, seeds removed, sliced
- 1 tablespoon chopped fresh thyme
- 6 cups chicken stock

Preparation:

1. Pull all stems from kale and callaloo. Discard stems and roughly chop the leaves. Wash leaves thoroughly. Rough chop the kale. Place salt port in a large, heavy soup kettle and sauté over medium heat for 10 minutes, rendering fat. Discard all but 2 tablespoons of fat.

2. Add pork cubes and onions to pan. Sauté over medium heat until cubes are

brown and onions are translucent, about 5 minutes. Add kale, callaloo, okra, black pepper and hot pepper. Add thyme and stock. Cover and simmer 2 1/2 hours. Remove salt pork before serving.

Red Snapper

Ingredients:

- 1 kiwi
- 1 banana
- 1 cup of flour
- 1 teaspoons nutmeg
- 1 teaspoons pepper and
- 1/2 cup virgin olive oil
- 8 ounces filet Red snapper
- skinned, boned
- salt to taste

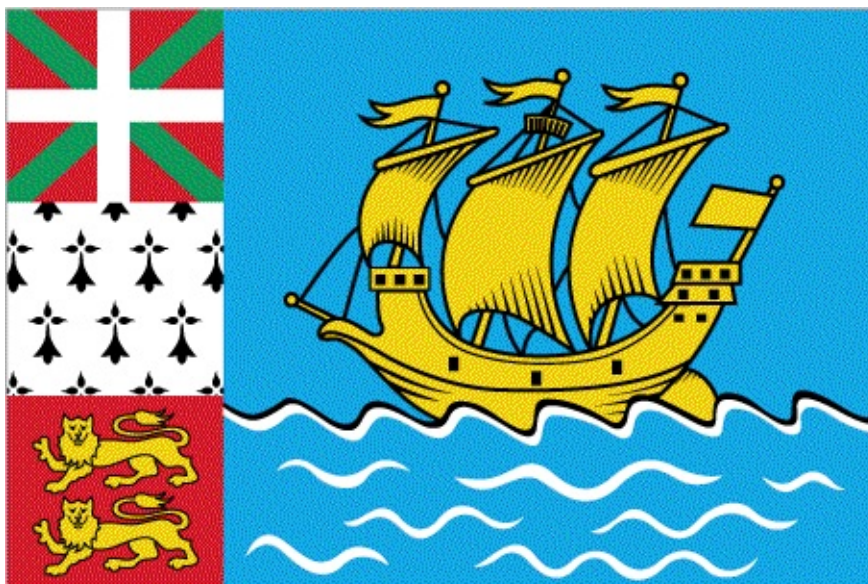
Sauce:

- 1/4 cup of honey
- 1/2 cup of amaretto
- 1 cup of orange juice
- 1 tablespoon of cilantro
- 1/2 cup of corn starch slurry

Preparation:

1. Mix the flour nutmeg and salt with pepper. Pat the snapper filet dry and coat evenly with flour mix. In a saute pan heat the olive oil and saute the snapper lightly on both sides, remove from the pan, discard oil and add orange juice, amaretto and honey.
2. Now bring to a slow boil, lighten with slurry and garnish with the fresh cilantro. Next arrange the sliced banana and kiwi on top of snapper and finish in the oven at 350 F. for about 6 minutes. Top with sauce.
3. Sauce: Use 1/2 cup amaretto, 1 cup orange juice, 1/4 cup of the honey, 1 tablespoon cilantro, and 1/2 cup corn starch slurry.

Saint Pierre and Miquelon



Cod Fillets with Cream

Ingredients:

- 4 fresh cod fillets (or cod)
- 1/2 cup white wine
- 1/2 lemon
- 2 tablespoon chopped chives, tarragon and parsley
- 3 tablespoon butter
- 2/3 cup heavy cream

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Rinse the fish and place it in a buttered casserole dish. Drizzle with the wine and lemon juice and add salt and pepper. Transfer to the oven and bake until a meat thermometer registers 100 degrees. Cover with aluminum foil and continue to bake until the thermometer reaches 145. Remove.

2. Meanwhile, mix the herbs with the softened butter a little bit of lemon juice and some salt and pepper. Drain the juices from the casserole and transfer to a small pan. Bring to a boil for 2 to 3 minutes or until reduced to about 3/4 its original volume. Remove from heat.

3. Add the butter and herb mixture and the cream, whisking constantly. Bring to a simmer for 1 or 2 minutes. Pour over fish fillets and serve.

Salad with Crab, Apples and Oranges

Ingredients:

Salad:

- 2 cups baby spinach leaves
- 2 tomatoes
- 1/4 red onion, chopped
- 1 orange, peeled and diced

- 1 apple, peeled and diced
- 1 1/2 cups cooked crab meat

Dressing:

- 1/2 cup orange juice
- 3 tablespoon olive oil
- 1 tablespoon cold water
- 1 inch piece ginger, grated
- Salt and pepper to taste

Preparation:

1. Line the bottom of a salad bowl with the spinach. Then add a layer of tomatoes, red onion, orange pieces and apple pieces. Top with the crab. Whisk the ingredients for the dressing together in a small bowl and pour over the salad.

Date Squares

Ingredients:

- 1 3/4 cup rolled oats
- 1 1/2 cups flour
- 1 cup brown sugar
- 1 cup soft butter
- 3/4 teaspoon baking soda
- 18 ounces pitted dates
- water
- 1/2 cup brown sugar

Preparation:

1. Preheat oven to 350 degrees. Combine the flour with the baking soda, brown sugar and rolled oats. Now add the butter and mix with your hands until you get a crumbly mixture.

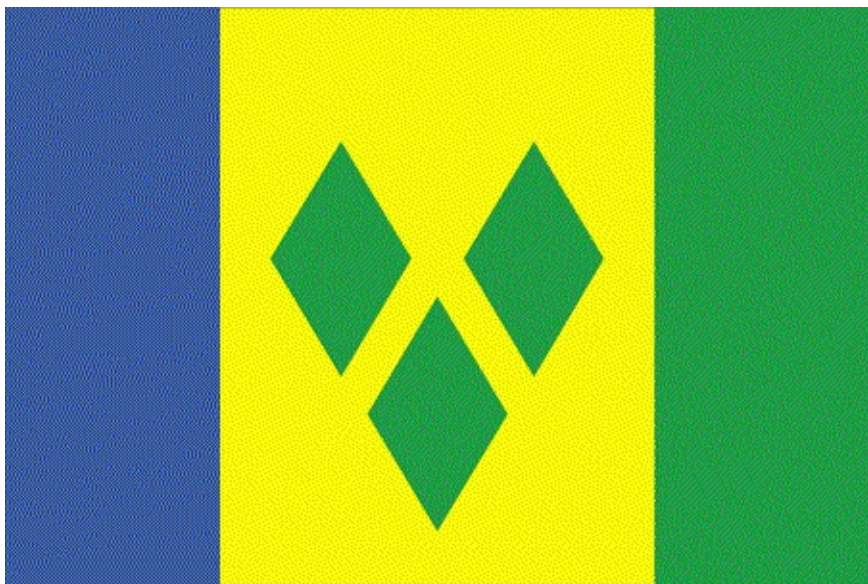
2. Chop up the dates into a small dice and add to a saucepan with enough water to cover. Add the brown sugar and bring to a boil, then reduce heat and simmer for 10 to 12 minutes or until the mixture is the consistency of jam. Remove from heat and mash. Let cool.

3. Butter an 8x8 inch baking pan and cover the bottom with half the dough. Now add the dates and top with the remaining dough.

4. Bake for 20 to 30 minutes, or until the top begins to turn a golden color.

Remove from the oven and let cool slightly, then cut into squares and serve.

Saint Vincent and the Grenadines



Stuffed Sweet Potatoes

Ingredients:

- 2 pounds Sweet Potatoes (2 large)
- Vegetable oil
- 4 rashers of bacon
- ½ cup of any cooked diced meat
- ½ cup Whole Kernel Corn
- 1 medium onion
- 1 tablespoon margarine
- Salt and pepper to taste

Preparation:

1. Scrub potatoes well. Dry and brush with oil, place on a baking sheet and cook at 400 F for 1 ½ hours until done. Fry bacon and onion until bacon is crisp and onion is transparent. Remove potatoes from oven, cut each in half and scoop out the flesh. Chop roughly, add butter, corn, seasoning and bacon mixture. Mix well.

Roast Breadfruit and Saltfish

Ingredients:

- 1 large Breadfruit
- 1/4 cup water
- 1 pound Salt fish
- 1 onion
- 1 tomato
- 1/4 cup oil
- 1 small cucumber
- 1 teaspoon butter

Preparation:

1. Breadfruit: Roast Breadfruit and then slice when cooled.
2. Saltfish: boil salt fish until it is not too salty. Clean and strip saltfish into small

bits. Dice or chop onion and tomato. Slice cucumber. Add to saltfish along with a little seasoning. Put oil in a frying pan to hot. Add Saltfish along with other ingredients including butter and water and let simmer. Serve hot.

Guinness Bottle Chicken Stew

Ingredients:

- 2 pounds chicken breast clean cut into bite sizes
- 1/4 cup vegetable oil
- 1/2 cup flour
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 10 ounce bottle Guinness or (1 cup)
- 1 cup chicken broth (or 2 chicken bouillon dissolve in 1 cup water)
- 1 onion diced
- 2 clove garlic finely chopped
- 1 bell pepper deseeded and sliced
- 1 tablespoon tomato paste
- 1 teaspoon parsley
- 1 teaspoon chili powder

Preparation:

1. Combine flour, salt and pepper in a large ziploc bag, then add chicken and shake to coat. Meanwhile in a large skillet or wok fry, heat oil, then add chicken fry for 3 minutes on each side. Place on paper towel after fried. Reduce oil to approximately 2 tablespoons; add onion and garlic saute for about 4 minutes.
2. Add Guinness then reduce by half, then return chicken to skillet along with broth paste and remaining ingredients. Let cook for 10-15 minutes.

Green Pigeon Peas Soup

Ingredients:

- 2 cups shelled green pigeon peas
- 1 ounce margarine
- 1/2 pound. soup meat
- 1 large onion
- 6 cups water
- 2 sprigs celery
- salt and pepper to taste
- 6 ounces pumpkin
- 1 pound. Tannias
- 1 green plantain
- dumplings
- 3 tablespoons Oil
- 1 large carrot (sliced)

Preparation:

1. Chop seasoning and pumpkin, cut up meat into small pieces. Heat oil, sauté seasoning and pumpkin, add meat and fry till slightly brown. Add peas and cook till peas burst and are soft, adding a little hot water occasionally. Add water enough for soup.
2. Meanwhile, peel and cup up carrots, peel plantain and tannias and cut into bite-sized pieces. Add to soup with salt and pepper to taste. Mix dumplings and shape into balls or small logs. When soup is almost done add dumplings and butter for the last 10 minutes. Check taste. Serve hot as a lunch or dinner main course.

Dumplings

Ingredients:

- ½ pound Flour
- ¾ teaspoon salt
- ¼ cup cornmeal (optional)
- 1 tablespoon sugar
- ½ teaspoon baking powder
- pinch of spice or nutmeg (optional)
- water

Preparation:

1. Combine flour, salt, sugar, baking powder and cornmeal. Add enough water to make a fairly stiff dough. Shape dough into either round, oblong or flat bite size portions. Drop in boiling soup.

Curried Goat

Ingredients:

- 2 pounds Mutton or lamb trimmed and cut into cubes
- ¼ cup chopped onion
- 2 tablespoon Turmeric
- 2 cloves chopped garlic
- ½ teaspoon Hot pepper sauce
- 2 teaspoon Grated ginger
- ½ cup red wine
- ¼ teaspoon cooking oil
- ¼ cup tomato ketchup
- 1 teaspoon curry powder
- ½ teaspoon Salt
- 1 teaspoon vinegar
- 3 tablespoon Chutney

Preparation:

1. Season meat with garlic, salt, vinegar and hot pepper. Allow to marinate for about 1 hour. Heat oil, add curry powder, then meat and brown. Add remaining

ingredients. Cover and simmer over low heat until meat is tender. Adjust seasoning. Serve on a bed of rice.

Callaloo Soup

Ingredients:

- 2 bundles callaloo (approximately 12 ounces.)
- 12 ounces Beef (seasoned)
- salted meat
- 12 cups water
- 1 pound tannia
- 1 teaspoon garlic (minced)
- ½ cup chopped onion
- 1 tablespoon salt
- ½ cup chive
- ½ teaspoon all-purpose seasoning
- ¼ teaspoon pepper
- 2 potatoes (white or sweet)
- 2 cups coconut milk (see below)
- 1 tablespoon butter (optional)
- dumplings
- other vegetables may be used.

Preparation:

1. If using salt meat, cut up and soak for ¾ to 1 hour. Boil with fresh meat for ½ hour. Cut up dasheen leaves and wash thoroughly, then add to beef. Bring to the boil. Add the other ingredients, adjust seasoning. Cook until everything is soft. Add dumplings 10 minutes before removing fire.
2. Coconut Milk Method- Soak dried grated coconut in hot water. Allow to stand until cool. Strain in fine sieve and squeeze out milk.

Cod Fish Cakes

Ingredients:

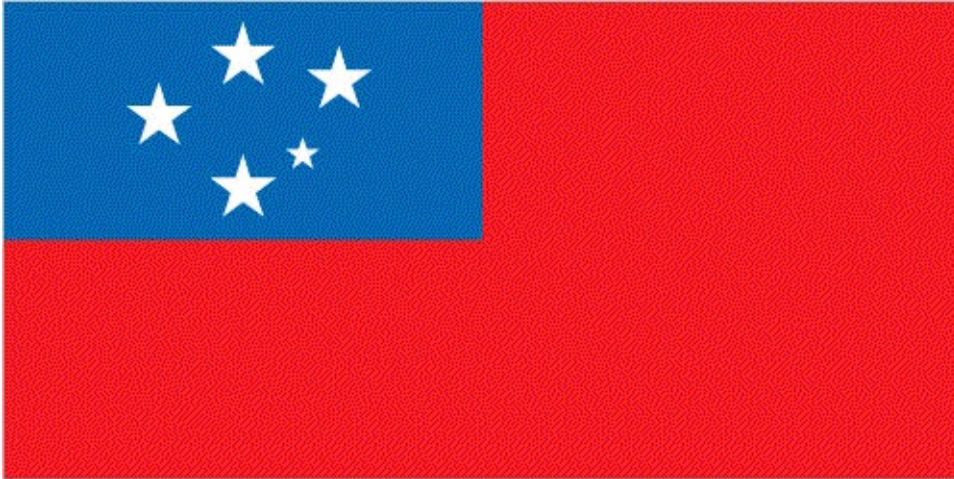
- 1 minced onion
- 1 egg or milk to mix
- 1/2 teaspoon of black pepper or hot pepper sauce
- 2 blades of chive marjoram,
- 1/2 cup of flour or more
- 1/2 pound of saltfish
- 1 tablespoon of chopped
- sweet pepper
- thyme

Preparation:

1. Place the fish into the water then soak Scald fish twice or soak overnight.

Remove skin and bones and mince or shred into small pieces. Now add chopped chive, marjoram, thyme, onion, sweet pepper, black pepper, flour, beaten egg or milk. Mix well to make a soft dropping consistency. Drop by spoonfuls into the hot shallow fat and brown on both sides. Drain and serve hot.

Samoa



Marinated Raw Fish in Coconut Cream

Ingredients:

- 500 grams white fish fillets
- 1 teaspoon salt
- 1/2 cup lemon juice
- 1/2 lemon, sliced
- 2 tomatoes, diced
- 1 medium onion, finely chopped
- 400 milliliters coconut cream

Preparation:

1. Cut fish into cubed pieces. Sprinkle with salt then lemon juice. Cover and chill for 2 hours or overnight or until fish whitens, stirring occasionally. Put in onion, coconut cream, tomatoes and cucumber, and garnish with 1/2 lemon slices. Serve chilled.

Coconut Pudding

Ingredients:

- Coconut caramel
- 1 cup sugar
- 3/4 cup coconut milk
- Butter
- 2 cups flour
- 1 cup sugar

- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1 pinch clove (optional)
- 1 teaspoon vanilla powder or 1 teaspoon vanilla essence
- 2 eggs
- 1 cup milk
- 1/2 cup oil

Preparation:

1. In a saucepan over medium heat place 1 cups sugar & allow to dissolve into syrup. Reduce heat and still stirring add coconut milk (Attention! Caramelized sugar and coconut will bubble and it's really hot!). Don't stop to stir until sugar is melted and the syrup is smooth. Set aside to cool.
2. In a bowl mix all dry ingredients together. In another bowl mix all wet ingredients including coconut caramel (if you like reserve 1/4 cup for the glaze) combining them well together. Add flour mixture to liquid mixture. Pour batter in a greased mold.
3. Cooking method in oven with foil; Cover the batter with a greased aluminum foil and bake in pre-heated oven at 350 degrees Fahrenheit for about 1 hour.
Cooking method in oven with boiling water; Bake in pre-heated oven where you placed a fire resistant bowl with hot water at 350 degrees Fahrenheit for about 45-55 minutes.
4. Cooking method in steamer; This takes 1-1 1/2 hours. Take puligi out only when ready (wooden stick test) and glaze it brushing the reserved coconut caramel (option) on it. Serve warm with vanilla ice cream, cold with hot custard or simply plain.

Style Bao

Ingredients:

- 2 Tablespoons dry yeast
- 1/4 cup (60 milliliters) warm water
- 1 Tablespoon sugar
- 1/2 cup (120 milliliters) warm milk
- 1/4 cup melted butter
- 1/4 cup (50 grams) sugar
- 1/2 teaspoon salt
- 2 large eggs, room temperature
- 3 1/2 cups (437 grams) all purpose flour

Preparation:

1. Mix the yeast, water and first measure of sugar in a large bowl. Let it stand for 5 minutes until it's frothy. In the meantime, combine the milk, butter, second lot of sugar, salt and eggs. Add this to the yeast mixture and mix until combined.

2. Add 3 cups of the flour and gradually mix it together until it forms a dough. Turn the dough out onto a lightly floured surface and knead it until it's smooth, about 10 minutes, working in the remaining $\frac{1}{2}$ cup of flour. Grease the bowl, place the dough back in there, cover and let rise until it's doubled in size.
3. While the dough is rising, cut out 16 pieces with 4 inches (10 cm) square pieces of waxed paper. Set up your steamer. Get your keke filling to room temperature. Anything else? Yeah, while you're at it, do the dishes. When your dough has doubled, punch it down then divide into 16 even pieces. Roll each piece into a ball, then roll or press into a 4 inch (10cm) circle, dusting with flour if necessary.
4. Spoon a generous amount of filling into the centre of each circle, being careful not to get liquid on the edges. (Wet edges are hard to seal.) Pleat the edges together over the filling and close the top by pinching and twisting the dough together. Place each bun on a piece of waxed paper, pleated side up if you're proud of your pleats, or pleated side down if you screwed it up prefer a smooth top surface. Put your buns at least 2 inches (5 cm) apart from each other to rise. Let them rise until doubled in size (about 45 minutes) and then steam them on full steam for 15 minutes.
5. Alternatively, bake at 375 degrees Fahrenheit for 15 minutes or until golden brown. As soon as they come out of the oven, brush the tops with melted butter to keep the surface soft. Whether baked or steamed, eat immediately, or within a few hours. And don't forget to peel away the waxed paper before eating.

Fish Soup

Ingredients:

- 1 pound (500 grams) whole fish or fish pieces with bones
- $\frac{1}{2}$ onion
- 1 can (400 milliliters) coconut milk
- 2 (400-800 milliliters) cans water
- salt to taste
- 2 spring onions (optional)

Preparation:

1. Add enough water so that your fish is mostly if not completely covered. Any medium-firm textured fish (snapper, sea bass, yellowtail etc) works well in this soup. If you're using a whole fish, clean, scale and gut it, then chop it into serving size pieces. Slice your onion thinly.
2. Put the fish pieces and onion in a small pot. Add the coconut milk and water. Season with salt. Bring to the boil and then turn down and simmer for up to 10 minutes, depending on the size of the fish pieces. Don't overcook your fish, or you might find all the flesh has fallen off the bones, and is floating at the bottom of your soup. While that's cooking, slice the spring onions. When the fish is cooked, turn off the heat, throw in the spring onions and cover. Serve hot, either in a bowl, or with the fish on a plate and the soup in a mug.

Mango Chicken

Ingredients:

- 1 large onion, thinly sliced
- 2 mangoes, peeled and sliced
- 1 whole chicken, cut into pieces
- 2 tablespoons melted coconut oil or 2 tablespoons butter
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika
- 1 pinch nutmeg
- 1 grated lemon, rind of
- 1 cup chicken stock
- 1 lemon, juice of
- 1 (15 ounce) can coconut milk

Preparation:

1. Preheat oven to 350 degrees. Strew onions in a large baking dish. Arrange mango slices in a layer on onions and place chicken pieces (breasts, legs and thighs) skin side up over mango. Mix coconut oil, salt, pepper, paprika, nutmeg, and lemon rind in a small bowl and brush on chicken pieces.
2. Bake for 1 1/2 hours or until chicken is nicely browned. Remove chicken and mango slices to a serving platter. Pour chicken stock into the dish and bring to a boil over high heat, scraping up coagulated juices. Reduce heat and simmer, stirring in lemon juice and coconut milk. Strain into a small saucepan and continue to simmer to thicken.

Cabbage and Corned Beef in Coconut Milk

Ingredients:

- 8 large cabbage leaves
- 1 (400 grams) can corned beef
- 1 onion, chopped
- 1 tomato, chopped
- 2 cups coconut cream

Preparation:

1. Place the cabbage leaves on foil paper to make a cup shape. (It would help to put all these in a round cake tin). Into the cup-shaped cabbage leaves, put the corned beef, onion, tomato, some shredded cabbage and coconut cream. Wrap the foil around and bake in a moderate oven for about 1 to 1 1/2 hours.

Chop Sui

Ingredients:

- 4 (8 ounce) packages bean thread noodles (cellophane noodle)

- 4 cups chicken broth
- 1 large onion, diced
- 1 -1 1/2 cup soy sauce
- 3 bunches bok choy, cut long
- 1 pound new zealand corned beef
- 1/4 cup oil

Preparation:

1. Cook bean thread in broth 3-4 minutes. Turn off heat and set aside until soft enough to cut with scissors. Saute onions in oil until tender. Add corned beef, cook thoroughly. Add bok choy, mix well; then add cut bean thread mixture. Add soy sauce to taste.

Chicken Curry

Ingredients:

- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 inch piece ginger, minced and pounded
- 1/4 cup oil
- 2 tablespoons curry powder
- 1 1/2 pounds chicken pieces
- 2 cups water
- 2 cups coconut milk
- 4 medium potatoes, chopped into large pieces
- 1 large carrot, chopped into large pieces
- 1 stick celery, chopped into large pieces
- 6 tablespoons flour
- 6 tablespoons water
- salt and pepper

Preparation:

1. Heat your oil in a large pot, then fry the onion until partly translucent. Add the garlic, ginger and curry powder and fry for about a minute for the spices and aromatics to release their flavor.
2. Add chicken, 2 cups of water and 2 cups of coconut milk. Bring to a boil then lower to a simmer and cover. Simmer for 20 minutes or until very soft. Add vegetables and bring to a boil again. Turn down heat and cover again. Simmer for 20 minutes or until soft.
3. Mix the 6 Tb flour with the 6 Tb water until it's smooth (and an extra tablespoon or so of curry if you like). Then add this slurry straight into the pot. Turn the heat up to medium and stir until thickened. Season well with salt and pepper to taste.





Steak

Ingredients:

- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 beef round steaks, about 1 inch thick
- 8 ounces tomato sauce
- 2 medium carrots, chopped
- 1/2 medium onion, chopped
- 1 celery rib, chopped
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon Worcestershire sauce
- 1 bay leaf

Preparation:

1. Combine flour, salt, and pepper in small bowl. Dredge each steak in flour mixture, then place in bottom of crockpot. Combine remaining ingredients in small bowl; pour over meat in crockpot. Cover and cook on low for 8 to 10 hours, or high for 4 to 5 hours. Serve steaks and sauce over hot cooked rice.

Chicken Cacciatore

Ingredients:

- 1 chicken, cut into serving pieces and skinned
- 4 tablespoon extra-virgin olive oil
- 2 onions, finely chopped
- 4 ripe tomatoes, blanched, peeled and chopped (or 1 tin of chopped tomatoes)
- 250 milliliters dry white wine
- 6 potatoes, peeled and diced
- 1 sprig of sage
- 1 sprig of rosemary
- 1 garlic clove

- sea salt and freshly-ground black pepper

Preparation:

1. Heat 3 tablespoons of the olive oil in a large frying pan or skillet. Add the chicken pieces along with the sage, rosemary and garlic. Season with coarse sea salt and fry over high heat until the chicken is well browned all over. At this point add the white wine and cook until all the liquid has evaporated.
2. Now add the onions and chopped tomatoes then mix thoroughly and add 150 milliliters warm water. Adjust the pepper to taste then cover the pan and continue cooking, covered, over low heat for about 30 minutes. In the meantime, peel the potatoes, cube and add to a pan of boiling water.
3. Blanch for 2 minutes then drain and add to the casserole. Continue cooking for about 20 minutes, or until the potatoes are tender. Just before the stew is ready, heat the remaining olive oil in a pan and add the rosemary and sage. Fry, stirring constantly, until the herbs infuse the oil then pour over the casserole and serve.

Rabbit Stuffed with Pork

Ingredients:

- 1 skinned rabbit (about 1 kilogram)
- 3 Italian sausages, chopped
- 3 garlic cloves, chopped
- 5 sprigs of dill, chopped
- 1 large slice of dried pancetta, chopped
- salt and freshly-ground black pepper, to taste
- 120 milliliters extra-virgin olive oil
- white wine, to taste

Preparation:

1. Gut the rabbit (but reserve the liver and kidneys) then wash thoroughly. Take about 1 tablespoon sea salt, mix with black pepper then use to rub inside the body cavity of the animal. Chop the liver and kidneys then mix with the sausage, garlic and pancetta.
2. Use this mixture to stuff the body cavity of the rabbit then sew the opening closed, incorporating the dill into the bindings. Season with salt and black pepper then place in the refrigerator to stand for at least 2 hours. After this time, remove the rabbit from the refrigerator then heat the olive oil in a pan, add the rabbit and fry until browned all over.
3. Blend in white wine to taste then pour into a baking dish and transfer to an oven pre-heated to 200°C. Cook for 30 minutes then lower the oven temperature to 150°C and cook for a further 30 minutes. If, during this period, the rabbit looks as if it's drying out sprinkle with a mix of wine and stock. Serve accompanied by roasted potatoes and fried greens.

Pasta Soup with Chickpeas

Ingredients:

- 450 grams cooked chickpeas (tinned is fine)
- 60 milliliters chickpea cooking liquid (or liquid from the tin)
- 1 tablespoon olive oil
- 1/4 teaspoon dried oregano, crumbled
- 1 small onion, chopped
- 1 garlic clove, minced
- 180 grams farfalle (bow tie) pasta
- salt and freshly-ground black pepper, to taste
- grated cheese (Parmesan, Pecorino Romano, etc)

Preparation:

1. Bring a large pan of water to a brisk boil then add the farfalle pasta. Stir to combine then return to a boil, stir well and cook for about 12 minutes, or until the pasta is tender. Heat the olive oil in a medium pan, add the onion and garlic and fry for 3 minutes then stir in the chickpeas, reserved chickpea liquid and oregano.
2. Season to taste then bring to a simmer, cover the pan and cook for 10 minutes. Drain the pasta and transfer to a large serving bowl. Pour over the chickpea mixture and toss to combine. Top with grated cheese and serve.

Ragu di Carne

Ingredients:

- 2 celery sticks, diced
- 2 carrots, scraped and diced
- 1 onion, diced
- 2 tablespoon oil
- 300 grams minced beef
- 100 grams Italian sausage, finely sliced (optional)
- 60 milliliters dry red wine
- 6 tomatoes, chopped tomato purée
- 300 milliliters beef stock
- salt and freshly-ground black pepper
- fresh rosemary, finely chopped, to taste

Preparation:

1. Heat the oil in a pan, add the celery, carrots and onion and fry for about 15 minutes, or until they release their liquid and become dry. Stir in the beef and sausage (if using) at this point and fry until browned. Add the red wine then bring to a boil and continue cooking until it has almost completely evaporated.
2. Now stir in the tomatoes and tomato purée along with the beef stock. Bring to a simmer and cook for about 60 minutes, adding more beef stock, as needed, to prevent the mixture from drying out completely. Season to taste with salt, black pepper and fresh rosemary then serve on a bed of tagliatelle pasta.

Sao Tome and Principe



Cabbage and Smoked Fish Stew

Ingredients:

- 1 green cabbage
- 2 medium onions
- 2 garlic cloves
- 50 milliliters red palm oil
- 1 bay leaf
- 3 tomatoes, blanched, peeled and de-seeded
- 400 grams smoked and dried fish, skin removed and flaked into serving-sized pieces
- 1 tablespoon plain flour generous
- pinch of wood potash (or baking powder)
- a little hot chili paste
- salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the cabbage into wedges, then add to a pan of boiling lightly-salted water. Cook for about 10 minutes or until tender. Heat the palm oil in a separate pot, then add the onion, garlic, bay leaf, tomatoes, potash (or baking powder), chili paste and smoked fish.
2. Bring the mixture to a boil (if it looks too thick add a little water). Finely shred the cabbage and add to the stew. Reduce to a simmer, cover and cook for about 30 minutes or until the fish is tender. Serve hot, accompanied by white rice.

Cubed Chicken with Coffee Sauce

Ingredients:

- 4 chicken breasts, cubed and with skin removed
- 150 milliliters filter coffee

- 500 milliliters white wine
- 150 milliliters cream
- 4 garlic cloves, finely sliced
- 50 grams butter
- 4 red chilies pounded to a paste
- 1 bay leaf
- 12 coffee beans salt to taste

Preparation:

1. Add the butter to a pan and fry the cubed chicken. Mix-in the chilies, garlic and bayleaf. When the chicken is golden brown in colour remove from the pan and set aside. Add the wine and coffee to the pan and continue cooking until the sauce has thickened appreciably then add the coffee beans and cream.
2. Mix well, return the chicken pieces to the pan and cook for 5 minutes. Serve on a bed of rice.

Fried Yams

Ingredients:

- 600 grams tender yam tubers
- 2 eggs
- salt, to taste
- oil for frying plain flour, as needed

Preparation:

1. Peel and wash the yam. Place in a pan of salted water, bring to a boil and cook for about 20 minutes, or until just tender. Drain the cooked yam and cut into thick chips (fries). Beat the egg in a bowl, season the flour and set on a plate.
2. Dip the yam pieces in the flour then dip in the egg and once more dip in the flour to coat. Heat the oil in a deep pan or deep fryer to 180°C. When hot add the yam pieces and fry in batches for about 6 minutes, or until golden brown all over. Season with salt and serve either as a snack or as an accompaniment.

Banana Dreams

Ingredients:

- 220 grams peeled bananas
- 25 grams sugar
- 120 grams plain flour
- 100 milliliters milk
- 1 egg
- cinnamon sugar, for dusting
- oil for deep frying

Preparation:

1. Thoroughly mash the bananas with a fork, then mix in the sugar and the flour. Beat together the milk and egg then work this into the banana mix to form a batter.

2. Heat oil in a deep pan or deep fat fryer to 180 degrees Celsius. Drop the batter into the hot oil by the tablespoon and fry for about 5 minutes, turning over half way through, until nicely browned and cooked through. Drain on kitchen paper and serve dusted with cinnamon sugar.

Boiled Pork

Ingredients:

- 1 kilogram pork, chopped into small pieces
- 2 medium onions, cut into thin rings
- 1 garlic clove, chopped
- 3 tablespoon palm oil
- 3 ripe tomatoes, blanched, peeled and chopped
- 1 bay leaf
- 1 bunch spinach leaves
- salt and cayenne pepper to taste

Preparation:

1. Add the pork to salted water and boiled until cooked. Meanwhile fry the onion, garlic, tomatoes and bayleaf in the palm oil until the onions have softened.
2. Season with salt and pepper then add the pork to the tomato mixture. If the sauce seems thick add a little more water and the spinach leaves. Cover and simmer for 20 minutes. Serve with mashed plantains.

Canjica

Ingredients:

- 1 kilogram green maize
- 1 liter water
- 500 gramsrams sugar
- 6 eggs
- 1 stick cinnamon

Preparation:

1. Crush the maize in a pestle and mortar, add to boiling water and cook for a few minutes. Drain the maize, but retain the water. Add the sugar to this water season with the cinnamon and boil until until the liquid forms pear-like drops when poured from a height.
2. Allow the syrup to cool then place on a very low heat and mix-in the beaten eggs. Cook until it thickens, stirring continuously.

Saudi Arabia



Fish Kabsa

Ingredients:

- 1 kilogram fish fillet, cut into smallish large pieces
- 1/2 cup water
- 2 tablespoons tomato paste
- 6 garlic cloves
- 1 large white onion, diced
- 2 cups rice
- 3 cups water
- 1 vegetable bouillon cube
- 1/2 tablespoon arabic mixed spice
- sea salt and freshly ground black pepper, to taste
- 4 tablespoons butter
- 1/4 cup pine nuts, toasted in a dry frying pan
- 1/4 cup fresh cilantro

Preparation:

1. In a large pan on medium heat add butter, onions and garlic; cook until tender. Add Arabic spice mix, mix well. Carefully add fish and allow to cook halfway on each side until lightly pink-white. About 1 minute or less on each side. Remove fish/onion mixture and set aside.
2. Add tomato paste and bullion cube to pan, cook a little then add rice and water. Carefully place fish mixture on top. Raise heat to high and allow to come to a full boil, cover and reduce to low. Allow to cook until rice and fish are thoroughly cooked. Depending on the thickness of the fish fillets and the rice type, adjust timing.
3. Once done, arrange fish kabsa on a serving platter and decorate top with cilantro and pine nuts. Serve with a fresh salad.

Rice and Chicken

Ingredients:

Kabsa Dish:

- 1/4 cup butter
- 3 pounds chicken, cut into 8-10 pieces
- 1 large onion, finely chopped
- 6 garlic cloves, minced
- 1/4 cup tomato puree
- 14 ounces canned chopped tomatoes, un-drained (or fresh)
- 3 medium carrots, grated
- 2 whole cloves
- 1 pinch grated nutmeg
- 1 pinch ground cumin
- 1 pinch ground coriander
- salt and freshly ground black pepper
- 4 cups hot water
- 1 chicken stock cube
- 2 1/4 cups basmati rice (don't rinse or soak this)
- 1/4 cup raisins
- 1/4 cup slivered almonds, toasted

Kabsa Spice Mix:

- 1/2 teaspoon saffron
- 1/4 teaspoon ground green cardamoms
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon white pepper
- 1/2 teaspoon ground dried limes

Preparation:

1. Melt butter in a large stock pot, casserole or oven. Add chicken pieces, onion and garlic and sauté until onion is tender. Stir in tomato puree and simmer over a low heat for a couple of minutes. Add tomatoes, carrots, cloves, all the spices and salt and pepper. Cook for a couple of minutes. Add the water and Maggi cube.
2. Bring to a boil, then reduce heat and cover. Simmer over low heat for 30 minutes. Add rice to the pot and stir carefully. (if you're wanting to brown the chicken in the oven - remove it from the pot now and place in the preheated oven). Re-Cover and simmer for 35 - 40 minutes - adding the raisins for the last 10 minutes - or until rice is tender.
3. Place the rice on a large serving dish, topped with the chicken and garnished with almonds. Serve with a fresh mixed salad - preferably with a little lime vinaigrette. Saudis like their Kabsa with a hot sauce called Shattah.

Chicken Kofta

Ingredients:

- 1/2 kilogram ground chicken

- 1/4 cup hemans olive oil mayonnaise (to be soy-free)
- 1/4 cup fresh parsley, chopped
- 1 1/2 tablespoons fresh lemon juice
- 1 egg
- 1/2 cup rice crackers, very crushed (to be wheat or gluten-free)
- sea salt
- fresh ground black pepper
- 3/4 teaspoon baharat (Baharat Aka Middle East Mixed Spices - the Real Mix)
- 2 tablespoons rice flour (to be gluten-free)
- 1 1/2 tablespoons olive oil

Preparation:

1. Combine all ingredients except flour and oil in a medium bowl. Flour hands and roll 1 tbls of mixture into a ball. Repeat until all mixture is used. Shallow fry in oil until browned

Stuffed Vegetables

Ingredients:

- 2 cups water
- 1 cup long-grain rice

Stufing:

- 1/2 pound lamb, finely ground
- 1/2 pound beef, finely ground
- Pinch of ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 3/4 teaspoon ground allspice
- Salt and freshly ground pepper to taste
- 3 tablespoons butter, melted

Vegetables For Stufing:

- 4 medium tomatoes, tops cut off and hollowed for stuffing
- 6 medium zucchini, cut into 3 inch lengths, hollowed out with a corer, placed on end for stuffing
- 4 medium belt peppers, tops cut off and cored and seeded for stuffing

Cooking Sauce:

- 1/2 cup water
- 1/4 cup canned tomato sauce
- Juice of 1 lemon

Preparation:

1. In a 2-quart covered saucepan bring 2 cups of water to boil. Add the rice, return to the boil, cover, and turn off the heat. Let stand for 5 minutes. Drain and cool before proceeding with the recipe. Mix cooked rice thoroughly with the stuffing ingredients. Fill the vegetables loosely with the rice mixture. It will expand during cooking, so do not pack; leave room at the top or the sides. Arrange the vegetables in a covered, deep skillet.

2. Simmer, covered, along with the water, tomato sauce, and lemon juice on low flame (30 minutes for bell peppers and zucchini; 20 minutes for tomatoes). Check water to see that it is not evaporating. If it gets low, add more hot water. Serve accompanied with Arabian Sauce, if desired.

Falafel

Ingredients:

- 1 cup dried garbanzo beans, soaked in water to cover overnight and drained
- 1 cup dried shelled fava beans, soaked overnight and drained
- ½ cup peeled and finely chopped yellow onions
- 3 cloves garlic, peeled and crushed
- 1 cup water
- ½ cup sesame seeds
- ½ cup garbanzo flour
- ¼ cup fine bulgur
- ¼ cup finely chopped parsley
- ¾ tablespoon salt
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons baking powder
- ½ teaspoon cayenne pepper
- ¼ teaspoon freshly ground black pepper
- Oil for deep-frying

Preparation:

1. Run the drained garbanzo beans and fava beans through the fine blade on your meat grinder or in your food processor. Blend in all the remaining ingredients and let the mixture stand for 1 hour. Form into little patties 1/3 inch thick and 1½ inches round. Or, you can form them into balls the size of walnuts. Deep-fry in 375 degrees Fahrenheit oil until toasty brown and crunchy on the outside, about 4 minutes.

Date Sweet

Ingredients:

- 1/3 cup all-purpose flour
- 1 1/2 cups soft dates, pitted and chopped
- 4 tablespoons unsalted butter
- 1/2 teaspoon cardamom, ground
- 1/2 cup walnuts, chopped
- 1 1/2 teaspoons brown sugar

Preparation:

1. On medium heat in a 9 inch skillet add butter. Add walnuts and mix until lightly toasted. Add cardamom, brown sugar, soft dates and flour. With a wooden spoon

mix until nuts and dates are covered. Remove from heat. Place your hand in a plastic bag and shape mixture into walnut size ball shapes. Enjoy with tea or coffee or devour like we do, alone right away!

Senegal



Beef Stew

Ingredients:

- 1/2 cup peanut butter
- 2 cups stock (your choice, preferably unsalted)
- 2 tablespoons canola oil
- 1 cup chopped onion
- 4 garlic cloves, minced
- 1 cup green bell pepper, peeled, seeded and chopped
- 1 cayenne pepper, seeded and chopped (or other or more)
- 1 cup carrot, peeled and chopped
- 2 pounds beef stew meat, trimmed and cut into 1 and 1/2 inch cubes
- salt and pepper
- 2 cups tomatoes, peeled and diced (or one 14 and 1/2 ounce. can diced tomatoes with liquid)
- 1 sprig thyme
- 1 bay leaf

Preparation:

1. Whisk together peanut butter and stock and reserve. Season the meat with salt and pepper. Heat the oil in a large saucepan over medium heat. Brown the meat well on all sides; do not crowd the meat; saute in batches if necessary. Remove meat and keep warm. Add the onion, garlic, peppers, and carrots to the pan and saute until the onions are translucent.
2. Add the peanut butter and broth mixture, scraping all the brown bits up from the bottom and sides of the pan. Return the reserved meat (and any juices) to the pan

with the tomatoes and their liquid, the thyme and bay leaf. Stir well and bring to a boil. Reduce heat to low and simmer, stirring often, for about 1 hour or until the meat is tender. Taste for seasoning. Remove the thyme sprig and the bay leaf and discard. Serve hot over rice.

Lemon Chicken

Ingredients:

- 6 cups sliced onion (about 3 pounds)
- 1/3 cup fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 jalapeño pepper, seeded and minced
- 4 chicken breast halves (about 2 pounds), skinned
- 4 chicken leg quarters (about 2 pounds), skinned
- Cooking spray
- 1 1/2 tablespoons peanut oil
- 2 cups thinly sliced carrot
- 1 1/2 cups less-sodium, fat-free chicken broth
- 1/2 cup pimiento-stuffed olives
- 1/2 cup water
- 1 tablespoon Dijon mustard
- 1 Scotch bonnet pepper, pierced with a fork
- 4 cups hot cooked long-grain rice

Preparation:

1. Combine first 5 ingredients; divide evenly between 2 (1-gallon) heavy-duty zip-top plastic bags. Divide chicken evenly between bags; seal bags. Toss each bag well to coat. Refrigerate 3 hours, turning bags occasionally.
2. Preheat broiler. Remove chicken from bags, reserving marinade. Place chicken on broiler rack coated with cooking spray; broil 6 minutes on each side or until lightly browned.
3. Strain marinade through a colander over a bowl, reserving marinade and onion. Heat oil in a Dutch oven over medium-high heat. Add onion to pan; sauté 5 minutes. Add reserved marinade; bring to a boil. Cook 1 minute; add chicken, carrot, broth, olives, water, mustard, and Scotch bonnet pepper. Bring to a boil; cover, reduce heat, and simmer 1 hour or until chicken is done. Discard Scotch bonnet. Serve over rice.

Grilled Fish

Ingredients:

- 1 Nile perch (capitain), about
- 2 kilograms
- 2 onions, finely chopped
- 2 hot chilies, coarsely chopped

- juice of 2 limes
- 2 Maggi cubes, crushed
- 2 tablespoons Dijon mustard
- 2 tablespoons groundnut oil

Preparation:

1. Scale, gut and wash the fish then wipe dry. In the meantime, combine the onions and chilies in a mortar. Pound to a paste then work in the Maggi cubes and the lime juice. Scrape the mixture into a bowl and mix in the mustard and oil. Take the fish and score diagonal incisions into its flesh. Rub the onion and chili mixture all over the fish (inside and out), taking care to rub into the cuts.

2. Place on a dish, cover with clingfilm (plastic wrap) and set aside in the refrigerator to marinate for 2 hours. In the meantime, pre-heat your barbecue. When the coals are hot and covered with a fine white ash, add the fish and cook for about 15 minutes per side, or until done through (the flesh should flake easily with a fork). Serve hot.

Chicken and Vegetable Curry

Ingredients:

- 900 grams chicken, cubed
- 2 tablespoon olive oil
- 2 medium onions, chopped
- 1 medium bell pepper, chopped
- 2 medium chilies, chopped
- 1 medium carrot, chopped
- 1 medium aubergine (eggplant), chopped
- 1 small cauliflower, chopped
- 1 medium potato, chopped
- 1 tablespoon curry powder
- 1 teaspoon thyme
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 8 large tomatoes, chopped
- 1 tablespoon cider vinegar
- salt and black pepper to taste

Preparation:

1. In a large pot, brown the chicken in the oil. Once nicely coloured on all sides remove from the pan and season with salt and black pepper. Add the onions to the pot along with the bell pepper and the chilies and fry for 5 minutes. Add the tomatoes and fry for a further five minutes.

2. Now add all the remaining vegetables, the curry powder, thyme, cayenne pepper and salt. Simmer for 10 minutes then return the chicken to the pan. Bring back to a simmer and cook for 30 minutes (add a little water if it gets too dry). Finally, add the vinegar, stir-in well and serve over rice or couscous.

Banana Fritters

Ingredients:

- 4 bananas
- 250 grams plain flour
- 1 lemon wedge
- 1 tablespoon active, dried, yeast
- 1 tablespoon granulated sugar
- pinch of salt
- 250 milliliters oil for frying

Preparation:

1. Peel the bananas, cut into thin slices then mash to a smooth purée. Stir in the sugar and the juice for 1 lemon wedge. In a separate bowl, mix together the flour and yeast. Stir in the mashed banana mixture and the pinch of salt. Mix well to form a dough then cover and set aside to raise in a warm place for 30 minutes. Heat the oil in a pan. When the oil is hot, take tablespoons of the dough and drop into the hot oil. Fry for about 4 minutes per side, or until golden brown and heated through. Drain on kitchen paper and serve warm.

Boulettes De Poisson

Ingredients:

Fish Balls:

- Onion, chopped - 1
- Chile peppers, chopped (optional) - 1 to 3
- Parsley, chopped - 1/2 bunch
- White fish fillets, chopped - 2 pounds
- Bread crumbs - 1/2 cup
- Water or milk - 1/4 cup
- Salt and pepper - to season
- Oil for deep frying

Tomato Sauce:

- Oil - 3 tablespoons
- Onion, finely chopped - 1
- Chile peppers, minced (optional) - 1 to 3
- Garlic, minced - 2 to 3 cloves
- Tomatoes, chopped - 2 cups
- Tomato paste - 2 tablespoons
- Water - 2 cups
- Salt and pepper - to taste

Preparation:

1. Add the onion, chiles and parsley to to a food processor or large mortar and process until smooth. Add the fish and continue to process until smooth and pasty. Remove to a bowl. Stir the bread crumbs and water or milk together in a

small bowl, then stir into the fish mixture. Season with salt and pepper.

2. Using oiled hands, form the fish mixture into golf ball-sized balls and set them on a tray. Heat the oil in a deep fryer or around 1 inch deep in a large pot to around 365 degrees Fahrenheit. Add a few of the fish balls and deep fry, turning often, until golden brown on the outside. Remove to a paper towel-lined plate and repeat with the remaining fish balls. Set the fish balls aside.

3. For the sauce, heat the 3 tablespoons of oil in a saucepan over medium flame. Add the onion, chilies and garlic and saute until the onion is cooked through and translucent. Stir in the tomatoes and tomato paste and simmer for 3 or 4 minutes. Stir in the water and season with salt and pepper. Simmer for another 4 or 5 minutes. Stir the fish balls into the tomato sauce and simmer another minute or two. Adjust seasoning and serve over rice pilaf or ceebu jen.

Chicken Soup

Ingredients:

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- ground black pepper, to taste
- 2 teaspoons curry powder
- 1 (14 ounce) can diced tomatoes (undrained)
- 1 3/4 cups chicken broth
- 1/4 cup peanut butter (smooth or chunky, depending on your preference)
- 1 cup hot water
- 1 chicken breast, cooked and shredded
- 2 teaspoons dried cilantro

Preparation:

1. Cook the onion and black pepper over medium heat in the vegetable oil in a 3-quart pot until the onion is a little yellow, then add the garlic, stirring frequently, until both are golden and softened (total of about five minutes or so). Add curry powder and cook for another two minutes, stirring frequently (very important, as the curry powder will clump up and burn if you don't).

2. Add the can of petite diced tomatoes (no draining!), as well as the broth, and simmer uncovered for about five minutes. Mix the hot water and peanut butter together until smooth, then add to the pot. Toss the shredded chicken and cilantro in, too. Simmer, uncovered and stirring occasionally, for another five minute or so.

Serbia



Cevapcici

Ingredients:

- 1 1/2 pounds ground pork
- 1 pound lean ground beef
- 1/2 pound ground lamb
- 1 egg white
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons ground black pepper
- 1 teaspoon cayenne peppe
- 1/2 teaspoon paprika

Preparation:

1. Preheat a grill for medium-low heat. In a large bowl, combine the ground pork, ground beef, ground lamb and egg white. Add the garlic, salt, baking soda, black pepper, cayenne pepper and paprika. Mix well using your hands, and form into finger length sausages about 3/4 inch thick. Lightly oil the grilling surface. Grill sausages until cooked through, turning as needed, about 30 minutes.

Sweet Cheese Palachinke

Ingredients:

Palachinke Batter:

- 1 cup all-purpose flour
- 1 large beaten egg
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 cup whole milk

Sweet Cheese Filling:

- 1 pound cottage cheese
- 3 ounces cream cheese, softened
- 2 tablespoons tapioca

- 1/4 cup sugar
- 2 large slightly beaten eggs

Topping:

- 8 ounces sour cream
- 1 large beaten egg yolk
- 2 tablespoons sugar

Preparation:

1. In a medium bowl, combine all the sweet cheese filling ingredients. Let it rest, covered and refrigerated, for 1 1/2 hours while you make the palachinke. In a blender or food processor, combine the batter ingredients until smooth. Transfer to a pitcher, cover with plastic wrap and let rest for 30 minutes so the liquid can be absorbed by the flour.

2. Using a 2-ounce ladle, portion out batter into a nonstick skillet that has been coated with equal parts butter and oil. Rotate pan and swirl batter until it covers the entire bottom of pan. Cook until lightly brown or spotted brown on the underside. Turn and cook second side until light brown. See these step-by-step crepe-making instructions. Remove to waxed paper or parchment paper and repeat with remaining batter, separating palachinke with waxed paper or parchment. At this point, palachinke can be used immediately or wrapped and frozen up to 1 month.

3. Place 2 heaping tablespoons filling on one edge of each palachinke and roll away from yourself. Heat oven to 350 degrees. Place filled palachinke on a buttered or parchment-lined baking sheet. Combine all topping ingredients, mixing well, and spread on top of filled palachinke. Bake 20 minutes.

Doughnut

Ingredients:

- 1 cup scalded milk
- 4 ounces (1 stick) butter
- 1/4 cup sugar
- 2 teaspoons salt
- 1 package active dry yeast
- 1 cup 110-degree water
- 3 large slightly beaten eggs
- 6 cups all-purpose flour
- Oil for frying
- Granulated or confectioners sugar

Preparation:

1. Scald milk and add butter, sugar and salt, stirring to dissolve the butter. Cool to 110 degrees. Meanwhile, dissolve the yeast in 1 cup 110 degree water.

2. In a large bowl or stand mixer fitted with the dough hook, place milk mixture, yeast mixture and eggs, mixing until smooth, add flour gradually, mixing until

smooth. The dough might be sticky. If so, use slightly dampened hands to transfer it to a greased bowl. Cover and let rise until doubled. For extra-light krofne, some cooks punch down the dough and let it rise a second time until doubled.

3. Punch down dough and roll 1/2 inch thick on a lightly floured work surface. Cut with a 3 inch round cutter or glass and let rise about 1/2 hour. Heat oil to 375 degrees in a heavy-bottomed pot or Dutch oven. Use a deep-frying thermometer to make sure temperature is accurate. Fry krofne in hot oil until lightly brown on both sides, turning only once. Drain on absorbent paper. While still hot roll in granulated sugar or dust with confectioners' sugar.

Chicken and Sauerkraut

Ingredients:

- 1½ pounds sauerkraut
- 3 pounds frying chicken, cut up
- Salt
- 7 tablespoons bacon fat or lard
- ½ cup finely chopped onions
- ¼ teaspoon finely chopped garlic
- 1 tablespoon finely chopped hot chili peppers
- Freshly ground black pepper
- ½ cup chicken stock

Preparation:

1. Wash the sauerkraut under cold running water, and then soak it in cold water 10 to 20 minutes to reduce its sourness. Squeeze it dry by the handful. Wash the chicken pieces quickly under cold running water, pat them dry with paper towels and salt generously. Over high heat, in a heavy 10 inch skillet, heat 4 tablespoons of the fat until a light haze forms over it.

2. Brown the chicken pieces a few at a time, starting with the skin sides down and turning them with tongs. As each browns, remove to a platter and add a fresh piece to the pan until all the chicken is done. Set aside. Heat the rest of the fat in the skillet until a light haze forms over it and add the onions and garlic. Cook them for 2 or 3 minutes, or until the onions are slightly translucent.

3. Add the sauerkraut, chili peppers and a few grindings of black pepper. Cook uncovered for 10 minutes over medium heat. Using the tongs, lay the chicken pieces on top of the sauerkraut and pour the stock over the chicken. Bring the liquid to a boil, then reduce the heat to low and cook, covered, for 30 minutes, or until the chicken is tender. Serve the sauerkraut on a platter with the chicken, either surrounding it or as a bed for it.

Duck Sauce with Dried Cherries

Ingredients:

- 4 pounds duck, cut into 4 serving pieces
- 1 cup olive oil

- 2 cups yellow onions, peeled and thinly sliced
- 6 cloves peeled and chopped garlic
- ¼ cup chopped Italian parsley
- ¼ cup chopped celery leaves
- 3 cups chopped ripe tomatoes
- ¼ cup dry marsala
- 1¾ cups dry red wine
- 2 whole cloves
- 2 bay leaves
- ¼ teaspoon freshly grated nutmeg
- 2 sprigs of fresh rosemary or ½ tablespoon dried rosemary
- 2 teaspoons Hungarian paprika
- 1 cup dried sour cherries, pitted if possible, and soaked in ½ cup warm brandy for 1 hour, reserving the brandy
- Salt and freshly ground black pepper to taste

Preparation:

1. Heat the olive oil in a large skillet over medium-high heat. Place the duck pieces in the skillet and brown well to melt off the fat. Remove the duck and drain off most of the fat and oil, reserving ¼ cup. Add the reserved oil to a 6-quart covered ovenproof casserole and saute the onion and garlic until tender. Add the parsley and celery leaves and saute for a few more minutes. Add the tomato and simmer for 15 to 20 minutes.

2. Add the marsala, red wine and seasonings and bring to a boil. Add the duck pieces, cover, and cook in a preheated oven at 375°F for 2 hours or until the duck meat falls from the bones. Remove the casserole from the oven and place it on the stove top to cool enough to remove all the bones from the duck quarters. Be careful for the little bones!

3. Return the meat to the pot and add the cherries, along with the brandy. Simmer, uncovered, until the sauce reduces and thickens, about 15 minutes. Salt and pepper to taste. Serve over Njoki, pasta, or rice.

Fish Dalmatian Style

Ingredients:

- Salt
- 3 pounds carp or scrod, cut into 8 six-ounce steaks about 1 inch thick
- Flour
- 4 tablespoons butter
- 2 tablespoons vegetable oil
- 1 pound onions, peeled and thinly sliced
- 1 pound tomatoes, peeled, seeded and chopped (about 1½ cups)
- ½ cup dry white wine
- 1 tablespoon vinegar
- 1 teaspoon chopped small bottled Tabasco peppers

- ¼ teaspoon white pepper

Preparation:

1. Salt the fish steaks on both sides; dip in flour and shake off the excess. In a heavy 12 inch skillet, melt 2 tablespoons of the butter and 1 tablespoon of the oil. When the foam subsides, add the fish and cook for 2 ½ minutes on each side, or until lightly browned. Remove to a platter.
2. Heat the rest of the oil and butter in the skillet, and when the foam subsides, add the onions. Cook them for 3 to 4 minutes, or until they are translucent. Add the tomatoes, wine, vinegar, tabasco peppers and white pepper. Bring to a boil and stir. Return the fish to the skillet and simmer, tightly covered, for 10 to 15 minutes. Arrange the fish steaks on a platter and pour the sauce over them and serve.

Soup

Ingredients:

- 2 pound pork
- A few peppercorns
- 1 parsnip
- Paprika
- 1 celery head
- 2 tablespoons rice
- 1 carrot
- 2 egg yolks
- 1 large onion
- 2 tablespoons vinegar
- Salt
- 1 cup sour cream

Preparation:

1. Cut up the pork, put in a saucepan and just cover with water; cook very slowly and remove the scum as it rises. Put in all the vegetables, previously prepared and cut small, together with salt, peppercorns and paprika to taste. Simmer slowly for about 2 hours; when all is thoroughly cooked stir in the rice and continue simmering for about 20 minutes.
2. Beat up the egg yolks and pour them into a warmed tureen, stir in the boiling soup and then add 2 tablespoons vinegar and a cup of sour cream. Mix thoroughly to blend well and serve at once. Chicken, turkey or lamb can also be used in place of pork, or a mixture of meats can be used.

Seychelles



Fish Curry

Ingredients:

Sassalé:

- 2 tablespoon coriander seeds
- 2 teaspoon cumin seeds
- 2 teaspoon black peppercorns
- 1 teaspoon cardamom pods
- 1 teaspoon cloves
- small piece of cinnamon
- 1 teaspoon ground chili
- 1 teaspoon grated nutmeg

Curry:

- 900 grams or 2 pounds red snapper or monkfish
- salt and freshly ground black pepper
- 2 tablespoon sunflower oil
- 2 onions, chopped
- 2 tablespoon massalé
- ½ teaspoon ground turmeric
- 2 cloves garlic, chopped
- small piece ginger, chopped
- 3 tablespoon tamarind water
- leaves from 2 sprigs thyme
- ½ teaspoon anise
- 450 milliliters or ¾ pint fish stock or water

Preparation:

1. Dry roast the whole spices until lightly coloured and set aside to cool. Grind finely and stir in the chili and nutmeg. It can be stored for up to 2-3 months in an airtight jar. Cut the fish into bite-sized pieces, season with salt and pepper, and set aside.
2. Heat the oil in a heavy pan and fry the onion until golden. Stir in the massalé and turmeric and lightly fry. Add the pieces of fish, and all the other ingredients. Bring to a simmer and cook for about 10 minutes until the fish is ready. Serve with

rice or noodles.

Chicken Curry with Coconut Milk

Ingredients:

- 1 medium-sized chicken cut into small pieces
- 3 garlic cloves, crushed
- 2 tablespoon Quatre Epices
- 1 tablespoon saffron
- 2 tablespoon curry powder salt and black pepper to taste
- 200 grams potatoes, peeled and quartered
- cinnamon leaves, roughly chopped
- 250 milliliters coconut milk
- 2 tablespoon oil
- 1 teaspoon crushed ginger

Preparation:

1. Boil the chicken in water spiced with quatre epices, salt and black pepper for 10 minutes. Remove the chicken from the water and place in a pan with 2 tablespoon oil. Add the crushed spices, cinnamon leaves and curry powder and fry over low heat for 5 minutes.
2. Add the coconut milk and potatoes and leave to simmer for 20 minutes. Cook for a further 20 minutes, until fairly dry. Adjust the seasonings and serve with rice.

Chicken

Ingredients:

- 2 kilograms chicken cut into serving pieces
- 350 grams mandarin orange segments
- 120 milliliters mandarin orange juice
- 120 milliliters chicken broth
- 2 tablespoon sliced almonds
- 1 tablespoon raisins
- 1 tablespoon tamarind paste
- 1 tablespoon Seychelles curry paste
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon thyme leaves
- 3 tablespoon mango chutney
- salt and black pepper to taste

Preparation:

1. Arrange the chicken pieces (except the breast) in a baking pan, mix the chicken stock and orange juice together and mix with the chutney (chop this if the mango pieces are large). Add the almonds, raisins, curry paste, tamarind paste, cinnamon and thyme and pour over the chicken.
2. Place in an oven pre-heated to 200 degrees Celsius and bake for 25 minutes.

Take out the pan, add the breasts and orange segments then bake for about a further 40 minutes. Baste often with the pan juices at this stage and add a little water if the mix becomes too dry. Season with salt and pepper and serve on a bed of rice.

Saffron Rice

Ingredients:

- 350 grams white basmati rice
- 2 pinches of saffron
- salt, to taste

Preparation:

1. Rinse the rice thoroughly in several changes of water. Place in a large heavy-based pan and cover with water (add enough water to just cover the rice). Add the saffron and season with salt then stir to combine. Bring to a boil, cover and cook for 10 minutes.
2. To check for done-ness, squeeze the rice grains between your fingers. If it is almost done, reduce the heat to a simmer, stir the rice to ensure it's not sticking to the bottom of the pan then cook, uncovered, until all the water has evaporated. Serve immediately.

Braised Tuna

Ingredients:

- 1 kilogram tuna loins
- 2 onions, chopped
- pinch of turmeric
- pinch of mixed spice (pumpkin pie spice)
- 1 teaspoon garlic crushed
- 1 teaspoon ginger in a mortar
- 500 milliliters coconut milk
- 8 teaspoon coconut oil
- salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the tuna loins into 3cm cubes. Season with salt and freshly-ground black pepper and set aside. Heat the oil in a large pan and use to fry the tuna pieces until lightly browned all over. Remove the fish pieces with a slotted spoon and set aside. Add the chopped onion to the pan along with the ginger and garlic. Sprinkle over the turmeric and mixed spice then stir well to combine.
2. Continue frying for about 5 minutes or until the onions are soft. Return the tuna to the pan and add the coconut milk. Adjust the seasonings to taste then bring to a simmer. Cover the pan and cook for about 20 minutes, or until the sauce has thickened. Serve hot, accompanied by boiled rice and papaya chutney.

Bananas in Coconut Milk

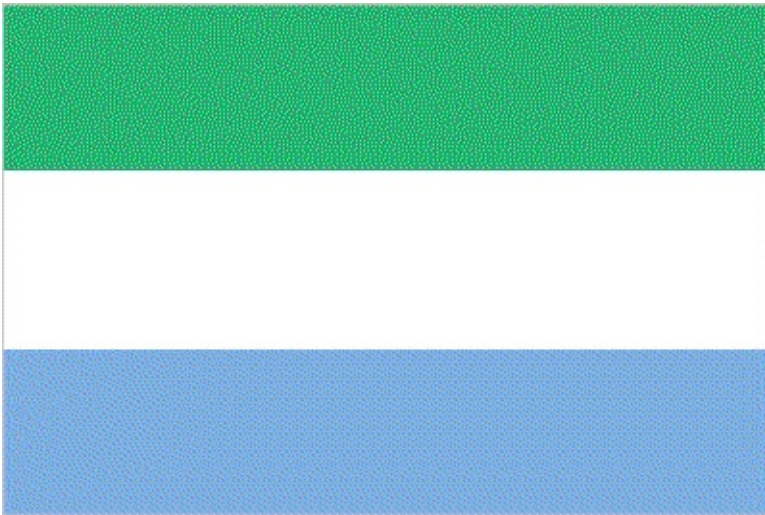
Ingredients:

- 3 large plantains or green bananas
- 1 teaspoon freshly-grated nutmeg
- 1 vanilla pod, split in half lengthways
- 1 teaspoon salt
- 3 tablespoon brown sugar
- 6 cinnamon leaves (or 4 cinnamon sticks)
- 600 milliliters coconut milk

Preparation:

1. Peel the bananas (or plantains) and split them in half lengthways. Now cut each half in half lengthways again. Arrange the pieces in a large, heavy-based saucepan then add all the spices. Pour over the coconut milk then bring to a brisk boil.
2. Cook for 10 minutes then reduce to a simmer and cook, without covering the pan, for about 30 minutes more or until the plantains or bananas are completely tender. Remove the vanilla pot and cinnamon leaves or sticks. Divide the mixture between four small bowls and serve.

Sierra Leone



Meat Stew

Ingredients:

- 750 grams meat (depending on number of persons)
- 1 large onion
- 6 garden eggs or aubergines (eggplant)
- 20 grams tomato puree
- 1.5 liters water
- 3 fresh tomatoes

- Salt and (chili) pepper to taste

Preparation:

1. Trim, wash, and cut the meat into small pieces, and put in a pot. Add water, some salt, and allow to boil for about 5-8 minutes, stirring occasionally. Add the garden and pepper. Cook on low heat until vegetables are tender.
2. Slice the onion and the tomatoes into small pieces and add to the soup. Allow to simmer. Remove and grind/blend the cooked vegetables, mix with water and strain. Return the vegetables to the soup, and add the tomato puree. Allow the soup to simmer on low heat until meat is tender. Serve with rice or root vegetables like cassava, yam, potatoes (sweet).

Chicken Stew

Ingredients:

- 2 pounds stewing chicken
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon poultry seasoning
- 1 teaspoon Dash seasoning
- 1 teaspoon garlic powder
- 2 cups oil
- 1 large pepper, chopped
- 2 large onions
- 4 ounces tomato paste
- 2 tablespoon lemon juice (juice of 1/2 lemon)
- 1 large tomato, chopped or diced

Preparation:

1. Skin and trim fat from chicken. Cut 8 to 10 pieces. Rub in lemon juice. Rinse and drain chicken. Add spices and rub into chicken. Refrigerate for 10 hours.
2. Heat oil and brown chicken. Saute onions and pepper for 1/2 hour; add tomato and tomato paste. Stir to distribute evenly.
3. Add salt to taste. Add chicken and 1/2 cup water. Simmer over low heat 10-15 minutes until chicken is tender.

Soup

Ingredients:

- 500 gramsrams meat
- 150 gramsrams ground egusi
- 1 maggi cube (beef bouillon cube)
- 200 gramsrams stockfish (optional)
- 100 milliliters palm oil
- 200 gramsrams smoked fish
- 200 gramsrams tomatoes

- 10 gramsrams (chili) pepper
- 25 grams onion
- Salt to taste
- 250 gramsrams vegetable leaves

Preparation:

1. Season and boil the meat and the stockfish (if used, has to soaked in hot water and allowed to stand for at least a day/overnight) for about 45 minutes, or until tender. Remove and put aside. Blend/grind the pepper, tomatoes and onion. Heat the palm oil, and add meat, stockfish and the ground/blended ingredients. Cook for about 25 minutes (less without stockfish).

2. Add the ground egusi, maggi cube and fish, and cook for another 10 minutes. Add the vegetable leaves (optional) to the soup. Cook for about 5-10 minutes on low heat. Stir and taste for salt. This sauce can be eaten either with fufu, rice or root vegetables like yam and cassava. For lunch, a very cold Bud. or Heineken to wash the throat is recommended. For dinner, chilled white wine is recommended.

Rice and Sesame Seed Soup

Ingredients:

- 80 gramsrams rice
- 60 gramsrams sesame seeds
- 30 gramsrams peanuts

Preparation:

1. Wash the rice, place in a bowl, cover with water and set aside to soak for 30 minutes. After this time, drain the rice and powder in a coffee grinder. Wash and skin the sesame seeds then grind to a powder. Lightly toast the peanuts then rub off their skins and powder by pounding in a mortar.

2. Combine the three powders then mix to a smooth paste with 250ml water. Place in a pan, and bring to a simmer. Work in 750ml more water and cook gently until thickened. Season to taste with salt, ladle into soup bowls and serve.

Yam and Fish in Red Palm Oil

Ingredients:

- 3 kilograms yam
- 2 kilograms smoked and dried fish
- 250 milliliters red palm oil
- 100 gramsrams dried shrimp
- 1 onion
- 1 green bell pepper
- salt and hot chili paste, to taste

Preparation:

1. Peel the yam and chop into small pieces. Wash these then place in a pan of lightly-salted boiling water and cook for 20 minutes (the water should come about

2cm above the yam pieces). Wash the smoked and dried fish, break into pieces and put these in the pan to cook with the yam.

2. After 20 minutes, chop the bell pepper and the onion and add these to the pot too. Cook for 10 minutes more. Now add the dried shrimp and the red palm oil. Continue cooking for about 10 minutes more, or until the sauce is thick. Adjust the seasonings (salt and chili paste) to taste and serve immediately.

Prawn Palava

Ingredients:

- 2 tablespoons oil
- 1 medium onion, finely chopped
- 210 grams plum tomatoes, finely chopped
- 2 tablespoons peanut butter
- 560 milliliters water sprig of thyme
- 1 scotch bonnet chili, finely chopped
- 450 grams spinach, washed and finely chopped
- 1 fillet smoked fish
- 450 grams prawns
- salt and black pepper to taste

Preparation:

1. Place the oil in a heavy-bottomed pan and when hot add the onions and tomatoes. Cook on high heat, stirring frequently, for 5 minutes. Reduce the heat to a simmer and add the peanut butter, ensuring it's completely combined into the sauce. Add half the water at this stage.

2. Stir well and allow to simmer for about 9 minutes, stirring frequently. Add the remaining water, along with the thyme, chili, salt and pepper. Add the spinach, stir into the sauce and allow to simmer for 20 minutes. Flake the smoked fish and add at this point, along with the prawns. Stir in and cook for a further 10 minutes. Serve with boiled yams and rice.

Banana Pancakes

Ingredients:

- 3 ripe bananas, mashed
- 220 grams rice flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon nutmeg
- 1/2 teaspoon
- salt
- 1 teaspoon groundnut oil
- 1 medium egg, beaten
- water

Preparation:

1. Mix the banana with all the dry ingredients in a bowl. Add the remaining ingredients and mix thoroughly. Finally add enough water to make a thick batter. Add a little butter to a hot frying pan and add a ladle of the batter.
2. Tip the pan to cover with the pancake mix and fry until the pancake sets on one side. Turn over and cook on the other side. Set aside in a warm oven and continue until all the batter has been cooked then serve.

Singapore



Singapore noodles

Ingredients:

- 3 table spoon teriyaki sauce
- ½ tea spoon Chinese five-spice powder
- 2 tea spoon medium Madras curry powder
- 300 gramsram or 11ounce pork tenderloin, trimmed of any fat
- 140 gramsram medium egg noodles
- 1 table spoon sunflower oil
- 2 x 300 gramsram packs fresh mixed stir-fry vegetables
- 100 gramsram cooked prawns, thawed if frounceen

Preparation:

1. Mix the teriyaki sauce, five-spice and curry powders. Add half to the pork, turning to coat, and leave to marinate for 15 minutes.
2. Heat oven to 200C/180C fan/ gas 6. Remove pork from the marinade and put on a small baking tray lined with foil. Roast for 15-20 minutes.
3. Meanwhile, cook the noodles following pack instructions, but reduce the cooking time by 1 min. Refresh in cold water and drain very well.
4. Transfer the pork to a chopping board and rest for 5 minutes. Set a large non-stick frying pan or wok over a medium-high heat. Add the oil and stir-fry the veg for 3-4 minutes. Cut the pork in half lengthways, then thinly slice. Tip into the pan,

with the prawns, noodles and remaining marinade. Toss together for 2-3 minutes until hot.

Singapore noodles with tofu

Ingredients:

- 100 gramsram fine rice noodles
- 140 gramsram firm tofu
- 2 table spoon sunflower oil
- 3 spring onions, shredded
- 1 small chunk fresh root ginger, finely chopped
- 1 red pepper, thinly sliced
- 100 gramsram mangetout
- 100 gramsram beansprouts
- 1 tea spoon tikka masala paste
- 2 tea spoon reduced-salt soy sauce
- 1 table spoon sweet chili sauce
- roughly chopped coriander and lime wedges, to serve

Preparation:

1. Put the noodles in a bowl and pour over boiling water to cover. Leave for 4 minutes, then drain and rinse under running cold water until cold. Drain well, then snip into short lengths with scissors.
2. Rinse the tofu in cold water, then cut into small chunks. Pat dry with kitchen paper. Heat 1 table spoon of the oil in a wok or large frying pan, add the tofu, then stir-fry for 2-3 minutes, stirring until lightly browned. Drain on kitchen paper.
3. Add the remaining oil to the wok and heat up. Add the spring onions, ginger, pepper and mangetout, then stir-fry for 1 min. Add the noodles and beansprouts, then stir to mix. Blend together the curry paste, soy, chili sauce and 1 table spoon water, then add to the wok, stirring until everything is well coated in the sauce. Serve sprinkled with coriander, with lime wedges for squeezing over.

Singapore Honey and sesame beef noodles

Ingredients:

- 100 gramsram whole wheat noodles
- 2 tea spoon sunflower oil
- 125 gram pack purple sprouting broccoli (or Tender stem), cut into short lengths
- 100 gramsram sugar snap peas, halved
- 4 spring onions, cut into short lengths
- 2 table spoon reduced-salt soy sauce
- 175 gram lean rump steak, thinly sliced
- 2 tea spoon sesame seeds
- 2 table spoon clear honey

Preparation:

1. Cook the noodles in boiling salted water until just tender, then drain and rinse in cold water. Heat half the oil in a non-stick wok. Add the broccoli, peas and 2 table spoon water, then cover and steam fry for 3 minutes. Remove the lid, add the spring onions and stir-fry for 2 minutes, adding a splash more water if needed to cook the veg. Add the noodles and half the soy sauce and toss with the veg. Divide between 2 bowls and keep warm.
2. Wipe out the wok and heat the remaining oil until smoking. Tip in the beef and stir-fry for 2 minutes over a high heat, but don't move it around too much initially or it will release liquid and stew rather than fry. Tip in the sesame seeds, cook for 1 min more, then add the honey. Toss to coat the beef well, then add the remaining soy and bubble briefly. Spoon over the vegetables and noodles and serve immediately.

Hainanese Chicken Rice

Ingredients:

- 1.5 kilogram whole chicken
- 8 cloves garlic
- 2.5 cm ginger, sliced
- 1 onion, halved skin on
- Salt and white pepper to taste
- Water for boiling
- Ice bath

For the rice:

- 3 cups long grain rice
- 1.5 cm ginger, sliced
- 5 cloves garlic, sliced
- 5 pandan leaves, knotted
- Chicken broth
- Salt to taste
- 2 teaspoons oil

For the dipping sauces:

- 3 fresh red chilies
- Salt to taste
- Juice of 1 lime
- 4 cloves garlic
- 1 slice ginger

Garnishing:

- 1 medium cucumber, peeled and sliced
- 1 tomato, sliced
- 1 tablespoon (15ml) light soya sauce

- 1 teaspoon (5ml) sesame oil
- Lettuce leaves

Preparation:

1. Clean chicken removing the fat and reserving them. Wash and season the chicken inside out with salt.
2. Put a pot of cold water to boil. Place chicken in the cold pot with the onion, garlic, ginger slices. Season with salt and white pepper. After it boils, simmer for 20-25 minutes until chicken is cooked. Remove chicken and plunge into the ice bath. Pull chicken out, dry and set aside. Strain the chicken broth and set aside. Cut the chicken in bite-size pieces.
3. Wash and drain the rice. Saute the sliced ginger and garlic in the reserved chicken fat until fragrant. Add the washed rice and put in a little oil and saute the rice until it is coated with oil.
4. Pour in enough chicken stock to cook the rice and add the pandan leaves. Cook the rice until it is done.
5. Deseed and pound the chilies in mortar and pestle, adding a little salt until it becomes a fine paste. Add a little lime juice and mix. Put chili sauce in dipping dish.
6. Pound the garlic cloves and ginger together until fine and put in another dipping dish.
7. Place the lettuce leaves on a serving plate and arrange cucumber slices and tomatoes around the dish. Put chicken pieces in the center and drizzle with mixture of light soya sauce and sesame oil on top of chicken. Serve with a bowl of chicken broth, chicken and rice and dipping sauces.

Singapore Chicken Soto Soup (Singapore Soto Ayam)

Ingredients:

To blend:

- 3 cloves of garlic
- 1 cm ginger
- 2 medium onions

Other ingredients:

- 1 teaspoon turmeric powder
- 300 gramsram chicken (chicken with bones such as chicken breast)
- 2 pieces cinnamon
- 2 star anise
- 8 cloves
- 2 cardamoms
- 1 lemongrass, cut off the top part cut into 2 pieces and the bottom part smash with a pestle
- 1 cm galangal, peel and smash with a pestle
- 2 eggs, hard boiled
- 100 gramsram bean sprouts (taugeh)

- 1 tablespoon white pepper, powder
- 1 tablespoon salt
- 1 liter water
- Spring onions, just a little, finely chopped for garnishing
- Fried shallots, for garnishing
- 4 tablespoon sunflower oil or cooking oil

Preparation:

1. First blend and purify the 3 ingredients together garlic, ginger and onion. Pour into a bowl and add 1 teaspoon of turmeric powder. Mix well.
2. Heat a non-stick pot with 4 tablespoon of sunflower oil. Add all the cinnamon, star anise, cloves and cardamoms. Fry for 3 minutes on medium heat.
3. Add all the blended ingredients into the pot and put on low fire so that it does not burn. Add galangal and lemongrass and stir. Put on medium heat and stir fry for 10 minutes. Make sure the oil does not dry up and the ingredients do not burn. If the oil dries up add a little bit of sunflower oil.
4. Add the chicken; stir them together with the content for 3 minutes. On medium heat add 1 litre of water. Stir well, add salt and white pepper to taste and cover the lid. Check and stir occasionally.
5. Simmer for 40 minutes. When the chicken is cooked, take the chicken out from the pot and shred the meat and keep it aside. Put the bones back into the pot.
6. When you are ready to serve, blanch the bean sprouts (taugeh) in a separate pot for less than 30 seconds. Put the bean sprouts in a bowl with the rice cakes (lontong) which are cut into medium size cubes. Add the chicken soto soup into the bowl. Top it with the shredded chicken. Halve the hardboiled egg and place it beside the shredded chicken. Garnish with a little spring onions and fried shallots .

Cute Little Steamed Tofu

Ingredients:

- 1 Pack Extra Silken Tofu (350 gramsram)
- 100 gramsram Minced pork/chicken
- 4 Wolfberries
- Parsley for garnish
- 5 Chinese mushrooms (diced)
- 2 Slices of onion (diced)
- ½ tea spoon Minced garlic
- ½ tea spoon Grated ginger
- ½ tea spoon Corn flour
- 1 tea spoon Premium Abalone sauce
- ½ tea spoon Soya sauce
- ½ tea spoon Sesame oil
- ½ tea spoon Chinese cooking wine
- Dash of pepper
- Sauce

- Stock from steamed tofu
- ½ tea spoon Premium Abalone sauce
- ½ tea spoon Sesame oil
- 1 tea spoon Cornstarch
- Dash of Chinese wine

Preparation:

1. Mix meat with ingredients A for at least an hour.
2. Cut tofu into squares. Using a teaspoon, gently make a small hole in each tofu. Don't worry about the uneven shape cause it won't be visible once you cover with meat.
3. Roll meat into a small dough & insert into hole. Place a wolfberry on each tofu.
4. Steam tofu for about 10minutes, ensuring meat is thoroughly cooked. Remove from steamer & drain stock into small pan to make stock.
5. Garnish with parsley & drizzle Abalone sauce over tofu. Serve hot.

Sayur Masak Lemak (Curry vegetables)

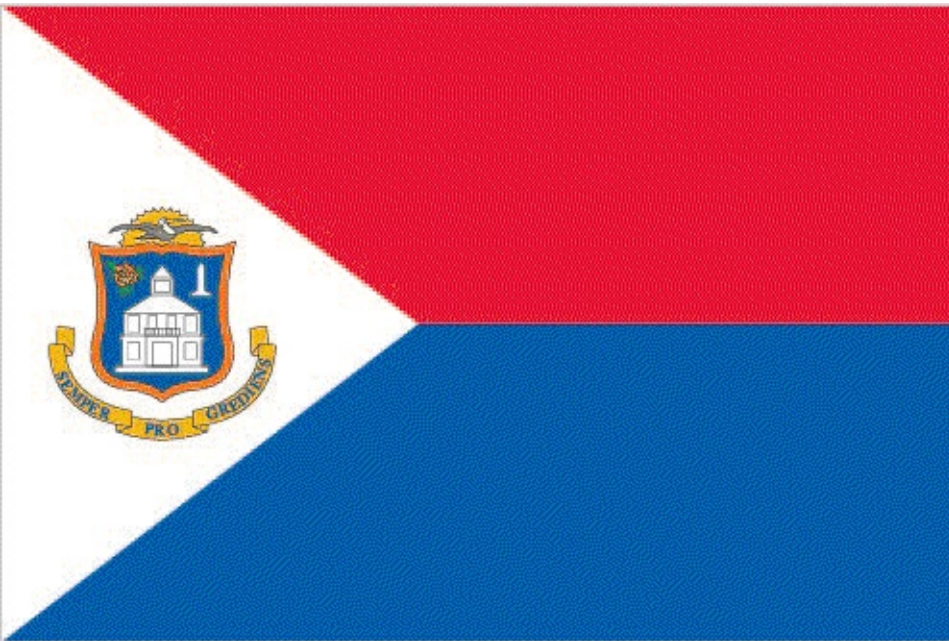
Ingredients:

- 1 large yellow onion, roughly chopped
- 1/2 teaspoon belacan (shrimp paste)
- 1 fresh red chili
- 50 grams small prawns, shelled
- 1/2 teaspoon sugar
- 2 tablespoons vegetable oil
- salt
- 1 small cabbage, chopped
- 180 milliliter water
- 120 milliliter coconut milk

Preparation:

1. Pound the onion, belacan and chili with a mortar and pestle into a smooth spice paste. Or grind in a food processor. Sprinkle the prawns with sugar and set aside.
2. In a saucepan, heat the oil and fry the spice paste ingredients till fragrant. Add the prawns and cabbage and stir and cook until the cabbage is almost done.
3. Pour in the water followed by coconut milk.
4. Season with salt to taste and bring to a gentle boil.
5. Remove from the heat and serve with rice and a meat dish

Sint Maarten



Butter Cookies

Ingredients:

- 1/2 pound unsalted butter, room temperature
- 1/2 cup granulated sugar
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups all-purpose flour
- 1/4 teaspoon salt

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. In a large bowl, cream butter and sugar along with the vanilla extract, until mixture is fluffy and light. In a bowl, whisk together flour and salt, then, 1/2 cup at a time, add it to the butter mixture, beating well after each addition.
2. Scoop dough onto the center of a large ungreased, 9 inch square baking pan, and using a spatula spread it out evenly. Bake the huge cookie on the center rack of the oven until firm to the touch and golden brown, about 35 minutes. Remove the pan from the oven and cut the 9 inch square cookie into 1 1/2 inch squares, making 36 smaller cookies. Place them on a wire rack to cool before eating.

Spare Ribs

Ingredients:

- 1 kilogram of pork ribs, chopped
- Wash the pieces with the lime and cider vinegar
- Marinate 2 hours
- 1 onion
- 6 garlic cloves

Preparation:

1. Prepare the sauce in a container: Prepare a marinade with a good amount of

BBQ sauce, onion and 6 cloves of garlic chopped, with lime juice. Place ribs directly on the grill with the marinade over it. Served with plain or Creole rice!

Crabmeat-Stuffed Shells

Ingredients:

- 12 live blue crabs
- 3 tablespoons butter
- 1 medium onion, chopped
- 1 medium tomato, chopped

Preparation:

1. Bring water to boil in a large pot. Add crabs. Boil 15 minutes, until the shells turn bright red. Drain and cool. Break open the claws and pick out the meat. Discard pieces of shell. Carefully open the crab backs, removing and reserving any meat and fat, but discarding gill and white intestine. Scrub empty shells thoroughly.

2. Preheat broiler. Melt butter in a medium saucepan over medium-high heat. Add onion, tomato and chives. Cook until softened and remove from heat. Stir in flaked crabmeat, Worcestershire sauce, salt, and black pepper. Refill crab backs with the crab mixture and sprinkle with bread crumbs. Place stuffed crabs on a baking sheet and brown under broiler. Serve hot.

Callaloo Soup

Ingredients:

- 2 pounds fresh kale
- 1/2 pound callaloo, or fresh spinach
- 12 okra pods
- 1/4 pound salt pork, cut into thin strips
- 1/2 pound fresh lean pork, cubed
- 2 onions, thinly sliced
- Freshly ground black pepper to taste
- 1 hot pepper, seeds removed, sliced
- 1 tablespoon chopped fresh thyme
- 6 cups chicken stock

Preparation:

1. Pull all stems from kale and callaloo. Discard stems and roughly chop the leaves. Wash leaves thoroughly. Rough chop the kale. Place salt port in a large, heavy soup kettle and sauté over medium heat for 10 minutes, rendering fat. Discard all but 2 tablespoons of fat.

2. Add pork cubes and onions to pan. Sauté over medium heat until cubes are brown and onions are translucent, about 5 minutes. Add kale, callaloo, okra, black pepper and hot pepper. Add thyme and stock. Cover and simmer 2 1/2 hours. Remove salt pork before serving.

Red Snapper

Ingredients:

- 1 kiwi
- 1 banana
- 1 cup of flour
- 1 teaspoons nutmeg
- 1 teaspoons pepper and
- 1/2 cup virgin olive oil
- 8 ounces filet Red snapper
- skinned, boned
- salt to taste

Sauce:

- 1/4 cup of honey
- 1/2 cup of amaretto
- 1 cup of orange juice
- 1 tablespoon of cilantro
- 1/2 cup of corn starch slurry

Preparation:

1. Mix the flour nutmeg and salt with pepper. Pat the snapper filet dry and coat evenly with flour mix. In a saute pan heat the olive oil and saute the snapper lightly on both sides, remove from the pan, discard oil and add orange juice, amaretto and honey.

2. Now bring to a slow boil, lighten with slurry and garnish with the fresh cilantro. Next arrange the sliced banana and kiwi on top of snapper and finish in the oven at 350 degrees Fahrenheit. for about 6 minutes. Top with sauce.

3. Sauce: Use 1/2 cup amaretto 1 cup orange juice, 1/4 cup of the honey, 1 tablespoon cilantro and cup corn starch slurry.

Butter Cookies

Ingredients:

- 1/2 cup of sugar
- 1 1/2 cups of flour
- 1/4 teaspoon of salt
- 1/2 teaspoon of vanilla extract
- 1/2 pound of unsalted butter,
- softened

Preparation:

1. First heat the oven to 350 degrees Fahrenheit. Cream the butter and the sugar with vanilla extract into a large size bowl until mixture is fluffy and light. Next combine the flour together with the salt and sift in a bowl 1/2 cup at a time. After each addition beat well.

2. Now scoop the dough onto the center of a large ungreased baking sheet. Using

a metal spatula or a table knife and spread into a 9 inch square pan about 1/2 inch thick. Bake the cookies on the center rack of the oven until it is firm to the touch and golden brown, for about 35 minutes. Finally, remove the pan from the oven and cut botercoek in 1 1/2 inch squares. Place the squares onto a wire rack to cool.

Slovakia



Goulash

Ingredients:

- Pork shoulder - 1.5 pounds
- Sauerkraut - 1 pound
- Onion - 1 medium
- Flour - 3 tablespoons
- Sour cream - 1 cup
- Butter
- Salt, paprika, black pepper, caraway seed

Preparation:

1. Start with the onion - cut it into very small pieces and brown it on butter. Add pieces of pork, 1 teaspoon of paprika, half teaspoon of caraway seeds, black pepper and salt. Fry it (stirring all the time) until pork is cooked on all sides. It should take approximately 20 minutes.
2. When pork is ready, add sauerkraut and some water, so the concoction is fully covered. Cook covered for 70 -80 minutes. If necessary, add more water and simmer it sometimes. To thicken the sauce, brown 3 tablespoon of flour on melted butter and mix it into the stew. Toss in sour cream and let it boil for a few minutes.

Lentil Soup

Ingredients:

- Soaked lentils - 1 cup
- Onions - 2 medium pieces
- Root vegetables - 200 grams
- Smoked ham - 50 grams
- Ground red paprika
- Marjoram, parsley, soup seasoning (Vegeta)

Preparation:

1. Cut one of the onions into small cubes and fry it in hot oil. Drop some flour on the top of it and add also some water. Stir all of it and add pre-soaked lentils. Let it simmer for a while; while cooking, clean the vegetables, cut them into small pieces. Add it to the soup with whole onion and bacon.
2. Add salt and the rest of spices and cook it until vegetables are soft. Next add parsley, soup seasoning (according to your taste) and marjoram. Let the soup boil and after cool it down. Take out the whole piece of onion before serving.

Steamed Buns

Ingredients:

- Milk - 1 cup
- Flour - 450 grams
- Egg - 1 piece
- Jam - 350 grams (plum, strawberry, etc. anything you like)
- Yeast - 25 grams
- Sugar - 2 tablespoons (tablespoon)
- Salt
- Vegetable oil - 1-2 tablespoon

Preparation:

1. Heat up the milk (to a bit warmer than room temperature) and melt the yeast in the half of it. Add the egg, sugar, salt and the rest of the milk. Beat it with electric mixer and knead it by hand a bit. Cover the dough and leave for 30 -40 minutes (until it rises to double size).
2. Roll it out to 7 mm thick and cut into 24 square pieces. Put teaspoon of jam to each piece. Next seal the buns by folding them as envelopes and put them on a flour-sprinkled surface. Boil 2 cups of water in saucepan and place the steamer over the boiling water. Brush the steamer with a bit of vegetable oil, so it will not stick to it.
3. Put a few buns to the steamer, but don't forget to leave some space between them as they will grow during cooking. Keep the water boiling and cook them for 20 minutes. Serve them with melted butter and chocolate, or other type of sauce, dressing, etc. according to your taste.

Beef with Cream Sauce

Ingredients:

- Leg beef - 1 kilogram
- Carrots - 3 medium pieces
- Parsnips - 3 pieces
- Celery root - 1 piece
- Onions - 2 large pieces
- Fat bacon - 120 gramsrams
- Heavy cream - 1 cup
- Flour - 2 tablespoons (tablespoon)
- Vinegar - 1 tablespoon
- Peppercorns - 15 pieces
- Allspice grains - 10 pieces
- Sugar - 1 tablespoon
- Lemon - 1 grated rind
- Cranberries
- Bay leaf - 3 pieces
- Thyme (dried) - 3 tablespoon
- Salt

Preparation:

1. Start with cutting carrots, celery, onion and parsnips into small pieces. Put the bacon fat in a large pan and fry it until it gets brown. Add meat, spices and salt. Then add water till all of the meat is under it. Stew it until the meat gets tender. Sometimes it is necessary to add more water. Next take the cooked meat out.
2. Puree the vegetables separately. Add cream and sour to the pot and simmer it for a while. Sauce should be thick enough; add vinegar, sugar and lemon rind. Remove it from heat, slice the meat, put on plate and pour the sauce around the pieces. Use cranberries as a decoration; put it around the meat.

Sweet Pastry

Ingredients:

Dough:

- 2 pounds all-purpose flour
- 5 ounces unsalted butter
- 1/2 cup powdered sugar
- 5 egg yolks
- 1 ounce fresh yeast
- 1/2 cup milk (milk as needed, nonexistent exact measure)

Frosting:

- 1 cup walnuts (finely chopped)
- 1/2 cup granulated sugar
- 1 egg

Preparation:

1. First stiff into large mixing bowl flour and powdered sugar. Make a small hole in the middle and place into it crumbled fresh yeast. Pour lukewarm milk over the yeast. Let it rise for about 10 minutes. Meanwhile melt the butter.
2. Add egg yolks into the bowl, pour in melted, but not hot butter, add pinch of salt. Mix together to make fairly firm dough, well worked (use stand mixer, it's easy). Let the dough rise for 20 minutes in warm place. Divide into five equal parts, make loafs. You can let it rise for another 20 minutes (it's better, but not necessary if fresh yeast used, a must with dry yeast). Roll out each loaf into 2/3 inch diameter /caster?/ - you know what I mean, thin, cylindrical shape, like a small snake).
3. Wrap the dough tightly around the BUTTERED wooden stick. Let it stand for ten more minutes (support the ends, so it will be in the air). Glair with the last egg, cover all around with chopped walnuts and granulated sugar. Bake as described above over hot coals on the grill.
4. The pastry need to be turned pretty often during baking, and baked until golden red color about 20 to 40 minutes, slide the baked pastry of the wooden stick, cut into individual servings, sprinkle with powdered sugar. Serve hot

Sheep Cheese Gnocchi

Ingredients:

- Potatoes - 3 pieces
- Flour - 5 tablespoons (tablespoon)
- Egg - 1 piece
- Bacon
- Bryndza (Slovak Sheep Cheese)
- Salt

Preparation:

1. First peel potatoes and shred them. Add egg and flour. You need to make dough that is not watery but also not tough. If it happens to be too watery, add more flour; if it is too tough, add some water. Add 1 tablespoon of salt. Boil water with 2 tablespoons of salt (the water has to boil all the time during the preparation). Toss pieces about 2,5 cm (an inch) long into the boiled water, using kitchen knife and cutting board.
2. Cook them for few minutes until they float on the water level. Take them out with a strainer and halušky are ready. Cut bacon into small pieces and fry them. Put bryndza on top of halušky and heat them together. It is very difficult or many times impossible to buy bryndza outside Slovakia, but you can use other cheese instead, for example feta cheese mixed with cream cheese and milk). Put the fried bacon on the top of halušky (with a bit of grease) before serving.

Cabbage Soup

Ingredients:

- Sauerkraut - 0,5 kg

- Pork - 0,5 kg
- Dried mushrooms
- Sausage - 1 piece
- Onion - 2 small pieces
- Garlic - 2 cloves
- Sour Cream - 1 cup
- Clove, nutmeg, caraway, bay leaf, black pepper, paprika, red pepper

Preparation:

1. Put sauerkraut with a liter of water into a large pot. Turn 2 cloves of garlic into a paste and add it to the sauerkraut. Add black pepper, caraway seeds, cloves and nutmeg, dried mushrooms, 2 bay leaves and onions. Cut pork into small pieces and add it to the rest of used ingredients.

2. Sometimes more water is needed. Add it if necessary and let it cook for 20 minutes. While cooking, cut the sausage into small pieces (Hungarian sausage is a good choice) and add it after the mentioned 20 minutes of cooking. Add red pepper and paprika, cover the pot and simmer for approximately 30 minutes. Typically, the soup is served with sour cream added after cooking, but it is up to you, how you like it.

Fried Fish

Ingredients:

Fish fillet:

- Eggs - 2-3 pieces
- Flour - 4-5 tablespoons (tablespoon)
- Bread crumbs - 4-5 tablespoon
- Oil

Preparation:

1. Rinse the fish fillet under running water and dry it using paper towel. Prepare three bowls in a row. One bowl of flour, another bowl of eggs (well mixed) and a bowl of bread crumbs. Coat the fillets in flour first, than in eggs, and finally in bread crumbs. Put the fillets into the heated oil and fry it (both sides). It takes only a few minutes.

Potato Salad

Ingredients:

- Potatoes - 4-5 bigger pieces
- Onion - a half
- Sweet peas - medium can
- Carrots - 3 pieces
- Eggs - 2 pieces
- Mayonnaise - 6-7 tablespoons (tablespoon)
- Salt, black pepper, paprika

Preparation:

1. Boil unpeeled potatoes and peeled carrots in salted water in separated pots. Also, boil 2 eggs. Cut half of an onion, pickles and carrots that are soft already into small cubes; combine them in a separate pot. When the potatoes are almost done (soft outside with a slightly hard core in the middle), take them out, peel and slice them and finally add them to the pot full of vegetables.
2. It is time to add the mayonnaise now. Last ingredients are eggs; mix them into the salad. For even better taste use salt and black pepper. Leave it in the fridge for a couple of hours before serving.

Pork with Dumplings and Cabbage

Ingredients:

- Pork roast - 1 kilogram
- Garlic - 3 cloves
- Caraway seeds
- Salt

Stewed Cabbage:

- Cabbage - 1 head (red or white)
- Onion - 1 medium piece
- Butter - 2 tablespoons (tablespoon)
- Caraway seeds - 1 teaspoon (teaspoon)
- Vinegar
- Salt
- Sugar

Preparation:

1. Crush the garlic and salt and rub the meat with it. Sprinkle it with caraway seeds and roast it all together. Pour a bit of water under it. Cover it while roasting, cook until it is tender.
2. Cabbage: First cut the cabbage into thin strips. Blanch them in boiling water; next strain them. Cut the onion into small cubes; put it into an oiled pan. Add the cabbage strips and caraway seeds. Cook it until the cabbage is soft (if the cabbage strips stick to the bottom, add some water). Add salt, sugar and vinegar (everything according to your taste). Cabbage should reach sweet-and-sour taste.

Slovenia



Pork with Celery

Ingredients:

- 1 pound pork
- Butter or lard
- 3 onions, chopped
- 1 pound celery
- $\frac{3}{4}$ pint meat stock
- 1 tablespoon flour
- Salt and pepper

Preparation:

1. Cut the pork into small pieces and fry in hot fat with the chopped onions. Add a little water and simmer very gently for about 15 minutes. Wash and peel the celery, cut in pieces and simmer with the meat, adding a little more water. Make gravy with the meat stock, the flour and a little butter, season to taste and pour it over the meat. If desired this dish can be cooked in the oven instead of on top of the stove.

Potato Noodles with Cheese

Ingredients:

- 1 pound potatoes
- 1 tablespoon milk
- $\frac{1}{2}$ pound flour
- A little butter
- Salt
- Grated cheese
- 1 egg
- 2 slices of bacon

Preparation:

1. Cook the potatoes and pass them through a fine sieve. Add the flour, salt, egg and milk and work the mixture with the fingers into a paste. Roll out to $\frac{1}{2}$ inch thick

and cut into strips ½ inch wide and about 2 inches long. Cook in boiling salted water-when they float on top of the water they are cooked enough. Put them on a hot dish with a very little butter and plenty of grated cheese. Serve garnished with the bacon, cut into small squares and fried.

Meat Pasty

Ingredients:

- Flour
- Meat
- Onion
- Stock

Preparation:

1. This should strictly be made with the very thin pastry used by the Austrians for Apfel Strudel, but is quite successful made with a good flaky pastry. Roll out the pastry to fit a Yorkshire pudding tin and spread with a well-seasoned mixture of minced meat, lightly fried onion and a little stock. Cover with another layer of pastry, and then repeat the layers. Bake the pasty in a hot oven (450°F), until lightly browned.

Meatloaf

Ingredients:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 1/2 teaspoon garlic, minced
- 1 bunch spring onions, diced
- 1 green bell pepper, finely chopped
- 120 milliliters passata (tomato sauce)
- 900 gramsrams minced beef
- 1 tablespoon prepared mustard
- 1 1/2 teaspoon Worcestershire sauce
- 75 grams fresh, plain, breadcrumbs
- 75 grams instant rice
- 2 potatoes, peeled, grated and squeezed dry
- 1 egg
- 1 1/2 teaspoon salt
- 1 teaspoon freshly-ground black pepper
- 1 tablespoon paprika
- 1 tablespoon dried parsley
- 1/3 teaspoon dried oregano
- 1/3 teaspoon dried thyme
- 1/3 teaspoon dried basil

Preparation:

1. Heat the oil in a pan and use to fry the onion and bell pepper for about 4 minutes, or until soft. Add the garlic and continue frying for a further 2 minutes then take off the heat and set aside to cool. Meanwhile, combine all the remaining ingredients in a large bowl then stir-in the cooled vegetable mix. Using your hands, mix all the ingredients together (but do not over-work the meat).
2. Lightly grease a rimmed baking tray then turn the meat mixture onto this and shape into a large loaf (or divide into six portions and shape into individual meatloafs). Transfer to an oven pre-heated to 180°C and bake for about 50 minutes (for a large loaf) and 25 minutes for individual meatloafs. Remove from the oven and set aside to stand for about 10 minutes before slicing. Traditionally this is served with baked potatoes and sweetcorn or peas.

Fish Soup

Ingredients:

Stock:

- 1 carrot, peeled and sliced diagonally
- 1/4 celeriac, peeled and diced
- 1 teaspoon green peppercorns
- 1 tablespoon vegetable oil
- 500 grams fish bones, heads, and trimmings
- 50 milliliters white wine
- salt and freshly-ground white pepper, to taste

Stew:

- 1 large onion, finely chopped
- 50 milliliters olive oil
- 3 garlic cloves, coarsely chopped
- 2 tablespoon (heaped) tomato purée
- 4 tomatoes, blanched, peeled, and chopped
- 2 tablespoon white wine vinegar
- 1 tablespoon parsley, coarsely chopped
- 1 bay leaf

1.5 kilograms fish (preferably a mixture), gutted, cleaned, de-scalded and sliced into 3 cm chunks

- salt and freshly-ground black pepper, to taste
- finely-chopped parsley, to garnish
- 6 generous slices of French bread, rubbed with garlic

Preparation:

1. Begin by preparing the stock. Combine the vegetables, herbs and peppercorns in a pan along with the oil. Season lightly with salt and white pepper then cover and place on gently heat to sweat slowly until soft (about 30 minutes). At the end of this time add the fish bones and trimmings along with 500 milliliters of water. Bring to a simmer and cook for 20 minutes (but no longer, or the stock will be too fishy in flavour) then take off the heat and immediately strain through a fine-

meshed sieve.

2. Be certain to press down on the solids to extract as much liquid and flavour as possible. Adjust the seasonings of the stock then stir-in the wine. Meanwhile, sweat the onion for the stew with the olive oil in a pot until the onions are golden (about 15 minutes) then stir-in the garlic and cook for about 20 seconds more before stirring-in the tomatoes, tomato purée, vinegar, parsley, bay leaf and the fish pieces.

3. Now add just enough of the prepared stock to cover the ingredients in the pan. Bring quickly to a boil then turn the heat down to a low simmer and cook slowly, uncovered, to poach the fish (do not stir; rather shake the pan to prevent sticking and burning) for about 30 minutes, or until the fish pieces flake readily with a fork.

4. Remove from the heat and adjust the seasonings. To serve, place a piece of bread rubbed with garlic in the base of 6 warmed bowls. Ladle the fish stock over the top then arrange the pieces of fish on the surface. Sprinkle with chopped parsley to garnish then serve.

Cabbage and Potato Mash

Ingredients:

- 1 whole cabbage (or equivalent amount of kale)
- 4 large potatoes, peeled and coarsely chopped
- 15 garlic cloves, chopped
- olive oil
- salt and freshly-ground black pepper, to taste
- 8 tablespoon sour cream

Preparation:

1. Core the cabbage then shred the leaves into strips about a finger in width. Place in a large bowl, pour enough hot water over them to cover then drain. Transfer to a saucepan, add the potatoes then add enough lightly salted water to cover. Bring to a boil, reduce to a simmer and cook, covered, for about 25 minutes, or until tender.
2. Drain in a colander and set over the sink for at least 10 minutes to dry slightly (reserve some of the cooking liquid). Once the potato and cabbage mix is dry heat the oil in a pan, add the garlic and fry for about 2 minutes. Add the drained cabbage and potato mix at this point. Mash them as thoroughly as you can.
3. Whilst mashing, add about 4 tablespoon sour cream a little of the cabbage and potato cooking liquid to obtain a smooth mixture. Season to taste and serve. Typically this is served, topped with sour cream, as an accompaniment to cooked beef.

Velvety Chicken Liver

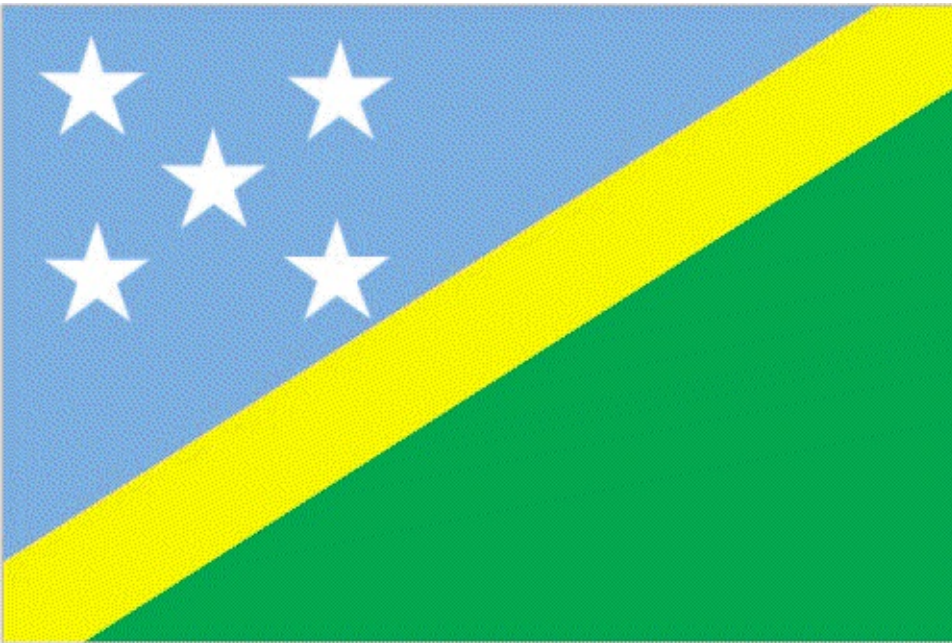
Ingredients:

- 100 gramsrams butter
- 450 gramsrams chicken livers
- 2 small onions, chopped
- 2 small, tart, apples, peeled, cored and chopped
- 1 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 4 tablespoon brandy
- 4 tablespoon double cream
- 75 grams Mepounda toast

Preparation:

1. Melt 50 gramsrams of the butter in a pan, add the chicken livers and fry for about 2 minutes before stirring-in the onions and apples. Season with the salt and black pepper then cook over medium heat for about 5 minutes, stirring frequently (until the apples soften). Stir-in the brandy and cream and allow to heat through then spoon the mixture into a food processor.
2. Process until smooth then transfer to a bowl and refrigerate for at least 1 hour, or until thoroughly chilled. Cube the remaining butter then beat in a bowl until light and fluffy. Gradually add the chilled liver mixture and beat in to mix. Continue until all the liver mixture has been added then spoon into a small bowl. Cover and chill for at least 2 hours before serving with hot Mepounda toast.

Solomon Islands



Cassava Pudding

Ingredients:

- 2 pound cassava roots
- 1 pound brown sugar
- 2 cups coconut milk
- 2 eggs
- 3 ounce butter
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 cup hot water

Preparation:

1. Peel the cassava roots then rinse carefully, then dry. Grate each section using a fine grater. Make sure to stop when you reach the stringy core. Combine the grated cassava, brown sugar, cinnamon, baking powder and coconut milk. Mix well. Then add the eggs previously beaten and melted butter. Mix thoroughly again. While mixing the preparation continuously with a whisk, gradually pour hot water in the dough.
2. Pour into a buttered pan and bake in an oven preheated at 350 degrees Fahrenheit for about 45 minutes. Cassava pudding should be golden brown. To test for doneness, gently shake the mold. The center should not be liquid or wobbly. Once the cake is set, stop cooking so it does not dry out. Wait until the pudding is perfectly cooled to unmold and cut.

Kara Snack

Ingredients:

- 2 coconuts
- 4 Cassava

- 1 tin corned beef
- banana leaves for wrapping

Preparation:

1. Peel, wash and grate the cassava. Then squeeze out the juice. Grate the coconuts and squeeze out the cream. Heat the cream until it is thick. Place the leaves, pour a little coconut cream on it, put a layer of cassava and pour a bit of coconut cream on top.
2. Put the corned beef in the middle, pour coconut cream on top of the meat and put another layer of cassava. Wrap in banana leaves, ready to be baked in the lovo or steam.
3. Banana leaves are available from the freezer section of Asian supermarkets. Visit Thailand-uk.com for your nearest store. Or use double-layered foil for wrapping.

Papaya Chicken and Coconut Milk

Ingredients:

- 8 boneless, skinless chicken breast halves, cut into 3/4 inch cubes (used thighs)
- 1 papaya, peeled, seeded and thinly sliced
- 1-3/4 cup coconut milk (canned, bottled or fresh)
- 1 onion, chopped
- Olive oil for frying

Preparation:

1. In a frying pan, heat the olive oil and cook chicken cubes over high heat until they are almost cooked (about 5 minutes). Add the chopped onion and cook until the onion becomes clear, about 5 minutes. Add the papaya slices and cook for 5 more minutes. Remove mixture from heat and add the coconut milk. Serve alongside mashed sweet potatoes and fried plantains.

Clam Chowder

Ingredients:

- 1 (12 ounce.) can fresh shucked chowder size hard clams (or 12 chowder size hard clams in shell)
- 3 large potatoes
- 2 medium onions
- 3 carrots
- 2 green peppers
- 3 strips bacon
- Clam liquid plus water to equal 2 cups
- 1/4 cup (1/2 stick) butter
- Salt and pepper to taste

Preparation:

1. Drain clams, reserving liquid. Finely chop clams; strain liquid if necessary.

(Shuck and chop clams, if in shell; drain and reserve liquid). Finely chop potatoes, onions, carrots, green peppers and bacon. Put in 4 quart pot, add water and bring to a boil. Reduce heat, cover and simmer 40 minutes. Add clams and clam liquid; simmer 15 minutes more. Add butter, salt, and pepper.

Fish Curry with Tomatoes:

Ingredients:

- 1 medium size fish
- 2 table spoons of curry powder
- 2 table spoons of oil
- Tomatoes
- 1 bush lime

Preparation:

1. Pour yourself a gin and tonic. You will thank me for it later. Cut tomatoes into desired size. Heat oil and add curry, stir under low heat. Add tomatoes, stir...stir like the wind, damn you! Add fish into the mixture; stir to allow mixture to coat the fish.
2. Cook them very slowly on low fire till the fish is cooked. Add salt and pepper to taste. Serve hot with gin and tonic and/or mojito.

Kibbe

Ingredients:

- 1 cup fine-grain bulgur wheat
- 1 teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 3/4 cup flour

Filling:

- 1 1/2 pounds ground beef
- 1 large yellow onion, peeled and minced
- 1 tablespoon tamarind concentrate
- 1 tablespoon ground allspice
- 1/4 cup fresh lemon juice
- 1 cup finely chopped walnuts
- 1/2 cup pine nuts
- 1 teaspoon sugar
- Seeds from 1 pomegranate (about 1 cup)
- Salt

Preparation:

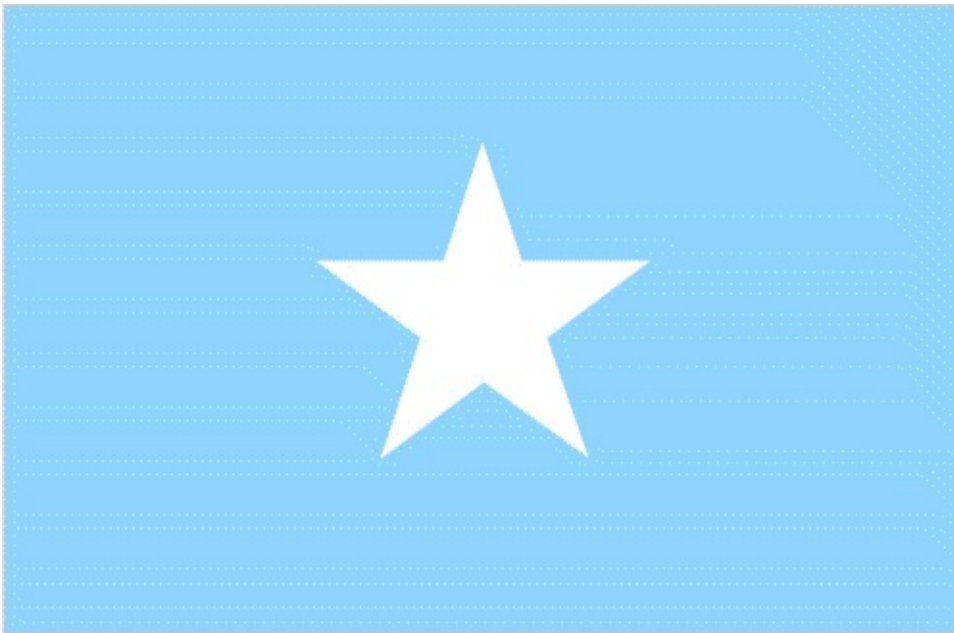
1. For the crust, place bulgur wheat in a large bowl, add 1 cup water, and set

aside for 5 minutes. Drain bulgur wheat and return to bowl. Add 1 cup warm water, salt, 1 tablespoon oil, cumin, and flour. Mix well and set aside. To make the filling, brown beef in a large skillet, stirring occasionally, over medium heat for 10 minutes. Add onions and cook until they begin to soften, 5 minutes more.

2. Meanwhile, combine tamarind with 1/4 cup warm water in a small bowl. Mix well, then add to beef mixture. Add allspice, lemon juice, walnuts, pine nuts, sugar, and pomegranate seeds. Season with salt and cook, stirring occasionally, until mixture is almost dry, 3 minutes. Set aside to cool.

3. Preheat oven to 400 degrees Fahrenheit. Using your fingers, press half the crust mixture into an oiled 10" pie plate. Evenly spread filling over crust, then, first with your fingers and then with the back of a spoon, spread remaining crust mixture over filling. Brush crust with remaining 1 tablespoon oil and bake pie until crust is golden, 35–40 minutes. Slice and serve warm.

Somalia



Crabmeat Stew

Ingredients:

- 1 large onion (Chopped)
- 1 teaspoon curry powder
- 1 teaspoon ginger
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 3 tablespoons olive oil
- 2 pounds crabmeat
- 1 (28 ounce) can tomatoes (Diced)

Preparation:

1. Saute onions, curry powder, ginger, salt, and red pepper in oil for 5 minutes. Add tomatoes and simmer for 10 minutes. Add crab and saute for 10 minutes. Serve over rice or noodles.

Flatbread

Ingredients:

- 3 cups flour
- 1/2 cup water
- 1/2 teaspoon salt, to taste
- 2 tablespoons oil

Preparation:

1. Combine the flour, oil and salt in deep bowl; add the water gently using your fingers. Knead the dough until it turns very smooth for 5 to 10 minutes. Brush with oil, cover and set aside for half an hour. Divide the dough into 8 large balls. On a lightly floured surface, roll each piece into a rough circle about 8 inches in diameter.

2. Brush oil on one side of the sabaayad and spread evenly. Fold to edges in to meet center fold, fold the other edges in, you should now have a square fold, set aside. Finish until you have applied the same method to all the pieces. Again on a floured surface roll each piece out into a circle and place it on a hot griddle over medium heat. Fry the sabaayad one at a time with little oil, turning them once each side is golden brown. The sabaayad will puff slightly and become crisp and brown. Drain the sabaayad on paper towels and serve warm.

Lamb and Rice

Ingredients:

- 4 tablespoons vegetable oil
- 1 pound lean lamb, cut into bite-size pieces
- 1 onion, thinly sliced
- 1 garlic clove, minced
- 2 tomatoes, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cardamom
- salt and pepper
- 3 ounces canned tomato paste
- 2 cups raw white rice
- 4 cups boiling water

Preparation:

1. Heat oil in a large dutch oven over medium-high heat. Add meat, stir, and

brown on all sides, 18-20 minutes. Add onions and garlic, stir, and saute until soft, 3-5 minutes. Stir in tomatoes, spices, and tomato paste. Stir to mix well, cook on medium-low for 5-7 minutes.

2. Slowly stir in rice and boiling water, bring to a boil over high heat. Reduce heat to simmer, cover, and cook 18-20 minutes, until rice is done. Remove from heat and keep covered 15 minutes before serving.

Goat Meat

Ingredients:

- 2 pounds goat meat
- 1 large onion
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1/4 cup fresh cilantro leaves
- 2 tablespoons ghee or 2 tablespoons butter
- 1 tablespoon olive, voil
- 1 green pepper
- salt
- pepper
- 1/2 teaspoon cumin powder
- 3 crushed cloves
- 4 crushed cardamom pods
- 1/2 teaspoon cinnamon
- 1/2 lemon
- 1 banana

Preparation:

1. Wash and strain goat meat. In large pot boil the goat meat in water, add about 1 tbs salt for 2 hours or until meat is tender. drain meat and save goat stock later for rice if desired. Add olive oil to skillet once oil is hot add the strained goat meat and fry 2 minutes.

2. Add onions and green pepper stir to fry together 3 minutes. Do not let the onions and pepper get mushy they need to stay firm and still have a vibrant color. add cumin, cloves, garlic paste, ginger paste, cinnamon, cardemom, ghee, and salt and pepper to taste. stir for 1 minute. add cilantro and squeeze juice from lemon for flavor — not too much lemon mabey like 1 tbs from the 1/2 lemon. Stir. Serve and enjoy with yellow spiced somali rice and fresh banana.

Beef Stew

Ingredients:

- 300 gramsrams cubed beef
- 1 liter water
- 1/2 chicken stock cube
- 1/2 teaspoon ground cumin

- 1/2 tablespoon crushed coriander seeds
- 1 garlic clove, crushed
- 1 potato, peeled and diced
- 1 carrot, scraped and diced
- 1/2 green bell pepper, diced
- 1/2 small onion, finely chopped
- 1 chili pepper, finely chopped
- 1/2 teaspoon salt
- 60 milliliters vegetable oil
- salt and freshly-ground black pepper

Preparation:

1. Combine the beef and water in a pan. Bring to a boil and continue boiling for about 40 minutes, or until the beef is very tender. Drain the water from the pan (reserve this) then add the oil and onions. Cook over medium-high heat for about 6 minutes, or until the onions are tender.
2. Now add 500 milliliters of the beef cooking liquid to the pan along with the cumin, stock cube, chili, bell pepper, potato, carrot, salt, garlic and coriander. Stir thoroughly to combine then bring to a boil, cover and continue boiling gently for about 10 minutes.
3. Stir the stew and add more water (or stock), as necessary. Return to a boil, cover and cook for a further 10 minutes. Check that the vegetables are tender, adjust the seasonings to taste and serve.

Spicy Fish Sauce with Rice

Ingredients:

- 1 whole fish (red snapper or king fish), cleaned, de-scaled and cut into steaks
- 3 potatoes, peeled and diced
- 1 chili, finely chopped
- 2 carrots, scraped and diced
- 30 grams coriander leaves, chopped
- 2 garlic cloves
- salt and freshly-ground black pepper
- 2 tomatoes, chopped
- 1 tablespoon tomato purée
- 2 teaspoon tamarind paste
- 1 onion, chopped
- 1 aubergine (eggplant), chopped
- oil for frying

Preparation:

1. Add oil to a deep, lidded, frying pan or skillet and when hot fry the fish on both sides until golden brown. Remove from the pan and set aside to keep warm. Add the onions to the pan and fry in the remaining oil for about 8 minutes, or until golden. Stir in the garlic and fry for a few minutes more. Add the potatoes and

carrots then cover the pan and cook for 5 minutes.

2. Stir in the seasonings along with the tomatoes, tomato purée, tamarind paste, aubergines and coriander leaves. Bring to a simmer, cover and cook for about 15 minutes, or until the tomatoes are tender. Return the fish to the pan and cook over medium heat for about 15 minutes, or until cooked through (add a little more water, as needed). Continue to cook until the vegetables are tender. Serve hot on a bed of rice.

Soup

Ingredients:

- 450 grams lamb or goat meat, cubed
- 1 maggi (or beef stock cube)
- 2 liters water
- 3 medium potatoes, peeled and chopped
- 2 carrots, scraped and chopped
- 1/2 head of cabbage, cored and shredded
- 1 tomato, chopped
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 tablespoons coriander leaves, chopped
- 2 teaspoons ground coriander seeds
- 1 green chili, finely chopped
- juice of 1/2 lemon
- salt and freshly-ground black pepper, to taste

Preparation:

1. Add the meat to a pan, crumble in the Maggi cube then cover with the water. Bring to a boil and cook for about 80 minutes, or until the meat is tender. Add the potatoes, carrot and cabbage then return to a simmer and cook for about 15 minutes before stirring in all the remaining vegetables. Season to taste then stir in the chili, lemon juice and coriander seeds. Return to a simmer, cover and cook for about 20 minutes, or until the vegetables are tender. Ladle into warmed serving bowls, garnish with coriander leaves and accompany with lahooh, rice or bread.

South Africa



Yellow Rice

Ingredients:

- 1 cup long grain white rice
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground turmeric
- 3 tablespoons white sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup dark seedless raisins
- 1 tablespoon butter
- 2 1/2 cups water

Preparation:

1. In a saucepan, combine the rice, salt, turmeric, sugar, cinnamon, raisins, butter and water. Bring to a boil uncovered. When it comes to a boil, reduce the heat to low, cover and let it simmer for 20 to 30 minutes, or until rice is fluffy and water has been absorbed. Remove from the heat and fluff with a fork. Keep warm until serving time.

Malay Curry

Ingredients:

- 3 tablespoons cooking oil
- 2 medium onions, sliced (about 1 1/2 cups)
- 1 garlic clove, minced
- 1 small piece fresh gingerroot, peeled and crushed (or 1 teaspoon ground Ginger)
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon cinnamon
- 1 1/2 teaspoons curry powder (or more, to taste, I use LOTS more)

- 1/2 teaspoon clove
- 2 pounds lamb (or beef)
- 1/2 pound eggplant, cubed
- 1 sweet green pepper, cleaned and chopped
- 2 hot green chili pepper
- 1 cup dried apricot, soaked in warm water and drained
- 6 ounces tomato paste (one small can)
- 1 teaspoon vinegar
- 2 cups beef broth or 2 cups stock
- 1/2 cup apricot jam
- 1 cup plain yogurt or 1 cup buttermilk

Preparation:

1. Heat the oil in a large pot; over high heat, fry the onions and garlic, stirring continuously; add the spices and continue stirring for a minute. Reduce heat slightly; add the meat and fry it until it is browned on all sides; (this may be easier if you remove the onions and set them aside, then return them to the pot after the meat is browned.).

2. Add all remaining ingredients except the apricot jam and yogurt (or buttermilk). Cover & Reduce heat; simmer on low heat, stirring occasionally, until everything is tender, approximately an hour. Stir in jam and yogurt (or buttermilk) a few minutes before serving. Serve with traditional Curry Garnishes such as Chutney, Peanuts, sliced Bananas and dates.

Smoothie

Ingredients:

- 1 1/2 ounces Amarula cream liqueur
- 1 small banana
- chocolate ice cream

Preparation:

1. Blend all ingredients in a blender on high power until smooth. Pour into a collins glass, garnish with chocolate shavings and a cherry, and serve.

Kebabs

Ingredients:

Meats:

- 4 pounds leg of lamb
- 1 1/2 pounds medium fat pork (pork rasher, if you can get that cut)
- 12 -16 dried apricots, good quality
- 6 small onions, such as pearl onions about the size of a small plum, peeled and each onion cut crosswise into 2-3 th
- 12 -16 wooden skewers

Marinade:

- 2 medium onions, cut into fine rings
- oil (for frying)
- 2 tablespoons coriander seeds, crushed
- 5 bay leaves, bruised (or 12 lemon leaves, bruised, or some julienned lemon zest)
- 1 teaspoon ground cinnamon
- 1 tablespoon curry powder, mild
- 1 teaspoon ground ginger (or 1 tablespoon grated fresh ginger, heaped)
- 1 teaspoon ground allspice
- 6 tablespoons brown sugar
- 1 tablespoon corn flour
- 2 teaspoons salt
- 3/4 cup white vinegar (grape or wine vinegar)
- 1/2 cup dry red wine, good quality
- 1 tablespoon apricot jam, fine
- 4 garlic cloves, crushed and chopped
- 1/2 cup milk
- 1/2 cup water (may not be needed)

Preparation:

1. Make the MARINADE first, as it has to cool down completely. Use a large pot. Fry the onion rings in oil until light brown. Stir now and then. While onion fries, mix all the dry ingredients in a bowl: the crushed coriander, all the spices, the brown sugar, the corn flour and the salt.
2. When the onions are light brown, stir in the mixed dry ingredients, and fry for a minute or so to release the flavours. Add an extra splash of oil, stir, and don't let the spices burn. Turn heat lower, and add the liquids: vinegar, wine, apricot jam, grated ginger (if using) and garlic to taste. Also add the lemon or bay leaves, or julienned lemon peel. (These can be left out).
3. Stir well and simmer slowly until thickened. Now taste carefully: the sauce should neither be too acidic or too sweet, just spicy and tangy. Adjust by adding either a little more vinegar or lemon juice, or more sugar. (In any such recipe the cook must taste and adjust!). And no, the 6 tblsp sugar are not too much. You do not want an acidic sauce, just a tangy one! Cool the sauce, and stir in the milk and a little water. It must be of a coating consistency. If you think it is too thick, add a little more water and stir well. Leave sauce in pot, and cut up the meats.
3. Cut the meat off the leg of lamb, and cut into bite-sized chunks, not too small. Do the same with the pork. The pork should have fat on it, and the best ratio of lamb to pork is about 2 - 1. (If you dislike pork, leave it out). The number of apricots, onions and skewers given could vary, as it will depend on how much meat you cut off the lamb leg, and how much meat you put on a skewer. The meats: the meats should be strung on the skewers, alternating the different ingredients, with about 2 apricot halves and 2 onion rings per skewer. The lamb chunks should predominate.
4. Using a rectangular glass or ceramic dish (you could use Tupperware but not

metal or stainless steel) pack in the skewers of meat, and cover every layer with sauce. I take the pot of sauce, roll each sosatie skewer in the sauce, and pack in a plastic container. When all the skewers have been “sauced”, up-end the leftover sauce over the sosaties in the container. Seal airtight and refrigerate. You will probably have 2 - 3 layers of skewers. To make sure they’re all coated, turn the container upside down once a day.

5. Cover and keep in fridge for 2 - 3 days before use. The sosaties will improve on standing, and can be kept up to 5 days in the sauce. Grill as explained in the introduction. Goes well with traditional yellow rice or basmati, or potato salad and a mixed green salad. Ideal food to take on a picnic!

Orange Chicken

Ingredients:

- 3 pounds chicken pieces
- 1 cup freshly squeezed orange juice
- 2 tablespoons orange zest (grated or julienned (try to avoid the white pith))
- 1/3 cup honey
- 2 tablespoons mustard, prepared table mustard (preferably wholegrain mustard)
- 3 tablespoons soy sauce (Kikkoman preferred)
- 1 tablespoon rosemary, fresh, chopped (or 1/2 Tablespoon dried)
- salt
- 2 tablespoons brandy (optional)

Preparation:

1. Set oven at 350 degrees Fahrenheit . In a small pot, mix all the ingredients EXCEPT the chicken pieces. Use a whisk to mix everything well. Simmer this sauce, stirring now and then, until the sauce has reduced by one quarter or more. This reduction process will thicken it slightly and intensify the flavours. Watch it, as it can boil over if heat is too high. You want a brisk bubbly simmer. As the liquid evaporates, the sauce will thicken just a little. Don't worry if some “scum” forms. It's just foam, and will disappear as the sauce boils.

2. Add the brandy after you've removed the sauce from the heat. (The alcohol will evaporate in the baking process, but it gives additional flavour, and boy, you can taste that extra flavour, especially if you use a good brandy or cognac or Armagnac). Taste a little of the sauce with a teaspoon, being very careful not to burn your tongue! If too acid, stir in more honey, or a little sugar. You want a tangy taste.

3. Pack the chicken pieces, skin side up, in a large oven dish, preferably in one layer, and pour over the thickened orange sauce. Put in preheated oven, open. Bake about 3/4 hour. You will need to check after 15 minutes., and lay a piece of foil loosely over the chicken, to prevent burning. Baste with the sauce a few times during baking. Take off the foil to let the chicken brown.

Chutney Chicken

Ingredients:

- 12 chicken thighs
- 1 (12 ounce) jar hot chutney
- 1 (1 ounce) package dry onion soup mix

Preparation:

1. Preheat oven to 375 degrees Fahrenheit or 190 degrees Celsius. In a medium bowl, combine chutney and dry soup mix. Mix together. Season chicken pieces with salt and pepper to taste. Place seasoned chicken pieces in a 9x13 inch baking dish and pour chutney mixture over chicken. Bake in the preheated oven for 45 to 60 minutes, or until chutney sauce has turned brown and crunchy.

Steak with Sweet Marinade Sauce

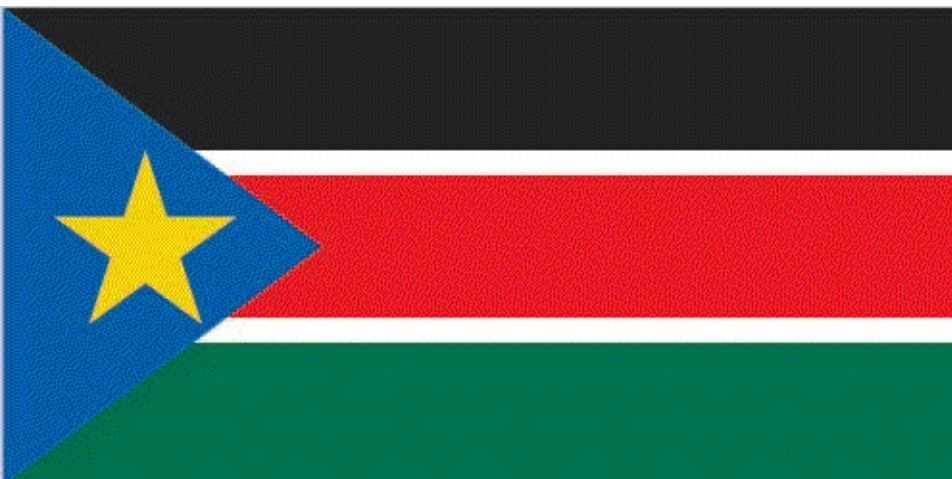
Ingredients:

- 1 kg rump steak (about 2 1/2 pounds)
- 6 tablespoons Mrs. Ball's chutney
- 6 tablespoons tomato sauce (Ketchup)
- 3 tablespoons Worcestershire sauce
- 1 tablespoon white vinegar
- 3 tablespoons apple cider vinegar (balsamic)
- 2 sliced onions
- 1/2 cup canned mushroom, drained
- salt and pepper

Preparation:

1. Cut and season steaks. Mix the remainder of the ingredients together and place the steaks in the sauce and marinade for at least 1 hour. Grill the steak on the BBQ. At the same time just simmer the marinade in a saucepan to be poured over the steak when served.

South Sudan



Dama Be Potaatas

Ingredients:

- 6 onions
- 4 tablespoons tomato paste
- 1/3 cup oil
- 3 garlic cloves, crushed
- 250 grams beef steaks
- 3 cups water
- 3 tomatoes
- 1/2 green pepper
- 1 teaspoon salt
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- 2 potatoes

Preparation:

1. Chop onions and put in pot and fry in oil at medium heat. Keep covered, stirring occasionally. Add water and cover, leaving on medium heat for 5-10 minutes until water is almost evaporated. Lightly blend onions and return to pot and add chopped tomatoes. Peel and chop potatoes and fry potatoes until golden.
2. Chop steak into small pieces and add to pot with chopped pepper, salt, cardamom and cinnamon. Cover and leave for 3 minutes. Add tomato paste and stir, adding water until smooth and runny. Add potatoes, cover and leave to simmer for 10 minutes adding more water occasionally. Stir in crushed garlic.

Style Peanut Chicken

Ingredients:

- 2 boneless skinless chicken breasts
- 1 small diced tomato
- 1/2 white onion, diced
- 2 tablespoons creamy peanut butter
- 1 cup water
- 1 dash garlic powder
- 1 tablespoon butter
- 2 tablespoons peanut oil, divided

Preparation:

1. Diced chicken breasts in to bite sized pieces. Saute in 1 tablespoon peanut oil until just before cooked and remove from heat and set aside. In a separate pan saute diced tomatoes and onion in butter and peanut oil until soft.
2. Add peanut butter and stir well. Then add the water and mix well. Now add chicken to mixture and bring to boil. At boiling point, reduce heat to medium and cook for about 6 minutes. Serve warm over African Style Rice!

Tomato Salad

Ingredients:

- 5 tomatoes, diced, seeds removed
- 4 green onions, finely diced
- 1 small green chili pepper, seeds and stem removed
- 1/4 cup Italian parsley, finely diced
- 1/3 cup oil
- 1/4 cup peanut butter, smooth
- 2 limes, juice of
- 1/2 teaspoon salt, adjust to taste

Preparation:

1. Combine tomatoes, green onions, chili pepper and parsley in large bowl. Whisk oil into peanut butter until smooth.
2. Dressing: Stir in lime juice to peanut butter and season with salt. Additional oil or water may be added if dressing is too thick. Using a wooden spoon, gently stir dressing into tomato mixture until lightly coated.

Yogurt and Tahini Dip

Ingredients:

- 2/3 cup tahini (sesame seed paste)
- 2/3 cup plain nonfat yogurt
- 3 cloves garlic, minced
- 2 lemons, juice of
- 2 tablespoons chopped fresh parsley
- salt (to taste)
- black pepper (to taste)

Preparation:

1. Mix together garlic, salt, black pepper, and tahini until smooth. Add yogurt and lemon juice, a little at a time, mixing well after each addition, until it is like a thick cream. Sprinkle with parsley and serve with chopped vegetables, and warm pita bread, if desired.

Fried Calf Liver

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- salt, to taste
- 1/4 teaspoon ground cinnamon
- 2 teaspoons tomato paste
- 1 pound calf liver, cut into 1/2 inch cubes

- 2 tablespoons water

Preparation:

1. Heat the oil in a saucepan and sauté the garlic until it is lightly browned. Add the salt, cinnamon, and tomato paste and cook for 2 minutes, stirring well. Add the liver and the water and continue to cook until the liver is cooked to taste. Serve hot with white rice or noodles.

Tamia

Ingredients:

- 1 pound chickpeas
- water
- 4 garlic cloves
- 2 onions
- 1/2 cup fresh cilantro, finely chopped (known as fresh coriander)
- 1 white bread roll
- 2 tablespoons flour
- 1 egg
- 1 teaspoon salt
- 1 teaspoon pepper (usually white pepper)
- 1 teaspoon coriander seed (crushed)
- 1 teaspoon baking powder
- 1 teaspoon sesame seeds
- oil (for frying)

Preparation:

1. Soak chickpeas in water for at least 3 hours. Cook until tender, and mince with the garlic, onion, and fresh cilantro. Soak broken-up bread roll in water until soft and break up finely. Add flour to the bread and mix in. Add to the first mixture.

2. Stir, and add salt, pepper and coriander seeds, and leave for 15 minutes. Add baking powder and mix in. Shape with hands into a flat saucer shape (make more than one if it's easier) and sprinkle with sesame seeds and deep fry. Serve on its own or you can be served with any toppings.

Caramel Custard

Ingredients:

- 8 eggs
- 1 quart milk
- 1 ounce butter
- 1 tablespoon vanilla (or banana extract if available)
- 1/2 cup sugar

Preparation:

1. Beat eggs, milk until mixture is frothy. Add melted butter and extract. Melt 1/2 cup SUGAR and burn to caramel stage. Rotate the pan to spread caramel all

around the sides. Beat the egg mixture again. Pour it quickly into the cake pan.
2. Cover the pan with aluminum foil which has been well buttered on the under side. Place the pan in a larger pan half filled with water. Bake at 350 degrees for 30 minutes and remove cover and test with a silver knife (when it comes out clean, custard is done).
3. Chill until thoroughly cold. Now turn the CAMEL out onto a 10 to 12 inch platter. Garnish with MARASCHINO or CANDIED CHERRIES on top and sides.

Beef and Mixed Vegetables

Ingredients:

- 3 onions - finely sliced
- 700 gramsrams diced beef - chop into small dice and wash in hot water
- 2 tablespoons oil
- 5 small tomatoes - finely chopped
- 5 carrots - diced into small pieces
- 2.5 kilograms potatoes, peeled and diced into small pieces
- 500 gramsrams peas
- 2 teaspoons salt

Preparation:

1. Mix potatoes with 1 teaspoon of salt and deep fry. Keep aside. Cook carrots and keep aside. Cook onions in oil until golden brown. Add meat and salt. Add tomatoes and cook down. Add carrots, peas and potatoes. Mix well.

Beef with Spinach

Ingredients:

- 2 onions – chopped
- 700 gramsrams diced beef
- 1 tablespoon oil
- water
- 2 teaspoons salt
- 3 small tomatoes - roughly chopped
- 6 bunches of English spinach - finely shredded
- 750 gramsrams peanut butter (2 jars)
- 2 teaspoons beef stock powder (optional)

Preparation:

1. Wash meat under hot water. Cook chopped onions until golden. Add beef, salt and enough water to cover. When water has decreased by two thirds add tomatoes. Cook spinach and squeeze out any excess water. Add meat mixture to spinach and stir. Add peanut butter. When oil comes to the top it is ready.

Beef and Molokhia

Ingredients:

- 2 onions - finely chopped
- 700 gramsrams diced beef
- 1 tablespoon oil
- 7 cups water (approximately)
- 2 teaspoons salt
- 2 tablespoons tomato paste
- 3 large cloves garlic
- 800 gramsrams Molokhia (frounceen)
- 1 tablespoon beef stock powder

Preparation:

1. Wash meat under hot water. Cook chopped onions until golden. Add beef, salt and water. Boil until water has decreased by three quarters. Add tomato paste. Add crushed garlic. Add molokhia and mix well. Add beef stock and bring to boil.

Chicken and Rice

Ingredients:

- 2 onions - thinly sliced
- 1 kilogram chicken breast, no skin
- 2 tablespoon oil
- 1/2 teaspoons salt
- 2 tablespoons lemon juice
- 250 gramsrams peas
- 1.5 kilograms rice
- 2 teaspoons turmeric
- 1 heaped teaspoon beef stock powder
- 2 heaped teaspoons salt

Preparation:

1. Cook rice with turmeric, salt and stock powder. Cook onions until soft. Add chicken. Mix together rice, chicken, onion, peas and cook further. Add lemon juice to taste

Eggplant

Ingredients:

- 8 eggplants
- 1 red or green capsicum - finely diced
- 3 carrots - finely diced
- 2 onions - finely diced
- 1 tablespoon oil
- 2 teaspoons salt
- 1 1/2 tablespoons tomato paste
- 250 gramsrams peanut butter
- 3 tablespoons water (approximately)

- Season All garlic (to taste)
- 1 tablespoon lemon juice (to taste)
- 2 heaped teaspoons cumin
- 1/2 teaspoon black pepper

Preparation:

1. Boil eggplant until soft, mash. Add peanut butter and mix well. Cook onion, carrot, capsicum in oil until soft. Add salt, tomato paste, water, Season All garlic. Add eggplant mixture. Add lemon juice, cumin and black pepper. Stir well. Cook on very low heat until eggplant is no longer chewy. You have to keep stirring as this dish can burn very easily.

Meatballs

Ingredients:

- 3 onions – grated
- 2 kilogram minced beef
- 2 teaspoons salt
- 1 1/2 heaped teaspoons beef stock powder
- 1 1/2 tablespoons cumin
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons tomato paste
- 3 cloves garlic (crushed)
- 2 tablespoons oil
- 6 eggs
- approximately 250 gramsrams bread crumbs

Preparation:

1. Mix meat with onion. Add spices and tomato paste and mix well. Mix in one quarter of the bread crumbs. Add eggs and mix well with hands. Add rest of breadcrumbs and knead until well mixed. Make into small meatballs and deep fry.

Spain



Chicken and Rice

Ingredients:

- 2 tablespoons olive oil
- 3 pounds chicken, cut into 8 serving pieces
- 3 cloves garlic, peeled and chopped
- 1 medium yellow onion, peeled and chopped small
- ½ medium green bell pepper, cored, seeded, and chopped small
- ¼ cup water
- 2 cups converted rice
- 4 cups Chicken Stock or use canned
- 1 bay leaf
- Salt and freshly ground black pepper to taste

Preparation:

1. Heat a deep stove-top casserole and add the oil and chicken. Brown the pieces well and then remove to a platter. Leave the oil in the pan. Add to the pan the garlic, yellow onion, and green pepper. Saute until the onion is clear and then deglaze the pan with ¼ cup water. Return the chicken to the pot and add the remaining ingredients. Bring to a boil, cover the pot, and turn down to a simmer. Cook for 25 minutes, or until the rice is just tender.

Baked Fish and Bananas

Ingredients:

- 2 pound white fish
- 2 tablespoons tomato-puree
- Olive oil
- 2 teaspoons sugar
- Salt and pepper
- 2 tablespoons water
- Dried mixed herbs

- 2 bananas

Preparation:

1. Split the fish, put in a greased ovenproof dish and brush over' with a little oil, then sprinkle with seasonings and herbs. Mix the tomato puree with 2 tablespoons oil, and then add the sugar and water. Pour this round the fish and trickle a little down the center of the fish itself.
2. Split the peeled bananas lengthwise and put round the fish. Bake in a slow oven (300°F) for about ½ hour, basting occasionally. Serve with plain boiled rice or noodles.

Pork Roast in Wine Sauce

Ingredients:

- 6 tablespoons olive oil
- 1 clove garlic, minced
- 5 peppercorns, crushed
- 4 thick slices pork tenderloin (or 4 large, thick loin pork chops, boned)
- ¼ cup flour
- ½ teaspoon salt
- Pepper to taste
- 1 onion, finely chopped
- ¼ cup beef broth
- ½ cup dry white wine
- 1 tablespoon red wine vinegar

Preparation:

1. Combine 4 tablespoons of the olive oil, the garlic, and the peppercorns in a shallow dish. Add the pork and coat both sides with the marinade. Marinate 6 or more hours, turning the meat several times. Dry the marinated pork with paper towels and dredge in the flour seasoned with the salt and pepper. Heat the oil in a rectangular casserole.
2. Cook the pork for 2 minutes on each side in the oil, uncovered. Remove the pork, add the onions, and cook, covered, 4 minutes in the microwave oven. Add the other ingredients, stir well, and place the pork on top. Cook and covered, in the microwave oven until tender about 10 minutes. Serve from the casserole.

Lamb Chops in Tomato Sauce

Ingredients:

- 8 rib lamb chops (about 1½ pounds)
- 1 tablespoon olive oil
- 1 can (10¾ ounces) condensed cream of onion soup
- 1 cup chopped canned tomatoes
- 2 large cloves garlic, minced
- 1 small bay leaf

- 1/8 teaspoon paprika
- 1/8 teaspoon thyme leaves, crushed
- ¼ pound pepperoni, sliced (about 1 cup)
- Lemon slices (for garnish)

Preparation:

1. Brown lamb chops in oil in ovenproof skillet; pour off fat. Blend in soup, tomatoes, garlic, bay leaf, paprika and thyme. Cover and bake in preheated 350°F oven 25 minutes; add pepperoni and bake 10 minutes longer, or until done. Remove bay leaf; garnish with lemon slices.

Saffron Rice with Seafood and Chicken

Ingredients:

- 2 pounds live lobster
- 6 medium-sized raw shrimps in their shells
- 6 small hard-shelled clams
- 6 mussels
- 3 chorizos, or substitute ½ pound other garlic-seasoned smoked pork sausage
- 2 pounds chicken, cut into 12 serving pieces
- 2 teaspoons salt
- Freshly ground black pepper
- ½ cup olive oil
- 2 ounces lean boneless pork, cut into ¼ inch cubes
- ½ cup finely chopped onions
- 1 teaspoon finely chopped garlic
- 1 medium-sized sweet red or green pepper, seeded, deribbed and cut into strips 1½ inches long and ¼ inch wide
- 1 large tomato, peeled, seeded and finely chopped
- 3 cups raw medium or long-grain regular-milled rice or imported short-grain rice
- ¼ teaspoon ground saffron or saffron threads pulverized with a mortar and pestle or with the back of a spoon
- 6 cups boiling water
- ½ cup fresh peas (½ pound) or substitute ½ cups thoroughly defrosted frozen peas
- 2 lemons each cut lengthwise into 6 wedges

Preparation:

1. With a cleaver or large, heavy knife, chop off the tail section of the lobster at the point where it joins the body and twist or cut off the large claws. Remove and discard the gelatinous sac (stomach) in the head and the long intestinal vein attached to it. Without removing the shell, cut the tail crosswise into 1 inch-thick slices and split the body of the lobster in half lengthwise, then crosswise into quarters. Set aside.

2. Shell the shrimp, leaving the tails intact. With a small, sharp knife, devein the shrimp by making a shallow incision down their backs and lifting out the intestinal

vein with the point of the knife. Scrub the clams and mussels thoroughly with a stiff brush or soap less steel-mesh scouring pad under cold running water and remove the black, ropelike tufts from the mussels. Set the shrimp, clams and mussels aside on separate plates.

3. Place the sausages in an 8- to 10 inch skillet and prick them in two or three places with the point of a small, sharp knife. Add enough cold water to cover them completely and bring to a boil over high heat. Then reduce the heat to low and simmer uncovered for 5 minutes. Drain on paper towels and slice them into ¼ inch rounds.

4. Pat the chicken dry with paper towels and season it with 1 teaspoon of the salt and a few grindings of pepper. In a heavy 10- to 12 inch skillet, heat ¼ cup of the olive oil over high heat until a light haze forms above it. Add the chicken, skin side down, and brown it well, turning the pieces with tongs and regulating the heat so they color evenly without burning. As the pieces become a rich golden brown, remove them to a plate.

5. Add the lobster to the skillet. Turning the pieces frequently, cook over high heat for 2 or 3 minutes or until the shell begins to turn pink. Set the lobster aside on a separate plate and add the sausages to the pan. Brown the slices quickly on both sides, then spread them on paper towels to drain.

6. To make the sofrito discard all the fat remaining in the skillet and in its place add the remaining ¼ cup of olive oil. Heat until a light haze forms above it, add the pork and brown it quickly on all sides over high heat. Add the onions, garlic, pepper strips and tomato. Stirring constantly, cook briskly until most of the liquid in the pan evaporates and the mixture is thick enough to hold its shape lightly in a spoon. Set the sofrito aside.

7. About a half hour before you plan to serve the “paella”, preheat the oven to 400°F. In a 14 inch “paella” pan or a skillet or casserole at least 14 inches in diameter and 2- to 2½ inches deep, combine the sofrito, rice, the remaining 1 teaspoon of salt and the saffron. Pour in the boiling water and, stirring constantly, bring to a boil over high heat. Remove the pan from the heat immediately. (Taste the liquid for seasoning and add more salt if necessary.)

8. Arrange the chicken, lobster, sausage, shrimp, clams and mussels on top of the rice and scatter the peas at random over the whole. Set the pan on the floor of the oven and bake uncovered for 25 to 30 minutes or until all the liquid has been absorbed by the rice and the grains are tender but not too soft. At no point should the paella be stirred after it goes in the oven.

9. When the paella is done, remove it from the oven and drape a kitchen towel loosely over the top. Let it rest for 5 to 8 minutes. Then garnish the “paella” with the lemons and serve at the table directly from the pan.

Roast Duck

Ingredients:

- 1 duck
- 2 teaspoons lemon juice

- 4 Seville oranges
- 2 teaspoons sherry
- 2 teaspoons arrowroot
- Caster sugar
- $\frac{3}{4}$ pint giblet stock

Preparation:

1. Roast the duck in the usual way. Peel off the thin outer skin of 2 of the oranges, blanch it in boiling water for a few minutes, and then shred it into thin strips. Blend the arrowroot with a little cold stock and add it to the boiling stock. Cook, stirring carefully, for 3 minutes.

2. Add the lemon juice, the juice of the 2 peeled oranges and the sherry; finally add the shredded orange peel. Make a salad by slicing the remaining 2 oranges very thinly and sprinkling with a little caster sugar. Serve the roast duck with the Seville sauce poured over and surrounded by the orange salad.

Eggs with Garlic Sausage

Ingredients:

- Egg
- Spanish garlic sausage
- Seasoning

Preparation:

1. Into each greased individual fireproof dish drop a raw egg. Add seasoning, surround each egg with pieces or thin slices of skinned Spanish garlic sausage, and bake in a moderate oven (350°F) until the eggs are cooked.

Soup

Ingredients:

- $\frac{3}{4}$ cup diced cooked ham
- $\frac{1}{2}$ teaspoon paprika generous dash crushed saffron or ground turmeric
- 1 tablespoon olive oil
- 1 can (10 $\frac{1}{2}$ ounces) condensed onion soup
- 1 can (11 ounces) condensed tomato rice soup
- 1 $\frac{1}{2}$ soup cans water
- 1 pound frounceen raw shrimp, cleaned
- 1 cup frounceen peas
- 2 tablespoons lemon juice
- 1 hard-cooked egg, chopped

Preparation:

1. Brown ham with paprika and saffron in oil in a saucepan. Add remaining ingredients except egg; bring to a boil. Reduce heat and simmer 15 minutes, or until done, stirring occasionally. Garnish with egg.

Tortilla of Potato and Onions

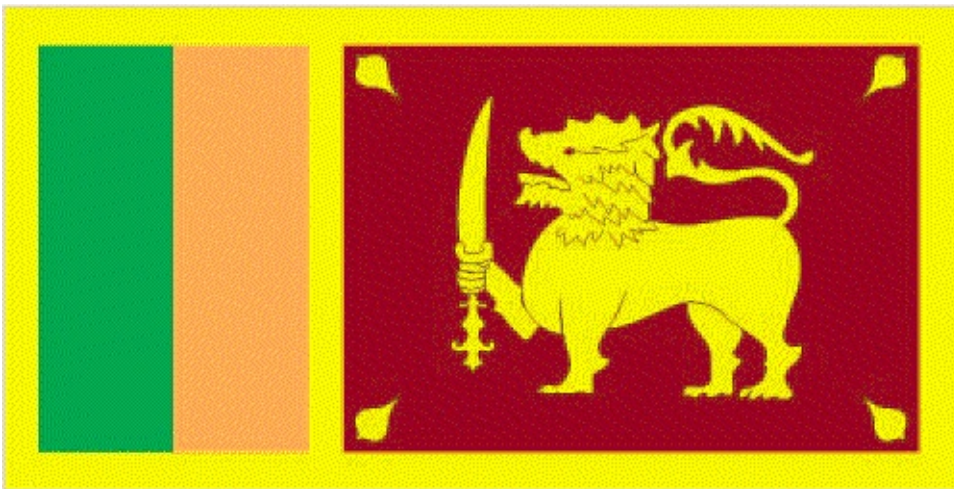
Ingredients:

- ½ pound red-skinned potatoes, cooked but still firm, unpeeled and sliced
- 1 medium yellow onion, peeled and sliced
- 2 cloves garlic, peeled and chopped
- 2 tablespoons olive oil
- 6 eggs
- Salt and freshly ground black pepper to taste

Preparation:

1. Heat a 10 inch lined frying pan and saute the potatoes, onion, and garlic in the oil. Beat the eggs with a bit of salt and pepper and pour over the hot vegetables. Using a wooden spatula, raise the edge of the omelet so that the uncooked top can flow under the omelet. Cook for about 5 minutes on medium heat. Place a plate over the top of the pan and invert both plate and pan so that the omelet comes out upside down. Slide it back into the hot pan to cook the second side. Cook for about 2 more minutes.

Sri Lanka



Hot and Spicy Chicken Curry

Ingredients:

- Black Pepper powder
- Red chilies powder
- Unroasted curry powder
- 1 teaspoon turmeric powder
- Salt to taste
- 1/2 onion sliced
- Chopped 2 green chilies
- Chopped garlic and ginger
- 1 Clove, 2 Cardomoms and 1 stick Cinnamon

- Roasted Black curry powder
- 1 sprig curry leaf
- pandan leaf
- Roasted Black curry powder
- Tamarind juice or vinegar and Goraka
- Coconut milk

Preparation:

1. Take the skin out of the chicken and cut it into suitable pieces and wash well. Drain the excess water and add all ingredients. Mix well and set aside. Then heat a pot and add a little cooking oil. When it's hot add the sliced onions and brown it well.
2. Now add the chicken and stir it well. Then add Tamarind juice or vinegar and a little bit of water if desired and cook thoroughly. Stir occasionally and cook until all the water is evaporated. At this point if you need gravy you can add coconut milk and bring to a boil. Finally add roasted black curry powder. Shake well and take the pot out of the stove.

Beef and Potato Devilled Curry

Ingredients:

- 1 pound Beef
- 1/4 pound potatoes
- 2 level dessert spoons red chilies powder
- 3 dessert tablespoons vinegar
- salt to taste
- 2 inches pieces cinnamon
- few cloves
- 2 pound garlic finely chopped
- 2 cardamoms
- 1 small piece ginger finely chopped
- 1 teaspoon sugar
- 1/2 lime and 2 inches lemon grass
- Cooking oil
- a sprig of curry leaves and a piece of rampe
- 1 medium onion sliced

Preparation:

1. Cut the beef in 1/2 inch cubes and season with vinegar, salt and ground chilies powder. Add chopped garlic , ginger, cinnamon, cloves , cardamoms and lemongrass and set aside. Then cut the potatoes in small cubes and season with a little salt and deep fry until golden brown and set aside. Now heat a pan with little oil and add rampe, curry leaves and onion and stir
2. Until onions are light brown. Then add the beef mixture and stir well. Stir occasionally, scraping off the bottom. When cooked, add the fried potato cubes

and spread the lime juice and sugar. Before serving drain the excess oil and stir the curry well.

Devilled Pork

Ingredients

- 1 pound Pork
- Crushed red chilies
- 1 large onions cut into 2 inch square pieces
- 1 Bell pepper or Banana pepper
- crushed garlic and ginger
- Salt to taste
- Ketchup or tomato sauce
- Vinegar
- Red chilies powder
- 1 teaspoon Sugar
- cooking oil

Preparation:

1. Remove the excess fat from the pork and cut them into small pieces and wash well. Season it with salt and red chilies powder. Heat a pan with cooking oil and add the pork and let it fry until golden brown on the sides. Add vinegar and cook well.
2. When all the water has been absorbed, add a little cooking oil and toss the onions and peppers with crushed garlic and ginger. Add a little soy sauce and stir well. Now add crushed red chilies and ketchup. Finally sprinkle a little sugar and remove from the stove.

Roast Chicken

Ingredients:

- Chicken legs and thighs with the skin
- Red chilies powder
- Salt to taste
- Soy sauce
- Ketchup
- Black pepper powder
- 1 teaspoon olive oil
- Vinegar

Preparation:

1. Wash the chicken well and drain the water. Add red chilies powder, black pepper powder, salt, 1 tbsn ketchup, 1tbsn soy sauce, 1 teaspoon olive oil or cooking oil, Vinegar and mix well. Poke the chicken with a fork a bit to make holes for the marinade to seep in. Coat well, cover and refrigerate for 4-5 hours or overnight.

2. After marinating place the chicken in a foil tray and rub them with a little margarine and bake them at 400 F about 30 minutes. Remove from oven and turn the other side remove all the fat and juices that's in the tray. Then place the tray back in the oven for 15 minutes or until well cooked and the sides are brown.

Eggplant Pickle

Ingredients:

- 1 pounds Eggplant
- Cooking oil for frying
- 10 to 15 small red onions (shallots)
- 10 grams green Chilies
- 2 dessert spoons mustard seeds
- 8 dessert spoons vinegar (approximately)
- Salt to taste
- 2 teaspoon raw chilies powder
- 1 teaspoon sugar
- 1/2 teaspoon tumeric powder

Preparation:

1. Soak the mustard seeds in a little vinegar for about 30 minutes. While waiting, wash and slice the eggplant in rounds. Rub tumeric powder and a little salt. Deep fry in cooking oil. Remove to a colander and let it cool.
2. Cut the red onions in length wise. Grind the soaked mustard seeds into a fine paste. Mix all the ingredients together. Cover up in a bowl for a short while and it will be ready to eat. This pickle keeps well for a week or two in the refrigerator.

Mushroom Stir-Fry

Ingredients:

- 1 package Button Mushrooms or any other kind
- 1 Onion Sliced
- Chopped ginger and garlic
- Sliced green or red bell pepper
- Salt to taste
- 1 teaspoon unroasted curry powder
- Soy Sauce
- 1 teaspoon crushed dried red chili
- Margarine or Cooking oil
- 1 small Tomato

Preparation:

1. Wash the Mushrooms well and slice them. Get all the other Ingredients ready. Heat a pan and add Margarine or 1tbsn cooking oil. Toss the sliced onions and let it brown. Then add sliced bell pepper (you can use green chilies), chopped garlic and ginger.

2. Now add the mushrooms and stir well. Then add Unroasted curry powder, soy sauce and crushed chili. Stir well and close the lid for a while .Now add the sliced tomato and take it out of the stove.(Mushrooms contains water. So no need to add extra water)

Sweet Potato Curry

Ingredients:

- 1 pound Sweet potatoes
- sliced Onions
- 1 green chilies (sliced)
- 1 clove garlic
- Turmeric powder
- Unroasted curry powder
- Salt to taste
- Curry leaves

Preparation:

1. Wash and peel the sweet potatoes and cut them into cubes. Add Turmeric powder, curry powder, curry leaves, sliced onions and green chilies. Add sufficient water and bring to a boil. When it's done add coconut milk and shake it well.

Caramel Pudding

Ingredients:

- 1 can condensed milk
- 1 can water
- 1 teaspoon vanilla
- 8 eggs

Caramel:

- 1 cup sugar

Preparation:

1. To prepare the caramel, in a small, heavy saucepan, combine 1 cup sugar and a little water and place pan on low heat and stir until the sugar syrup turns golden brown. Remove pan from heat and pour it to a oven proof dish which you are going to bake the pudding.

2. Mix condensed milk, water and vanilla in a bowl. Then add the beaten eggs to the mixture and beat well. Strain the mixture to the baking dish with a strainer and cover with foil. Preheat the oven to 375 F. Now place the dish in a baking tray with a little water and bake it in the oven for a about 50 minutes or until well done. Let it cool to room temperature , cover the dish and leave in the refrigerator for several hours, preferably over night. Take out of the refrigerator 30 minutes before serving. Carefully invert on to a serving dish allowing the caramel to run down the sides.

Mung Kavum

Ingredients:

- 1kilogram Mung Flour
- 750 gramsrams White Rice Flour
- 3 cups Black Treacle

Batter:

- 1 egg
- 200 gramsrams rice flour
- Pinch of salt
- 1 cup Coconut milk
- Pinch of Tumeric

Preparation:

1. In a bowl combine mung flour, rice flour and a pinch of salt. Bring a pot of Treacle to a boil. Once you try to pour it, it should form a thick line like a thread. That is the correct point to add flour into it. Keep one cup of boiled treacle aside.
2. Mix flours and treacle well, using hands until you can knead the dough without it sticking to your fingers. Dust a board with white flour and spread the mixture on a board and cut diamond shapes. In another bowl mix coconut milk, rice flour, turmeric and salt, and make a thick batter. Meanwhile heat a pot filled with oil. Dip the diamond shape kavum in the batter and add kavum in oil and cook until golden brown.

Sudan



Meatballs

Ingredients:

- 3 onions – grated

- 2 kilogram minced beef
- 2 teaspoons salt
- 1 1/2 heaped teaspoons beef stock powder
- 1 1/2 tablespoons cumin
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons tomato paste
- 3 cloves garlic (crushed)
- 2 tablespoons oil
- 6 eggs
- approximately 250 grams bread crumbs

Preparation:

1. Mix meat with onion. Add spices and tomato paste and mix well. Mix in one quarter of the bread crumbs. Add eggs and mix well with hands. Add rest of breadcrumbs and knead until well mixed. Make into small meatballs and deep fry.

Beef and Mixed Vegetables

Ingredients:

- 3 onions - finely sliced
- 700 grams diced beef - chop into small dice and wash in hot water
- 2 tablespoons oil
- 5 small tomatoes - finely chopped
- 5 carrots - diced into small pieces
- 2.5 kilograms potatoes, peeled and diced into small pieces
- 500 grams peas
- 2 teaspoons salt

Preparation:

1. Mix potatoes with 1 teaspoon of salt and deep fry. Keep aside. Cook carrots and keep aside. Cook onions in oil until golden brown. Add meat and salt. Add tomatoes and cook down. Add carrots, peas and potatoes. Mix well.

Dama Be Potaatas

Ingredients:

- 6 onions
- 4 tablespoons tomato paste
- 1/3 cup oil
- 3 garlic cloves, crushed
- 250 grams beef steaks
- 3 cups water
- 3 tomatoes
- 1/2 green pepper
- 1 teaspoon salt
- 1 teaspoon cardamom

- 1 teaspoon cinnamon
- 2 potatoes

Preparation:

1. Chop onions and put in pot and fry in oil at medium heat. Keep covered, stirring occasionally. Add water and cover, leaving on medium heat for 5-10 minutes until water is almost evaporated. Lightly blend onions and return to pot and add chopped tomatoes. Peel and chop potatoes and fry potatoes until golden.
2. Chop steak into small pieces and add to pot with chopped pepper, salt, cardamom and cinnamon. Cover and leave for 3 minutes. Add tomato paste and stir, adding water until smooth and runny. Add potatoes, cover and leave to simmer for 10 minutes adding more water occasionally. Stir in crushed garlic.

Style Peanut Chicken

Ingredients:

- 2 boneless skinless chicken breasts
- 1 small diced tomato
- 1/2 white onion, diced
- 2 tablespoons creamy peanut butter
- 1 cup water
- 1 dash garlic powder
- 1 tablespoon butter
- 2 tablespoons peanut oil, divided

Preparation:

1. Diced chicken breasts in to bite sized pieces. Saute in 1 tablespoon peanut oil until just before cooked and remove from heat and set aside. In a separate pan saute diced tomatoes and onion in butter and peanut oil until soft.
2. Add peanut butter and stir well. Then add the water and mix well. Now add chicken to mixture and bring to boil. At boiling point, reduce heat to medium and cook for about 6 minutes. Serve warm over African Style Rice!

Tomato Salad

Ingredients:

- 5 tomatoes, diced, seeds removed
- 4 green onions, finely diced
- 1 small green chili pepper, seeds and stem removed
- 1/4 cup Italian parsley, finely diced
- 1/3 cup oil
- 1/4 cup peanut butter, smooth
- 2 limes, juice of
- 1/2 teaspoon salt, adjust to taste

Preparation:

1. Combine tomatoes, green onions, chili pepper and parsley in large bowl. Whisk

oil into peanut butter until smooth.

2. Dressing: Stir in lime juice to peanut butter and season with salt. Additional oil or water may be added if dressing is too thick. Using a wooden spoon, gently stir dressing into tomato mixture until lightly coated.

Yogurt and Tahini Dip

Ingredients:

- 2/3 cup tahini (sesame seed paste)
- 2/3 cup plain nonfat yogurt
- 3 cloves garlic, minced
- 2 lemons, juice of
- 2 tablespoons chopped fresh parsley
- salt (to taste)
- black pepper (to taste)

Preparation:

1. Mix together garlic, salt, black pepper, and tahini until smooth. Add yogurt and lemon juice, a little at a time, mixing well after each addition, until it is like a thick cream. Sprinkle with parsley and serve with chopped vegetables, and warm pita bread, if desired.

Fried Calf Liver

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- salt, to taste
- 1/4 teaspoon ground cinnamon
- 2 teaspoons tomato paste
- 1 pound calf liver, cut into 1/2 inch cubes
- 2 tablespoons water

Preparation:

1. Heat the oil in a saucepan and sauté the garlic until it is lightly browned. Add the salt, cinnamon, and tomato paste and cook for 2 minutes, stirring well. Add the liver and the water and continue to cook until the liver is cooked to taste. Serve hot with white rice or noodles.

Tamia

Ingredients:

- 1 pound chickpeas
- water
- 4 garlic cloves

- 2 onions
- 1/2 cup fresh cilantro, finely chopped (known as fresh coriander)
- 1 white bread roll
- 2 tablespoons flour
- 1 egg
- 1 teaspoon salt
- 1 teaspoon pepper (usually white pepper)
- 1 teaspoon coriander seed (crushed)
- 1 teaspoon baking powder
- 1 teaspoon sesame seeds
- oil (for frying)

Preparation:

1. Soak chickpeas in water for at least 3 hours. Cook until tender, and mince with the garlic, onion, and fresh cilantro. Soak broken-up bread roll in water until soft and break up finely. Add flour to the bread and mix in. Add to the first mixture.
2. Stir, and add salt, pepper and coriander seeds, and leave for 15 minutes. Add baking powder and mix in . Shape with hands into a flat saucer shape (make more than one if it's easier) and sprinkle with sesame seeds and deep fry. Serve on its own or you can be served with any toppings.

Caramel Custard

Ingredients:

- 8 eggs
- 1 quart milk
- 1 ounce butter
- 1 tablespoon vanilla (or banana extract if available)
- 1/2 cup sugar

Preparation:

1. Beat eggs, milk until mixture is frothy. Add melted butter and extract. Melt 1/2 cup SUGAR and burn to caramel stage. Rotate the pan to spread caramel all around the sides. Beat the egg mixture again. Pour it quickly into the cake pan.
2. Cover the pan with aluminum foil which has been well buttered on the under side. Place the pan in a larger pan half filled with water. Bake at 350 degrees for 30 minutes and remove cover and test with a silver knife (when it comes out clean, custard is done).
3. Chill until thoroughly cold. Now turn the CAMEL out onto a 10 to 12 inch platter. Garnish with MARASCHINO or CANDIED CHERRIES on top and sides.

Beef with Spinach

Ingredients:

- 2 onions – chopped
- 700 gramsrams diced beef

- 1 tablespoon oil
- water
- 2 teaspoons salt
- 3 small tomatoes - roughly chopped
- 6 bunches of English spinach - finely shredded
- 750 gramsrams peanut butter (2 jars)
- 2 teaspoons beef stock powder (optional)

Preparation:

1. Wash meat under hot water. Cook chopped onions until golden. Add beef, salt and enough water to cover. When water has decreased by two thirds add tomatoes. Cook spinach and squeeze out any excess water. Add meat mixture to spinach and stir. Add peanut butter. When oil comes to the top it is ready.

Beef and Molokhia

Ingredients:

- 2 onions - finely chopped
- 700 gramsrams diced beef
- 1 tablespoon oil
- 7 cups water (approximately)
- 2 teaspoons salt
- 2 tablespoons tomato paste
- 3 large cloves garlic
- 800 gramsrams Molokhia (frounceen)
- 1 tablespoon beef stock powder

Preparation:

1. Wash meat under hot water. Cook chopped onions until golden. Add beef, salt and water. Boil until water has decreased by three quarters. Add tomato paste. Add crushed garlic. Add molokhia and mix well. Add beef stock and bring to boil.

Chicken and Rice

Ingredients:

- 2 onions - thinly sliced
- 1 kilogram chicken breast, no skin
- 2 tablespoon oil
- 1/2 teaspoons salt
- 2 tablespoons lemon juice
- 250 gramsrams peas
- 1.5 kilograms rice
- 2 teaspoons turmeric
- 1 heaped teaspoon beef stock powder
- 2 heaped teaspoons salt

Preparation:

1. Cook rice with turmeric, salt and stock powder. Cook onions until soft. Add chicken. Mix together rice, chicken, onion, peas and cook further. Add lemon juice to taste

Eggplant

Ingredients:

- 8 eggplants
- 1 red or green capsicum - finely diced
- 3 carrots - finely diced
- 2 onions - finely diced
- 1 tablespoon oil
- 2 teaspoons salt
- 1 1/2 tablespoons tomato paste
- 250 grams peanut butter
- 3 tablespoons water (approximately)
- Season All garlic (to taste)
- 1 tablespoon lemon juice (to taste)
- 2 heaped teaspoons cumin
- 1/2 teaspoon black pepper

Preparation:

1. Boil eggplant until soft, mash. Add peanut butter and mix well. Cook onion, carrot, capsicum in oil until soft. Add salt, tomato paste, water, Season All garlic. Add eggplant mixture. Add lemon juice, cumin and black pepper. Stir well. Cook on very low heat until eggplant is no longer chewy. You have to keep stirring as this dish can burn very easily.

Suriname



Chicken Curry

Ingredients:

- 3 pounds chicken (cut into bite-sized pieces)
- 2 garlic cloves (more, to taste)
- 1 medium onion
- 2 tablespoons curry powder (store-bought, your own recipe or Quick Garam Masala or Madras Curry Powder)
- 4 tablespoons sunflower oil or 4 tablespoons corn oil
- chili peppers (optional) or jalapeno, to taste (optional)
- 1/2 teaspoon sugar
- salt, to taste
- water

Preparation:

1. Heat the oil; add the onion and garlic, fry until translucent (take care not to scorch). Add the masala powder or curry powder and stir in well. Add the chicken with the peppers, sugar and salt (to taste). Stir well until chicken is coated with onion/garlic mixture; add just enough water to cover the chicken. Cover and cook over medium heat until tender.

Fish Masala

Ingredients:

- 1 pound plaice fish (or sole or haddock)
- 1 medium onion
- 1/2 chili pepper
- 1 garlic clove
- 1/2 chicken bouillon cube
- 3 sprigs flat-leaf parsley
- 1 tablespoon curry masala
- 1/2 lemon
- 3 tablespoon water
- 1 tablespoon oil
- 1 tablespoon butter
- salt

Preparation:

1. Finely mince the onion, garlic and de-seeded chill pepper and the garlic so it will have a mellower flavor. Squeeze the lemon juice all over the fish and lightly season it with salt. Roll up the plaice (or sole) and secure them with cocktail sticks. Heat the butter and oil and sauté the onion for a minute or 3 to 4, until translucent.

2. Add the garlic and cook for another 30 seconds. Sprinkle in the curry masala and stir it into the onions. Add the fish rolls and cook them all around in, say, 2 to 3 minutes. Add the chill pepper and minced parsley. Crumble in the bouillon cube and pour in the water. Bring it to a boil and let it simmer for 7 to 10 minutes, until the fish is done. Spoon all these lovely cooking juices over the fish before serving and sprinkle some extra parsley for garnish. Serve as a starter or with a side of

steamed rice and vegetables!

Egg Salad

Ingredients:

- 4 crusty buns
- lettuce or salad leaves
- 4 hard-boiled eggs
- 2 medium potatoes
- 1/2 chili pepper
- 2 tablespoon finely minced onion
- 1 small garlic clove
- 1 1/2 teaspoon curry masala
- 1/4 teaspoon turmeric
- 1/4 heaping teaspoon yellow mustard
- 1/2 teaspoon brown sugar
- 1/2 teaspoon sweet paprika powder
- 6 tablespoon mayonnaise
- 2 tablespoon milk
- 3 sprigs celery leaves
- pinch of pepper and salt

Preparation:

1. Hard-boiled eggs in my egg cooker. Run them under cold water, peel them and let them cool off. Peel the potatoes, dice them and cook until fork tender (microwave works for me). Finely mince the onion and chill pepper. Drain the potatoes. Coarsely mash the potatoes and hard-boiled eggs.
2. Add the minced onion, chill pepper and crush the garlic in there as well. A small clove and in a bowl you combine the mayo (Hellmann's, of course!) with the milk, curry massala, brown sugar, yellow mustard, turmeric, paprika powder and a pinch of black pepper. Mix it all up and whisk until the sugar has dissolved. Add the mayo-mix to the mashed eggs and potatoes. Stir well, but do not turn it into a puree.
3. Add salt to taste afterwards. Finely mince the celery leaves and stir them in as well. Cover the egg salad with cling film and store it in the fridge for 30 to 60 minutes. Open up the buns (whole wheat really tastes best with this salad), put some lettuce on the bottom and top it with the egg salad.

Herbed Chicken

Ingredients:

Chicken and Seasoning:

- 1 pound boneless chicken breasts
- 2/3 teaspoon garlic pepper
- 1/2 teaspoon ground ginger
- 1/4 teaspoon galangal powder

- 1 teaspoon kosher salt

Stuff:

- 1 small onion
- 1 red bell pepper
- 1 teaspoon turbinado sugar
- 1/2 chicken bouillon cube
- handful fresh chervil, dill and flat-leaf parsley (or cilantro)
- 1 tablespoon walnut oil
- 1 tablespoon garlic oil
- 1 tablespoon lime juice
- 1/2 cup water

Preparation:

1. Mix up the garlic pepper, ground ginger, laos and salt. Coarsely chop the onion and red bell pepper. Finely chop the fresh herbs. You can replace the parsley with cilantro. I never do because cilantro is from the devil. Pound them into submission! Not too thin, though. Season the chicken on both sides.
2. Heat the walnut and garlic oil and add the chicken. Add the onion and bell pepper to the chicken after it's been cooked for a minute or 2. Give the chicken 4 to 5 minutes on each side, depending on how thick your chicken is. Flip them over once, and stir the vegetables as well.
3. As soon as the chicken is fully cooked, pour in the water. Add 1/2 a chicken bouillon cube, the turbinado sugar, lime juice and fresh herbs. Let it simmer for a few minutes. All these ingredients together create the most amazing sauce. Pair with any kind of rice dish or onion roasted potatoes.

Suri Style

Ingredients:

- cooked white rice
- 1 1/2 pound boneless chicken breast
- 8 ounces bacon bits
- 2 14 ounces or 400 grams cans brown beans (only one drained)
- 1 large onion or 2 smaller ones
- 3 garlic cloves
- Chili pepper
- 1 can tomato paste (2.5 ounces or 70 grams)
- 2 teaspoon curry masala
- 5 all spice berries
- 3 tablespoon soy sauce
- 1 1/2 tablespoon brown sugar (dark brown preferably)
- 1 cup chicken broth
- 1/3 cup coconut milk
- salt, pepper, nutmeg
- 1 tablespoon peanut oil

- Celery leaves for garnish

Preparation:

1. Cut the chicken breasts into large chunks and season them with a little salt, pepper and nutmeg. Chop the onions, chili pepper and garlic. Plus a few all-spice berries, chicken broth and, of course, the brown beans. One can drained the other one not.

2. Cook the bacon until brown but not too crispy. Transfer to a paper towel and remove the bacon grease leaving 1 tablespoon in the pot. Add the tablespoon peanut oil, heat it and cook the chicken until it loses its rawness. It shouldn't be cooked through, or else the chicken will dry out during the simmer! Add the garlic, chili pepper and onions and cook until the onions are soft. Add the curry masala and cook for another minute.

3. Stir in the tomato paste and cook it along with the chicken to sweeten it up. In with the brown sugar and soy sauce. Mix it up. Looks good enough to eat already, doesn't it? Don't do it, though, the chicken is still raw inside. Add the bacon (minus the ones you've eaten) and the all-spice berries. Add the beans from the can and the drained ones. Pour in the chicken broth. And finally, stir in the coconut milk. Mix it all up and bring it to a boil.

4. Lower the heat and simmer it, with the lid slightly cracked, for 25 to 30 minutes. After this time the all-spice berries will probably be floating on top. Discard them. Check for seasoning, serve with rice and either garnish with celery leaves or chop them up and stir them into the sauce for extra flavour.

POM

Ingredients:

- 1 whole chicken, about 2 to 3 pounds
- 1 pound of salt pork or chicken sausage
- 3 pounds of pomtajer (or taro root)
- 8 tomatoes, peeled and chopped or a can of diced tomatoes (1 pound)
- 2 onions, chopped
- 3 stalks celery, diced
- 2 chicken bouillon cubes
- 1 tablespoon of nutmeg
- Juice of one orange
- Juice of 2 lemons
- 3 cloves of garlic, pressed
- 1 red chili, whole
- 1 tablespoon of sugar
- 1/2 cup of vegetable oil
- Salt and pepper

Preparation:

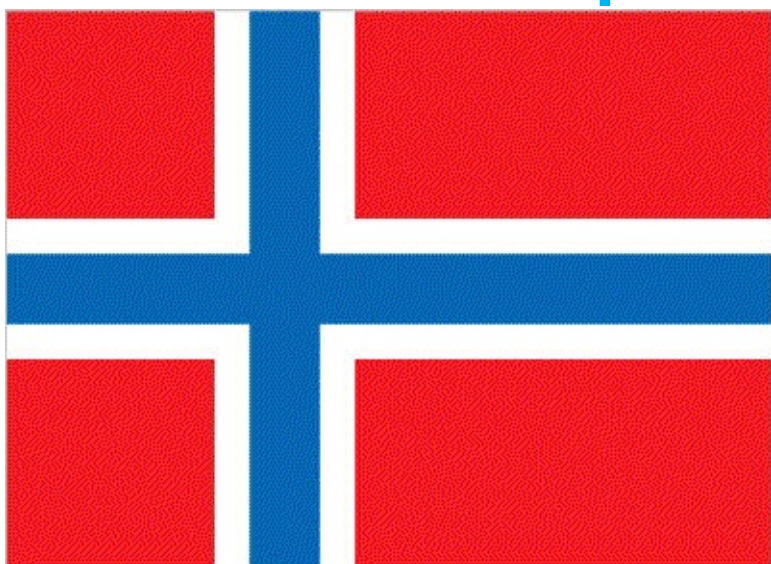
1. Cut the chicken into pieces. Season with salt, pepper and nutmeg. In a pan with a little oil, fry the chicken pieces and chicken sausage (sliced) for a few minutes.

Set aside. In the same pan, sauté the onions for 7-8 minutes. Add the tomatoes, garlic and celery. Add the chicken and chicken sausages and cover with water. Add the bouillon cubes and the red chili pepper.

2. Cook covered over medium low heat for 25-30 minutes. Drain the cooking liquid into a bowl and keep it aside. Peel and rinse the pomtajer. Grate the pomtajer by hand or with a food processor. Mix it with some of the cooking liquid from the meat as well as the orange and lemon juices to make a sticky dough. Add sugar. Spread half of the pomtajer mixture in a well grease baking dish. Spread chicken mixture on top and then cover with the rest of pomtajer.

3. Pour the remaining juices over the top and bake for two hours: one hour covered at 425 F and one hour uncovered at 350 degrees Fahrenheit. Pom should be done when the top is brown and a golden brown juice comes out when poked with a knife.

Svapoundard



Beet Soup with Goose Stock

Ingredients:

- 1 tablespoon olive oil
- 2 red onions, chopped
- 2 garlic cloves, finely chopped
- 2 pound beets, peeled and cut into 1 inch dice
- 2 bay leaves
- 2 carrots, chopped
- 5 cups goose or duck stock (see below)
- 1 teaspoon chili powder, or more to taste
- 3 tablespoons fresh lemon juice
- fine sea salt and freshly ground black pepper

- 1/4 cup sour cream or yoghurt

Preparation:

1. In a medium pot, heat the oil over a medium heat. Sauté the onions and garlic until soft and light brown, 4-5 minutes. Add the beets, bay leaves, carrots and stock, and bring to a boil.
2. Reduce the heat and simmer for 35-40 minutes, until the beets are soft. Remove the bay leaves. Transfer the soup to a blender, and puree until smooth. Return the soup to the pot and reheat. Season with the chili powder, lemon juice and salt and pepper. Pour the soup into bowls. Add a tablespoon of sour cream to each bowl, and serve.

Goose or duck stock

Ingredients:

- 1 tablespoon unsalted butter
- 1 onion, chopped
- 2 quarts cold water
- 2 pound goose, duck or turkey bones, coarsely chopped
- 4 carrots, chopped
- 1 cup chopped celeriac
- 2 bay leaves

Preparation:

1. Heat the butter in a large pot over medium heat. Add the onion and sauté for five minutes, or until soft and golden. Add the water, goose bones, carrots, celeriac and bay leaves, and bring to a boil. Skim off the foam that forms on the surface. Reduce the heat and simmer gently for one hour and 15 minutes. Line a colander with cheesecloth and strain the stock into a bowl or other container. Cover and refrigerate until ready to use.

Fish and Potatoes

Ingredients:

- 1 pound cooked potatoes
- 3/4 pint white sauce
- 1 pound boiled fish (cod, haddock, etc.)
- Salt, pepper and nutmeg

Preparation:

1. Chop the potatoes and the boiled fish into small pieces and cook for a few minutes in the white sauce. Season with salt, pepper and nutmeg and serve hot, dredged with a little more nutmeg.

Ragout of Beef

Ingredients:

- 3 pound beef
- 1 small onion, finely chopped
- Salt
- Pepper
- 1 quart stock or water
- 6 ounces fat
- 1 bay leaf
- 1½ ounce flour
- 4 black peppercorns

Preparation:

1. Slice the beef across the grain, beat well, sprinkle with seasoning and brown in 3 - 4 ounces. fat. To make a sauce, brown the remaining fat and flour slowly, fry the onion and gradually add the stock or water. Now put in the meat, with the bay leaf and peppercorns, cover, and cook slowly for 1 - 1½ hours. Serve with vegetables.

Chicken with Sour Cream

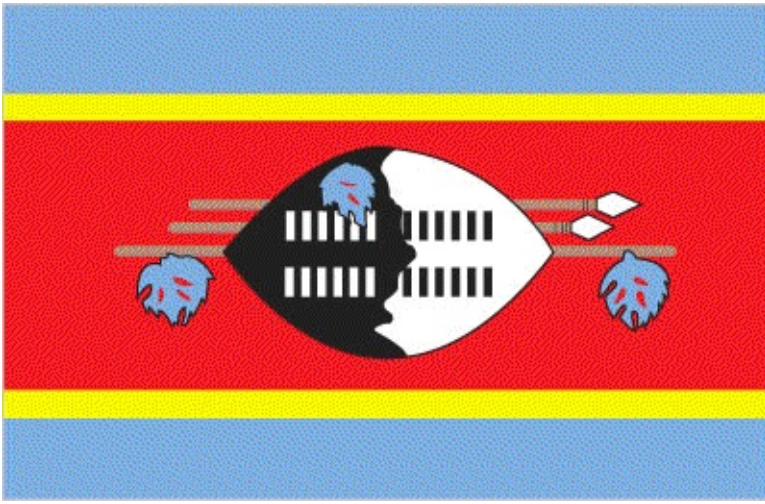
Ingredients:

- 3 Pounds Chicken Breast - In 8 Pieces
- 1 Teaspoon Salt
- 1/2 Teaspoon White Pepper
- 2 Tablespoons Butter
- 1/4 Cup Cognac
- 2 Cups Chicken Broth
- 1/4 Cup Sherry
- 1/4 Cup Parsley - Chopped
- 1/2 Cup Sour Cream
- 8 Ounces Mushroom - Sliced And Cooked

Preparation:

1. Rub chicken with salt and pepper. Saute chicken in butter until browned on all sides. Add cognac and ignite. After the flame has died add chicken broth. Simmer for 30 minutes. Add sherry and parsley. Simmer for 3 minutes. Remove chicken and keep warm. Add sour cream to the liquid. Do not boil, but simmer until the sour cream has dissolved. Add mushrooms and pour sauce over chicken. Serve with boiled potatoes.

Swaziland



Pork with Cabbage and Bananas

Ingredients:

- 500 gramsrams pork, cut into 3 cm cubes
- 1/3 white cabbage, finely shredded
- 4 bananas
- 2 onions, sliced thinly
- 4 garlic cloves, crushed
- 2 teaspoon green chili, finely chopped
- 2 tablespoons soy sauce
- salt and freshly-ground black pepper, to taste
- 4 tablespoons vegetable oil

Preparation:

1. Add 2 tablespoon of the oil to a hot pan and use to fry the onion, garlic and chilies for about 4 minutes, or until the onion is just softened. Add the cabbage and cook for about 3 minutes then pour over 120 milliliters water (or white wine). Bring just to a boil then take off the heat and set aside. Heat the remaining oil in another pan, add the pork pieces and fry until nicely browned all over.
2. Remove with a slotted spoon and set aside. Peel the bananas and cut into slices. Season with a little salt then place the pan used to fry the pork back on the heat. Add a little more oil, if needed then arrange the banana slices in the pan. Sprinkle over the soy sauce and cook for about 2 minutes, or until the bananas are just softened. Remove from the pan and set aside.
3. Return the pork pieces to the pan and stir in the cabbage mixture. Bring to a boil, reduce to a simmer, cover the pan and cook for about 15 minutes, or until the pork is cooked through. Add the bananas and allow to heat through (do not overcook or the bananas will break down). Adjust the seasonings to taste and serve immediately.

Roast Ostrich Steak

Ingredients:

- 2 ostrich steaks, thinly sliced
- 1 onion, finely sliced
- 100 milliliters cream
- 250 milliliters white wine
- 6 green peppercorns, lightly crushed
- 1 pumpkin, peeled and cubed
- 100 grams mealie meal (ground white maize)
- 200 milliliters red wine
- 6 juniper berries, lightly crushed

Preparation:

1. Slice the ostrich steaks as finely as you can and marinate in the red wine and juniper berries on the fridge over night. Add the pumpkin and mealie meal to a pot, cover with water and boil for about 30 minutes, or until the pumpkin is hot. Add more water if desired. When cooked pour-off any excess liquid and mash the pumpkin and mealie meal together.
2. Meanwhile, add the onion to a pan and sweat in a little butter until just nut brown. Add the cream, white wine and green bell peppers and bring to a gentle simmer. Season and add a little arrowroot if the sauce is too thin for your taste. Finally cook the ostrich by flash-frying the meat in a pan.
3. Do not over-cook as the meat will become very dry. To serve place the pumpkin mash in the centre of a plate, arrange the strips of ostrich meat around the outside and drizzle the cream sauce over the top.

Mango Chutney

Ingredients:

- 4 green mangoes
- 1 small onion
- 250 milliliters lemon juice
- 100 grams salt
- 100 grams sugar
- 2 hot chilies, finely sliced

Preparation:

1. Slice the mangoes and onion thinly. Lay slices of mangoes and chopped onion in a dish. Sprinkle the salt over the top and allow to stand for 1 hour. Dust-off excess salt, add all the ingredients to a pan and boil slowly until it thickens. Spoon into hot jars and seal.

Banana and Corn Casserole

Ingredients:

- 4 bananas
- 4 slices bacon

- 400 gramsrams sweet corn
- 2 teaspoon corn meal

Preparation:

1. Wrap the peeled bananas in the bacon and grill until tender. Place in a casserole, season and then add the sweetcorn. Thicken the mixture with 2 teaspoon cornmeal mixed with a little cold water. Pour over the bananas and sprinkle with breadcrumbs. Bake in an oven pre-heated to 170 degrees Celsius for 15 minutes and serve.

Salad

Ingredients:

Salad:

- 1 large avocado, cubed
- 1 head romaine lettuce, chopped
- 3 cooked sliced beets (or chopped)
- 3 chopped radishes
- 1/4 cup crushed peanuts (I like them roasted)

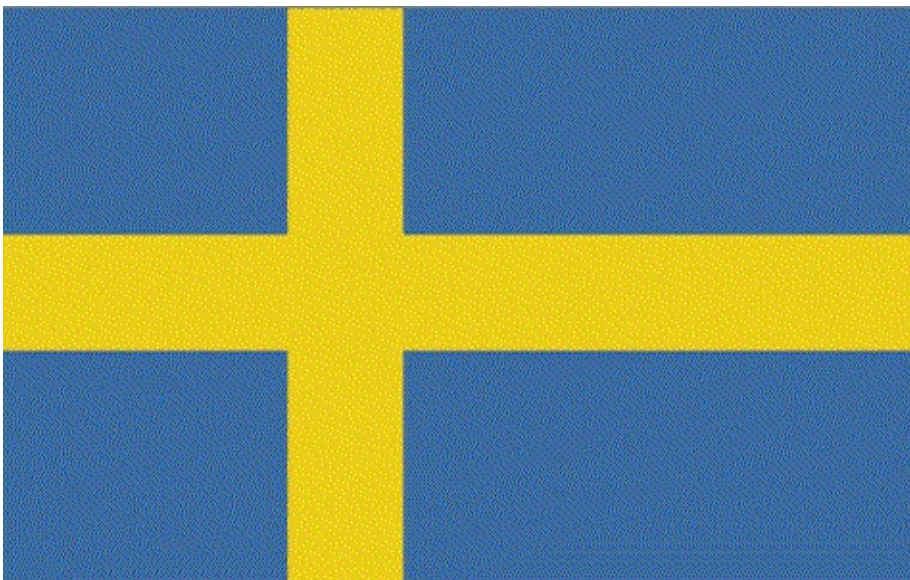
Dressing:

- 1 lemon, juiced
- 1 teaspoon freshly grated ginger
- salt and pepper
- olive oil (optional)

Preparation:

1. Combine all salad ingredients. Whisk dressing ingredients together, stirring in a little oil as desired. Drizzle with a bit of the dressing. Place remainder on the table for diners to add more, as desired.

Sweden



Meatballs

Ingredients:

- 1 pound ground beef
- 2/3 cup milk
- 1/2 cup breadcrumbs
- 1 egg
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon nutmeg
- pepper

Sauce:

- 1 (10 3/4 ounce) can condensed cream of mushroom soup
- 1/2 cup sour cream
- 1/2 cup milk
- Kitchen Bouquet, for color

Preparation:

1. Meatballs: Preheat oven to 400 degrees Fahrenheit. Mix all ingredients for the meatballs together. Shape into balls. Place on cookie sheet. Bake for 10 minutes or until browned. Remove meatballs from oven and place in a casserole dish. Turn oven temperature to 350 degrees Fahrenheit.
2. Sauce: Stir together ingredients for the sauce and combine with the meatballs in the casserole. Bake, covered, for 1 hour. Let stand covered for 10 minutes before serving.

Apple Pie

Ingredients:

- 5 medium apples (peeled, cored, and sliced)
- 1 1/4 cups sugar (divided)
- 3 teaspoons cinnamon
- 3/4 cup butter or 3/4 cup margarine
- 1 cup flour
- 1 egg

Preparation:

1. Preheat oven to 350 degrees. Fill pie pan 3/4 full with apples. Mix 1/4 cup sugar and 3 teaspoon cinnamon. Sprinkle over apples. In saucepan, melt butter and remove from heat. Add remaining ingredients (including the 1 cup of sugar remaining). Pour evenly over the apples in pan. Bake 45 minutes.

Loin of Pork

Ingredients:

- 15 dried prunes, pitted

- 12 dried apricots, pitted
- 1½ cups water
- 1 3-pound loin of pork, almost all visible fat removed
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

Sauce:

- Reserved prunes and apricots with juice from above
- 1 cup dry white wine
- 1 cup Chicken Stock or use canned
- Pan drippings

Preparation:

1. Cover the prunes with the water; bring to a boil. Turn off the heat, add the apricots, and let cool. Drain and reserve the liquid. With a sharp knife make slits the length of the pork loin. Rub the roast with salt and pepper and insert ½ the cooked prunes and apricots in the slits.
2. Tie the meat up into a roast. Insert a meat thermometer. Place the meat on a roasting rack in a pan and place 1 cup water in the bottom of the pan. Additional water may have to be added to prevent drying. Roast in a preheated 325 degrees Fahrenheit oven for 1½ to 1¾ hours. Remove the meat when the thermometer registers 155 degrees Fahrenheit.
3. Sauce: Place all of the ingredients in a small saucepan and bring to a simmer. Cook for 5 minutes. Puree in a food blender until smooth. Return the sauce to the pan. Bring to a simmer before serving. You may want to thicken the sauce with 1 tablespoon of cornstarch dissolved in 2 tablespoons of water, stirred into the sauce while simmering.

Herring and Potato Casserole

Ingredients:

- 3 large boiling potatoes, peeled and cut into 1/8 inch-thick slices
- 1 large onion, thinly sliced
- 2½ tablespoons butter
- 2 matjes herring fillets, cut in ½ inch diagonal slices
- Freshly ground black pepper
- 1 tablespoon fine bread crumbs
- 1/3 cup light or heavy cream
- 1 tablespoon butter, cut into tiny bits

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit. Place the potato slices in a bowl of cold water to prevent them from discoloring. Heat 2 tablespoons of the butter in a small frying pan; when the foam subsides, add the sliced onions and cook them over moderate heat, stirring frequently, for 5 to 8 minutes, or until the onions are soft and transparent but not brown. Set them aside.
2. Choose a 1- to 1½-quart baking dish attractive enough to bring to the table and,

with a pastry brush or paper towels, spread with the remaining $\frac{1}{2}$ tablespoon of butter. Drain the potatoes and pat them dry with paper towels. Arrange alternate layers of potatoes, herring and onions in the baking dish, ending with a layer of potatoes. Season each layer lightly with pepper, sprinkle the top layer of potatoes with bread crumbs and dot with the bits of butter.

3. Pour in the cream, bring to a boil on top of the stove, then bake for 1 hour in the center of the oven, until the potatoes are tender when pierced with the tip of a sharp knife. Serve from the baking dish.

Sailor's Beef

Ingredients:

- 1 pound chuck steak
- Salt and pepper
- $1\frac{1}{2}$ pound potatoes
- 2 cups boiling water
- 2 tablespoons butter
- Chopped parsley
- 3 sliced onions

Preparation:

1. Wipe the meat, cut into $\frac{1}{2}$ inch slices and beat, with a wooden spoon or something similar. Peel the potatoes and slice thickly. Heat the butter and saute the onions, then brown the meat slices. Put alternate layers of potatoes, meat and onions into a casserole, seasoning each layer and finishing with potatoes.

2. Pour a little boiling water into the pan in which the meat and onions were fried, stir well and pour this liquor into the casserole, with just sufficient plain water to cover the contents. Cover and bake in a moderate oven (375°F) for 1 - $1\frac{1}{2}$ hour, or until the meat is tender. Sprinkle with parsley and serve from the casserole.

Cabbage Soup

Ingredients:

- 1 cabbage
- 2 ounces pork dripping
- 1 tablespoon golden syrup
- 3 peppercorns
- Stock or water
- Salt
- $\frac{1}{4}$ pound pork sausages

Preparation:

1. Wash, prepare and shred the cabbage, fry it lightly in the hot fat and when it is slightly colored, add the syrup and continue frying for a few minutes. Add the peppercorns and about 3 pints stock or salted water. (The liquid in which ham or

bacon has been cooked is best of all.) Simmer gently until the cabbage is almost cooked, then add the sausages and continue simmering until these are cooked. Remove the sausages, slice them, return them to the soup and serve very hot.

Potato Salad

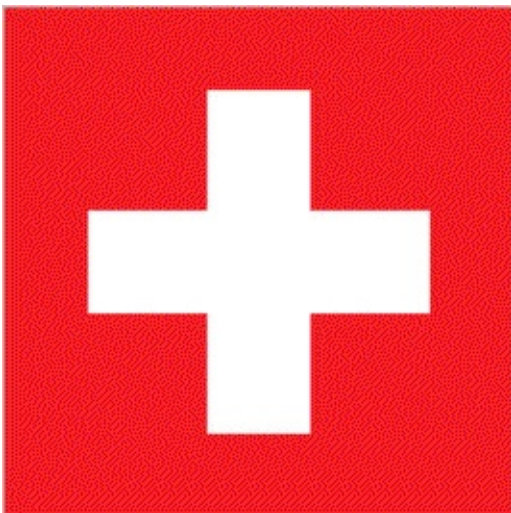
Ingredients:

- 6 medium-sized potatoes, washed
- 1 large onion, peeled and chopped
- 1 cup diced cold, cooked or canned beets
- 2 tablespoons drained capers
- About 1 cup mayonnaise or salad dressing
- Salt, pepper to taste
- Crisp lettuce leaves, washed and dried
- 3 tablespoons chopped fresh dill or parsley

Preparation:

1. Cook potatoes in their jackets in a little salted boiling water until tender, about 25 minutes. Drain well; peel; and, while still warm, slice into a large bowl. Add onion, beets, capers, and enough mayonnaise to bind ingredients.
2. Season with salt and pepper. Cool at room temperature 1 hour or longer to blend flavors. Serve on lettuce leaves garnished with dill or parsley.

Switzerland



Steak

Ingredients:

- 2 garlic cloves, minced
- 2 onions, sliced
- 2 green bell peppers, sliced
- 1 (15 1/2 ounce) can tomatoes

- 1/4 cup flour
- salt
- fresh ground pepper
- 2 pounds beef round tip steaks (3/4 inch thick)
- 3 tablespoons oil
- 1 cup beef stock or 1 cup broth

Preparation:

1. Drain tomatoes, reserving the liquid. Chop tomatoes. Combine flour, 1 teaspoon salt and 1/4 teaspoon pepper. Cut meat into serving pieces. Coat steaks with the seasoned flour and pound until slightly flattened.

2. Heat the oil in a large frying pan over medium heat; add steaks and cook until browned on both sides, 10 to 12 minutes in all. Add the garlic, onions, peppers, tomatoes with their liquid, and the broth. Bring to a boil. Cover and reduce heat, simmer until steaks are tender (about 3 1/2 hours).

Chicken

Ingredients:

- 4 chicken breast halves (boned and skinned)
- 3 slices Swiss cheese
- 1 (10 3/4 ounce) can cream of chicken soup
- 1/4 cup dry white wine
- 1 cup herb seasoned stuffing mix
- 1/4 cup butter (melted)

Preparation:

1. Arrange chicken in a lightly greased 13x9 inch baking dish. Top chicken with Swiss cheese. Combine soup and wine and stir until well mixed. Spoon soup mixture evenly over chicken. Sprinkle with crumbled stuffing mix and drizzle melted butter over crumbs. Bake at 350 degrees Fahrenheit for 50 minutes to one hour.

Creamy Chard Pasta

Ingredients:

- 1 pound Swiss chard
- 1 tablespoon olive oil
- 2 garlic cloves, smashed
- 1/4 cup onion, chopped
- 2 large tomatoes, chopped
- 1/2 cup fat free sour cream or 1/2 cup plain yogurt
- 1/2 cup 2% low-fat milk
- 1/4 cup parmesan cheese
- 8 ounces fettuccine pasta, cooked according to package
- salt and pepper

Preparation:

1. Wash swiss chard, cut into small pieces. Heat oil in large 2 quart saucepan over medium high heat, 1 to 2 minutes. Add Swiss chard, garlic and onion; cooking 1 to 2 minutes, stirring occasionally. Add tomatoes, sour cream, milk, parmesan cheese, cooked fettuccine, salt and pepper to taste; stir well. Serve warm.

Veal Strips In White Wine and Cream Sauce

Ingredients:

- 5 tablespoons butter
- 3 tablespoons vegetable oil
- 1½ pounds veal scallops, sliced ¼ inch thick and cut into strips about 2 inches long and ¼ inch wide
- 1 tablespoon finely chopped shallots, or substitute 1 tablespoon finely chopped scallions, using only the white parts
- 1/3 cup dry white wine
- 1 cup heavy cream
- Salt
- White pepper

Preparation:

1. In a heavy 10- to 12 inch skillet, melt 2 tablespoons of the butter with the oil over high heat. When the foam subsides, drop in half the veal and, tossing the strips about constantly with a fork, fry for about 2 minutes. When the veal is delicately colored, transfer it to a large sieve set over a bowl. Melt 2 more tablespoons of butter in the pan, then drop in the remaining veal and cook as before. Add the veal and its juices to the veal in the sieve.
2. Add the remaining butter to the pan and melt it over moderate heat. Then stir in the shallots and cook for about 2 minutes before pouring in the wine. Raise the heat to high and stir until the liquid comes to a boil. Immediately add the cream and all the drained veal juices.
3. Stirring constantly, boil briskly for 8 to 10 minutes, or until the sauce has reduced to about half its original volume and thickened lightly. Taste for seasoning. Return the veal to the skillet and turn it about until it is thoroughly coated with the sauce. Simmer over low heat for 2 or 3 minutes until the veal is heated through. Serve hot with rice or noodles or potatoes.

Fish Fillets

Ingredients:

- 2 pound fish fillets (pike, trout)
- Dry white wine
- Court-bouillon
- Flour
- 1 pound potatoes

- Salt, pepper, mustard
- Butter
- Grated cheese

Preparation:

1. Cook the fish in the court-bouillon until tender; peel and cook the potatoes at the same time. Place the fillets side by side in a buttered fireproof dish and surround by slices of potato. Make a piquant sauce with some dry white wine, butter, flour, salt, pepper and mustard and pour into the dish. Top with plenty of grated cheese and bake for about 20 minutes in a moderate oven at 350 degrees Fahrenheit.

Vegetable and Cheese Soup

Ingredients:

- 2 medium-sized leeks
- 2 ounces fancy-shaped pasta
- Sprigs of parsley
- Celery leaves
- 2 teaspoons flour
- A small cauliflower
- 1½ ounce butter
- 2 onions
- Salt and pepper
- 3 pints salted water
- Valais, Bagner or Conches cheese
- 3 potatoes
- 1 ounces rice

Preparation:

1. Finely chop the leeks, parsley, celery leaves, cauliflower and onions. Cook for 30 minutes in 3 pints salted water. Add the peeled and diced potatoes, rice and pasta, and cook for another few minutes. In another saucepan brown the flour in the butter, dilute with hot water and add to the soup. Season, cook for another few minutes, then pour into a tureen lined with thin slices of Valais, Bagner or Conches cheese.

Salad

Ingredients:

- 2 pound asparagus
- Salted water
- 5 ounces uncooked Grisons ham
- ½ pound tomatoes
- Mayonnaise

Preparation:

1. Wash and prepare the asparagus and cook in salted water; strain and cool. Divide into 4 equal portions and place on a large plate, forming a cross. Fill the gaps between the arms of the cross with rolled slices of ham and surround with sliced ripe tomatoes. Fill the center of the cross with mayonnaise. Serve cold.

Syria



Lamb with Green Beans and Rice

Ingredients:

- 4 to 6 shoulder lamb chops, fat removed and bones in for flavor
- 3 tablespoons butter
- 2 medium onions chopped
- 2 large cloves garlic
- 1 bay leaf
- 1 small red pepper
- 1 teaspoon chopped dried Greek oregano
- 1/4 cup water
- 2 pounds fresh green beans, snapped and cut into bite size pieces
- 1 (28-ounce) can crushed tomatoes
- Salt and pepper, to taste

Rice pilaf:

- 1 stick butter
- 1/4 to 1/2 cup broken vermicelli
- 1 bay leaf
- 1 small red pepper, chopped
- 2 cloves chopped garlic
- 2 cups basmati or long grain rice
- 4 cups chicken stock
- Salt and pepper, to taste

Preparation:

1. Saute the chops in butter so they are brown on both sides. Add the onion, garlic, bay leaf, red pepper and seasoning and cook for 5 minutes. Add 1/4 cup of water and simmer for 10 minutes. Add the green beans and tomatoes. Cover and cook for 1 hour on a medium fire checking occasionally to be sure the lamb mixture is not boiling too rapidly. The beans will be cooked more than we are used to but they will be bathed in the lamb tomato mixture which is divine.

2. The recipes for this program, which were provided by contributors and guests who may not be professional chefs, have not been tested in the Food Network's kitchens. Therefore, the Food Network cannot attest to the accuracy of any of the recipes.

3. Rice pilaf: In the melted butter saute the vermicelli, bay leaf, and red pepper until the noodles are golden. Watch carefully and add the garlic so it sautes too. Noodles should be golden. Be careful not to brown. Add the rice and cook for a minute. When ready to serve add the chicken stock and bring to a gentle boil. Cook for 25 minutes.

Lentils and Rice

Ingredients:

- 4 medium yellow onions, peeled
- 3 tablespoons olive oil
- 1 cup lentils
- 3½ cups cold water
- 1 cup long-grain rice
- 2 teaspoon salt

Preparation:

1. Dice 3 of the onions. Heat a large frying pan and add 2 tablespoons of the olive oil and the diced onions. Saute until quite brown and set aside. In a 4-quart covered pot place the lentils and water.

2. Bring to a boil, covered, and then turn down to a simmer. Cook for 15 minutes. Add the cooked onion to the lentils, along with the rice and salt.

3. Cover and simmer 20 minutes until rice and lentils are soft. If a bit of water remains unabsorbed, remove from heat and let stand 5 minutes and it will soak in. Slice the remaining onion into rings. Heat the frying pan again and saute the rings in the remaining olive oil. To serve, top the lentils with the sauteed onion rings with accompany with plain yogurt and a lemony green salad, with tomato wedges on the side.

Bazella

Ingredients:

- 1 (16 ounce) bag frounceen peas, any brand. Can also use good quality dry

peas as well

- 1 large onion
- 1 (16 ounce) bag carrots, whole, not baby carrots
- 3 tablespoons tomato paste (Durra in the Middle East, I use Contadina)
- 1/4 cup olive oil
- 1 1/2 pounds beef stew meat, cubed lamb may be used as well
- salt and pepper, to taste
- season salt
- 6 cups water, in 2-cup increments
- 2 beef bouillon cubes (Maggi in the Middle East, I use Wylers)

Preparation:

1. Cut onion in to small pieces. Do not mince or chop too finely, but at the same time, do not cut or chop too coarsely. Set aside. Wash carrots and cut them into 1/4" thick pieces. Basically, you don't want them too thin or they will disintegrate into the broth. You can peel them if you prefer, before cutting. Set aside. In a large frying pan, brown the meat with some seasoning salt and pepper. Add the onion and some olive oil from the bottle. Make sure all the meat is brown. Set aside.
2. In a stew pan, fry the 3 tablespoon of tomato paste in the 1/4 cup olive oil for about 5-8 minutes. If it seems dry-looking, add a small amount of extra oil at a time. It should look chunky in the oil, not runny like soup. Stir constantly, it will burn very fast! Reduce the heat, add first 2 cups of water. Stand back, it may spit at you! Keep adding until all 6 cups have been added. Add the soup cubes. Let this boil for 5 minutes. Scrape the bottom of the pan, making sure all of the tomato paste mixes in the water.
3. Add the meat, carrots and peas. Allow to come to a boil (takes about 5 minutes) then reduce heat to a simmer. Add salt and pepper to your taste. Cook until meat is tender. Cooking time depends on the quality of meat. Serve with Middle Eastern rice.

Chicken Shawarma

Ingredients:

- 2.5 pounds of thinly cut skinless boneless chicken breast
- 1/2 cup of lemon juice
- 2 tablespoons of tomato sauce
- 4 tablespoons of plain (Greek) yogurt
- 3 tablespoons of white vinegar
- 1 head of garlic, crushed
- 2 tablespoons of olive oil
- 1 to 1.5 teaspoons of salt (or to taste)
- 1/2 teaspoon of ground oregano (or thyme)
- 1 teaspoon of paprika
- 1/2 teaspoon of ginger powder (optional)
- A pinch of nutmeg powder

Preparation:

1. Rinse the boneless chicken breasts with fresh cold water then cut horizontally into thinner cuts of about ½ inch (each breast could possibly be split into 2 slices depending on thickness). Mix all ingredients in a blender, add to a bowl and mix well with the chicken, cover and let marinate in the fridge overnight.
2. When ready, grill the marinated chicken using a panini/George Forman grill for about 15 minutes on medium heat. You can also cook the chicken on a BBQ grill if so you wish.
3. Once cooked, shred the chicken thinly as in the photo and it's now ready to be wrapped into a Shawarma Sandwich. Spread the chicken shreds along the diameter of a pita bread, spread a bit of Lebanese Garlic paste, add some salty cucumber pickles, some French fries, and some grilled tomatoes, roll and enjoy.

fattoush

Ingredients:

- 1 pita bread
- 2 Lebanese cucumbers, halved lengthwise, cut into 1 cm slices
- 2 medium tomatoes, cut into chunky pieces
- 4–5 radishes, halved and thinly sliced
- ½ red capsicum, cut into 2 cm cubes
- ½ green capsicum, cut into 2 cm cubes
- 4 iceberg lettuce leaves, torn
- handful of purslane leaves
- ½ cup chopped mint
- ½ cup chopped flat-leaf parsley
- 3 spring onions (scallions), sliced

Dressing:

- 3 garlic cloves, crushed
- 1 teaspoon salt
- 2 teaspoons sweet paprika
- 2 teaspoons sumac
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

Preparation:

1. Mix the dressing ingredients in a small bowl. If desired you can add more sumac or lemon juice.
2. Crisp the pita bread in a moderate oven or under a grill. Place all the vegetables and herbs in a large bowl. Break the bread into small, rough pieces into the bowl. Add the dressing and toss well with your hands.

baklawa

Ingredients:

- 2–3 cups walnuts or pistachios

- 2 tablespoons sugar
- 2 teaspoons orange blossom water
- 1 teaspoon rosewater
- 350 gramsrams clarified butter (ghee) or unsalted butter, melted
- 375 grams filo pastry

Syrup:

- 440 gramsrams (2 cups) sugar
- 250 milliliters water
- 1 squeeze lemon juice
- ½ teaspoon orange blossom water
- ½ teaspoon rosewater

Preparation:

1. Lightly crush the nuts in a food processor. Tip into a bowl and mix with the sugar, orange-blossom water and rosewater.
2. Preheat the oven to 180 degrees Celsius. Brush a baking tray measuring 20 x 30 cm with melted ghee or butter. Add a layer of filo in the base of the tray and brush with more butter. Keep layering with buttered filo until you have used half the filo. Spread the nuts in an even layer on top. Continue layering with the remaining filo, brushing with butter as you go (you may not need all of the butter).
3. Carefully cut the baklava into diamond shapes. Pour a little more of the melted butter over the top and bake for about 55 minutes, or until golden brown. Meanwhile, prepare the syrup. Combine the sugar, water and lemon in a saucepan over medium heat, stirring to dissolve the sugar. Bring to the boil, then simmer for 15 minutes, until slightly thickened. Remove from the heat and add the orange blossom water and rosewater. Pour the hot syrup over the hot pastry.

Kibbeh bil sanieh

Ingredients:

Filling:

- 3 tablespoons olive oil
- 800 gramsrams minced lamb or beef
- 4 large onions, finely chopped
- 1 teaspoon baharat
- ½ teaspoon cinnamon
- 1 teaspoon salt
- 1½ teaspoons freshly ground black pepper
- 1 tablespoon butter
- 3 tablespoons pine nuts

Kibbeh:

- 1½ cups fine burghul, soaked overnight in 250 milliliters water, drained well
- 800 gramsrams lean, finely minced lamb or beef (ask your butcher to mince it twice)
- 2 large onions, finely grated

- 1 teaspoon baharat
- 2 teaspoons salt
- 3 teaspoons freshly ground black pepper
- 1 tablespoon olive oil

Preparation:

1. Soaking time overnight and you will need to begin this recipe 1 day ahead. For the kibbeh you need to soak the burghul in 250 ml of water overnight. The next day drain well.
2. To make the filling, heat the oil in a frying pan over low heat and add the meat. Cook, stirring constantly to break up the grains of meat. When the meat is browned and separated and the moisture is starting to evaporate, stir in the onion, spices, salt and pepper and keep cooking until the onion is soft.
3. Meanwhile, melt the butter in a small frying pan and add the pine nuts. Fry until they start to brown, then stir into the meat mixture. Remove from the heat and set aside to cool.
4. To make the kibbeh, combine the drained burghul, meat, onion, baharat, salt and pepper in a bowl and mix well by hand until it forms a paste. You may need a little water to keep the mixture soft. Cover and leave to rest for 30 minutes.
5. Preheat the oven to 180 degrees Celsius and oil a round baking tray with deep sides (around 2 cm). Dampen your hands and layer the tray with half of the kibbeh by forming small balls of the mixture then flattening them over the tray. Smooth the surface and make sure there are no gaps. Spread the cooled meat filling on top, pressing it down a little to keep the layers tight. Top with the rest of the kibbeh using the same technique. When the surface is smooth, push a small hole through the centre of the kibbeh with your finger. Slice into wedges fanning around the hole. Brush with the olive oil and bake in the oven for 25 minutes.

Freekeh with chicken

Ingredients:

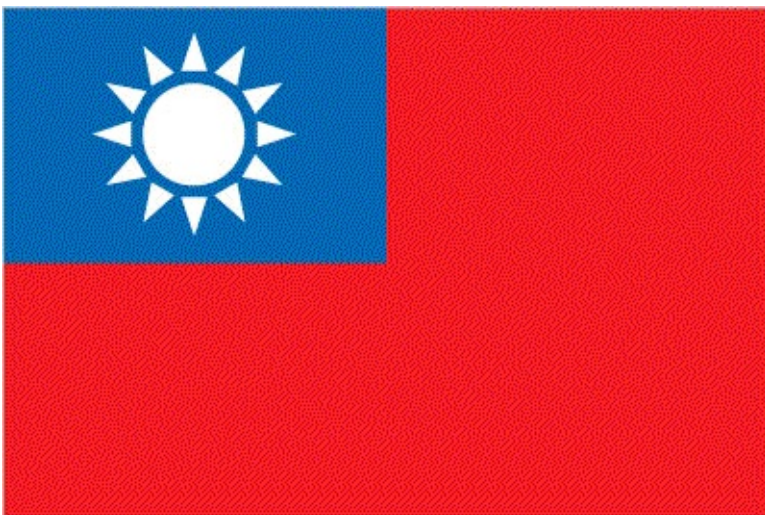
- 2 cups freekeh
- 1 medium free range chicken (about 1.5 kilograms)
- ½ brown onion, quartered
- 3 cinnamon sticks
- 4 bay leaves
- 6 cardamom pods
- salt
- 2 tablespoons clarified butter (ghee) or olive oil
- 1 red onion, finely chopped
- 300 grams minced lamb or beef (optional)
- 1 teaspoon baharat
- butter
- ½ cup almonds

- ½ cup pine nuts
- 4 to 6 small Syrian truffles, peeled and sliced (optional)
- 1 teaspoons ground cinnamon

Preparation:

1. Wash the freekeh and remove any burnt grains or stones. Put the chicken in a pot and cover with water. Add the brown onion, cinnamon sticks, bay leaves, cardamom and 1 teaspoon of salt. Cover with a lid and bring to the boil. Simmer for 30 minutes or until cooked through.
2. Remove the chicken from the pot (leaving a light stock) and set aside until cool enough to handle. Remove the skin and break the meat into large pieces, removing the bones.
3. Bring the chicken stock back to a slow simmer. Heat the ghee or olive oil in a large saucepan and add the red onion. Fry until beginning to soften, then add the lamb or beef, if using, and cook until browned. Stir in the freekeh. Add the baharat and 1 heaped teaspoon of salt and stir through. Add 1 litre of hot chicken stock and bring to the boil. Lower the heat, cover and simmer for 40 minutes.
4. Melt a little butter in a large frying pan over medium heat. Add the almonds and cook until lightly toasted. Remove from the pan and repeat with the pine nuts. Remove from the pan and add another knob of butter. When it melts, add the truffles, if using, and coat with butter. Add the chicken pieces, ground cinnamon and 500 ml of hot stock. Bring to the boil, reheating the chicken. Spoon the freekeh onto a large serving plate. Place the chicken and truffles on top and scatter with the nuts.

Taiwan



Pork Chop

Ingredients:

- 2 pork chops
- 2 cloves garlic, crushed

- 1 tablespoon five spice
- 4 tablespoons cornflour
- 2 tablespoons soy sauce
- 1 tablespoon rice wine
- A dash of sesame oil

Preparation:

1. In a bowl, combine the soy sauce, rice wine, garlic, five spice, sesame oil and stir well. Add the pork chops to marinate, ensuring most is covered. In a heated pan, add a tablespoon of vegetable oil.
2. In a bowl with the cornflour, take a pork chop and coat completely with the cornflour, transferring straight to the hot pan. Repeat for other chop.
3. Fry the chop for 5-10 minutes on each side, ensuring it is thoroughly cooked.
4. Serve immediately with rice, tea eggs and vegetables.

Dumplings

Ingredients:

Dough:

- 4 cups of plain flour
- Extra flour for dusting
- 1 teaspoon salt
- 1 ½ cup warm water

Filling:

- 500 gramsrams of pork mince
- ½ cabbage
- 5 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon raw sugar
- ¼ Ginger

Preparation:

1. Making the dough: In a bowl, add the flour and salt and mix.
2. Make a well in the flour and add the water. Slowly, using your hands, combine and mix until it forms into a ball.
Knead the dough for 5 minutes and then roll into a long cylindrical shape, roughly 3cm thick. Cut roughly 3cm thick pieces and set aside.
3. Dust a piece of the cut dough well and flatten with the palm of your hand. Using a rolling pin, roll the dough into a flat circle. Repeat until all the dough has been rolled.
4. Making the filling: Finely chop the cabbage until it is minced. In a bowl, combine the mince and chopped cabbage and mix well. Add the soy sauce, oyster sauce, sugar and shave ginger into the mixture. Mix well.
5. Making the dumpling: Taking one piece of rolled out dough, spoon one teaspoon of the filling in the middle of the dough. Slowly fold up the dough and flatten the edges until you have a moon like crescent. Fold the edges 3 or 4 times

to make a pattern. Set aside onto a lightly floured plate. Repeat until all the dough and mixture is used up.

6. Cooking the dumpling: In a heated pan, add a dash of vegetable oil. Once the oil is hot, slowly the dumpling pieces into the pan and turn to medium heat. Add a dash of cold water and cover with a lid to slowly sizzle and steam. Cook each side for roughly 5 minutes, adding another dash of water where necessary.

7. Once all the sides are brown, remove from heat and serve with soy sauce for dipping.

Breakfast Rice Roll

Ingredients:

- 3 cups sticky rice
- 300 gramsram pork or fish floss
- 50 gramsram dried chili radish
- 1 Chinese cruller

Preparation:

1. Soak the rice for 2 hours (or overnight if possible). Drain the rice and put into a steamer. Once the rice is cooked (it should be almost clear), remove and set aside to cool.

2. Cut the chinese cruller into 6 pieces, one cut through the middle to separate the two joined sticks and then into thirds for each stick. Cut a square piece of cling wrap (roughly 20cm by 20cm) and lay on top of a bamboo sushi roller.

3. Once the rice is cooled, using a rice spoon, flatten some rice in roughly 10cm x 10cm square shape on top of the cling wrap. Place one cruller along the bottom third of the rice. Sprinkle pork floss along one side of the cruller and some radish along the other side.

4. Slowly roll the rice and sheet away from you to completely cover the stick with the rice. Make sure to keep the cling wrap outside of the roll. Slowly close both sides of the stick with the rice.

Dried Barbeque Pork

Ingredients:

- 500 gramsram mince pork
- 100 gramsram sugar
- 5 gram chili powder
- 1 tablespoon rice wine
- 1 teaspoon caramel syrup
- 1 teaspoon salt

Preparation:

1. Preheat your oven to 180 degrees Celsius. Mix all the ingredients together in a bowl, adding the rice wine and syrup last. Line a baking tray with baking/parchment paper.

2. Slowly spread the mince across the baking paper, to the edges of the tray, roughly 0.5cm thick. You may need to use 2 trays depending on the size of your oven/tray.
3. Turn the temperature of the oven down to 100 degrees Celsius and place the tray in the center of the oven. If you have 2 trays, switch the trays halfway during cooking time.
4. Bake the mince pork for 1 hour with the door ajar. Remove from the oven and leave to cool. Slowly peel off the pork from the baking paper, turn it over and return to the oven.
5. Cook for another 15 minutes to colour the other side. Remove from the oven and leave to cool.

Sesame Sandwich

Ingredients:

Dough:

- 2 cups of plain flour
- 1 cup warm water
- 1 teaspoon salt
- 1 egg
- Sesame seeds to sprinkle
- 1 chinese cruller

Roux:

- ½ cup of vegetable oil
- 1 cup of plain flour

Preparation:

1. Preheat the oven to 180 degrees Celsius, start by making the roux, which basically helps create the layers to the pancake. Heat up a pan with the vegetable oil. Add the 1 cup of plain flour and stir regularly until it reaches a light golden colour.
2. Just before it starts to burn, remove from heat and set aside to cool. Next making the dough, in a bowl add the 2 cups of flour, salt and water and start kneading until it forms a dough. Once a smooth dough is achieved, set aside to rest for 30 minutes.
3. Take out the dough and using a lightly floured surface, start rolling the dough with a rolling pin into a square until it is roughly 0.5cm thick.
4. Sprinkle the roux evenly all over the dough. Carefully roll the dough away from you, with the roux encompassed until it forms a long roll.
5. Take a sharp knife and cut roughly 4cm thick pieces. You will see a lovely spiral pattern inside. On a lightly floured surface, using the rolling pin, roll out one piece of the cut dough flat.
6. Fold the dough into thirds and roll again to form a rectangular shape, roughly 0.5cm thick. Repeat on all the pieces of the cut dough. In a bowl, roughly beat an egg. Take a brush and brush along the top of a dough piece with egg and sprinkle

with sesame seeds. This will help the seeds stick and give that lovely golden colour after baking. Repeat on all the pieces of dough.

7. Place all the dough flat on a lightly oiled pan and place in the oven. Bake for roughly 15 minutes, until golden brown. Turn all the pieces over and bake the other side for 5 minutes. Remove from the oven and carefully cut, from the bottom side each piece along the grain in half.

8. Take the chinese cruller, cut into 6 pieces and then again in half along the stick. Taking two cut halves of a cruller, insert into each shao bing and serve immediately.

Three Cup Chicken

Ingredients:

- 500 gramsram chicken drumsticks
- ¼ cup rice wine
- ¼ cup soy sauce
- ¼ sesame oil
- 1 ½ tablespoons raw sugar
- 5 cloves roughly chopped garlic
- 200 gramsrams basil

Preparation:

1. Using a strong knife (I use a butchers knife), cut the chicken drumsticks in half. In a heated pan, add the sesame oil and garlic and saute for a minute. Add the chicken and fry on medium heat.

2. Once the chicken has slightly browned on both sides, add the soy sauce, rice wine and sugar. Mix well, turn the heat down and simmer for 15 minutes, turning the chicken occasionally. Add the basil and stir gently for 2 minutes. Serve immediately with rice.

Stir Fried Pork, Onion and Egg

Ingredients:

- 300 gramsrams pork chop
- 3 tablespoons soy sauce
- 2 tablespoon sesame oil
- 2 tablespoon rice wine (mi chiu)
- 3 teaspoon sugar
- 1 teaspoon salt
- 30 gramsram cornflour
- 1 large onion sliced
- 2 garlic cloves diced
- 2 eggs

Preparation:

1. Slice the pork chop into strips and place into a bowl. Add the soy sauce, 1

tablespoon sesame oil, 1 tablespoon rice wine, half the chopped garlic and 2 teaspoons sugar in the bowl and mix well. Marinate for 20 minutes. In a heated pan, add the onion and remaining garlic. Add a dash of water to soften and steam the onion.

2. Add 1 tablespoon sesame oil, 1 tablespoon rice wine, 1 teaspoon sugar and 1 teaspoon salt and stir well. In a bowl, lightly whisk the eggs and add to the pan with the onion. Let the eggs fry for a few minutes before stirring. Once the eggs have lightly cooked, remove all egg and onion from heat.

3. Remove the pork from marinate and in a separate bowl, add the cornflour and mix with pork well. Add the pork to a lightly oiled and heated pan and brown the sides. Return the egg and onion and stir for 5 minutes. Serve immediately with rice.

Stir Fried Vermicelli

Ingredients:

- 200 gramsram chicken breast
- 2 carrots
- 2 eggs
- 3 cloves garlic
- 300 gramsrams vermicelli
- 2 sprigs spring onion
- 3 tablespoons soy sauce
- 2 tablespoons rice wine
- 2 teaspoons raw sugar
- Basil for decoration

Preparation:

1. In a bowl of boiling water, add the vermicelli to soften. Ensure it is covered entirely and leave for 10 minutes. Shred the carrots, garlic and thinly slice the chicken. Slice the spring onion into long strips. In a heated pan, roughly scramble the eggs. Remove from heat.

2. In a heated wok, add a dash of cooking oil and the chicken and brown for 5 minutes. Add the spring onion, carrots and garlic and stir for a few minutes. Drain the vermicelli and add to the wok.

3. Add the soy sauce, rice wine and sugar and stir until well combined. Add more soy sauce/sugar to taste. Add the eggs and combine well. Serve immediately with the basil for decoration.

Sweet Rice Cake

Ingredients:

- 500 gramsrams rice flour
- 500 milliliters coconut milk
- 200 gramsrams sugar
- desiccated Coconut

- 100 gramsrams red bean paste
- 100 gramsrams smooth peanut butter
- 20 gramsrams sugar

Preparation:

1. In a bowl, mix the rice flour and 200 gramsrams sugar. Slowly add the coconut milk and mix until it forms a mixture. In a ban-marie, slowly cook the mixture until it turns clear (approx 30 mins). Set aside to cool. In a bowl, mix peanut butter and 20 gramsram sugar together and a dash of hot water to loosen the mixture.
2. Using a well floured hand, grab a small ball of the cooled dough mixture and roll smoothly. Flatten and take a spoon of either red bean paste or peanut butter paste and put in the middle of the dough. Slowly wrap the dough around the mixture and pinch to enclose well. Roll to smooth.
3. Dip the ball around either rice flour or desiccated coconut. Put aside to set.

Smoked chicken

Ingredients:

- 1 whole chicken
- Enough cold water to immerse chicken
- Similar quantity of iced water
- 250 milliliters salt water ($\frac{3}{4}$ teaspoon per 250 milliliters water)
- 100 gramsrams raw sugar
- 1 tablespoon Oolong tea leaves
- Sunflower oil, for cooking
- 1 dessertspoonoon sesame oil, to glaze chicken
- $\frac{1}{2}$ teaspoon salt
- Water

Preparation:

1. Put chicken in cold water and bring to the boil. Boil for about 20 minutes. Check if cooked by inserting a chopstick or metal skewer into the bird. If clear liquid runs out, it is cooked. Remove chicken from water. Then soak the chicken in ice water for 10 minutes.
2. Remove chicken and dry in the air for a few minutes. Prepare a pot or a wok for smoking by putting two sheets of aluminium foil at the bottom of the pot or wok. Spread sugar and tea leaves over the foil, then put in a cake rack.
3. Heat the wok or pot to a high heat. Brush the dried chicken with salt water, then put it on the cake rack and cover the wok or pot with the lid. Cook on maximum heat for 5-6 minutes so that the sugar and tea leaves burn to provide smoke. When the smoke can be seen escaping from the lid, the chicken is ready.
4. Place chicken on a serving platter and brush with sesame oil to give it a glaze. Leave until chicken is cold and then slice to serve.



Uzbeki Bread

Ingredients:

- 2 teaspoons active dry yeast
- 2 cups lukewarm water
- 1 1/2 teaspoons salt
- 3 1/2-4 cups all-purpose flour
- 1 cup whole wheat flour
- milk, oil (optional) or lard (optional)
- nigella seeds (optional) or sesame seeds (optional)

Preparation:

1. Dissolve the yeast in the water. Add the flours and salt to make a soft dough. Turn out and knead until it's smooth, but still a little sticky. Let rise in a warm place for two hours, or until doubled. Turn out and divide into 4 pieces.
2. Form each piece into a flattened round. Press in the center section of each round - you don't want it to rise as much. Let rest, covered, on a lightly floured surface for about 20 minutes.
3. Preheat oven to 450 or 475 degrees - if you have a pizza stone or quarry tiles, use those, otherwise use a cookie sheet.
4. Press down the center of each round again, and then press in a chekich, if you happen to have one, or prick the center area with a fork - the chekich makes a nice pattern - star shapes etc. - so why not use your fork to make a nice pattern, too? Do this just before putting into the oven, so if your oven will not hold all four loaves at once, hold off on the ones that are staying on the counter. Lightly brush the loaf with milk, oil or melted lard and sprinkle with nigella or sesame seeds.
5. Bake for about 15 minutes or until golden brown and best eaten hot or within a day or so.

Fatir

Ingredients:

- 7 ounce flour, sifted
- 1/2 teaspoon salt
- 2.4 ounces water
- 1 small egg (1.5 ounce)
- 1.2 ounces butter, room temperature
- 1.2 ounces rendered lamb fat (or just more butter), room temperature
- 1/2 teaspoon sesame seeds

Preparation:

1. Place the flour and salt in the bowl of an electric mixer fit with the paddle attachment. While mixing on medium speed, add the water, then the egg, and keep beating for 1 minute. Shape the dough into a ball, cover with plastic wrap, and let rest 30 minutes. Place a baking dish full of water in an oven set to 450 degrees Fahrenheit. On a floured surface, roll the dough to a 6 inches by 12 inches rectangle. Cut it lengthwise into two long strips.
2. Prick the flatbread with a fork to create a decorative pattern, then sprinkle the sesame seeds on top, and gently press with the palm of your hand to encrust the seeds in the dough.
3. Transfer to a baking sheet lined with parchment paper, and bake in the oven for 25-30 minutes, until the top is golden brown. Transfer to a cooling rack, and reserve.

Roasted lamb shank

Ingredients:

- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon chili pepper
- 1 lamb shank (about 22 ounce)
- 0.5 ounce olive oil
- 16 ounces tomatoes, quartered

Preparation:

1. Mix the salt, cumin, coriander, and chili pepper in a container. Season the lamb shank with the spice mixture on all sides. In an oven-proof pan over high heat, sauté the meat in the oil until brown on all sides. Add the tomatoes, cover with a lid, and cook in a 300 degrees Fahrenheit oven for 2 ½ hours.
2. Remove the lid, and cook for another 30 minutes, flipping the shank halfway through. Take out of the oven, and let rest 10 minutes.
3. Pick the meat from the bones, trying to keep it in large chunks. Remove the skin from the tomatoes. Transfer the cooking liquid to a plastic container. Reserve.

Qurutob

Ingredients:

- 7 ounces onions, very finely sliced
- 1 ounce olive oil
- salt
- qurut
- roasted lamb shank (meat, tomatoes, and cooking liquid)
- 2 ounces water
- 1/2 fatir
- 2 teaspoons parsley chiffonade
- 2 teaspoons basil chiffonade

Preparation:

1. In a pan over medium heat, sauté the onions with the olive oil. Season with salt, and cook until golden brown, stirring regularly. Crumble the qurut balls into the pan, add the lamb cooking liquid and the water, then simmer for a couple minutes, stirring constantly. The amount of water you need to add may depend on the texture of your sauce. You want a sauce that's pretty thick and lumpy, but still liquid.

2. Tear the fatir into small pieces (1 inch to 1.5 inches squares), and toss into the pan. Transfer to a ceramic dish, and arrange the meat and tomatoes on top. If necessary, reheat in a 300 degrees Fahrenheit oven for 5 minutes. Top with the parsley and basil. Serve the dish in the middle of the table and eat with your fingers.

Halva

Ingredients:

- 0.75 Liter boiled water
- 0.25 Liter natural oil
- A cup of wheat flour
- A glass of sugar and some salt

Preparation:

1. First you put a cup of oil into the pot on the gas stove. When it becomes hot you must put flour and cook it till the colour changes into brown. Then you put water and sugar. It should be prepared for 15-20 minutes in the low fire. You should try it with bread.

Oshi Palov

Ingredients:

- 0.5 kilogram Rice
- 200 gramsrams Oil
- 300 gramsrams Meat
- 1 Onion
- Carrots
- 4 pieces eggs

- 2 pieces Quince
- 2 pieces Garlic
- Salt
- 600 gramsrams water

Preparation:

1. First clean rice, prepare carrots, (potatoes and garlic are -optional) . Except carrots and potatoes, garlics will not be cleaned from its skins. Cut carrots into small columns.
 2. First prepare your pan – we have the so called deg see Sumalak (Sumalak is cooked in large degs), pour oil and try to see its burning with onions, drop meat, carrots, salt, quince and garlic and cook all in oil.
 3. When all becomes red dark red take out garlic and quince and put them on a plate. Then pour water and boil it 10-20 minutes. After that wash rice carefully and put it into deg.
 4. Water must cover rice and must be boiled until rice gets all water and appears, then put quince and potatoes back and cover deg with its cover and wait 10 minutes (up to 20 minutes) Be sure not to burn the botton of deg. And keep in mind not to mix oshi palov during your cooking.
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Tanzania



Spinach and Peanut Curry

Ingredients:

- 2 pounds spinach
- 1 1/2 ounces peanut butter
- 1 tomato
- 1 onion
- 2 teaspoons curry powder (or paste, your favourite blend!)
- 1 cup coconut milk
- 3 tablespoons ghee or 3 tablespoons butter

- 1 teaspoon salt

Preparation:

1. Wash the spinach & roughly chop. De-skin the tomato, peel and chop. Peel and chop the onion. Mix the peanut butter with the coconut milk in a jug and set aside. Heat the ghee butter over a medium heat in a large frying pan. Add the onion, tomato, salt and curry powder / paste and sauté for 5 minutes or until the onion becomes soft.
2. Add the spinach, continue cooking for about 15 to 20 minutes, until the spinach is cooked.
3. Pour the peanut butter and coconut milk mixture into the pan and stir gently to mix. Simmer for another 5 minutes, stirring constantly, to ensure that the mixture does not stick to the pot.

Baked Chicken in Groundnut Sauce

Ingredients:

- 3 tablespoons groundnut oil
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 bay leaf
- 1/2 teaspoon hot chili powder 200ml smooth peanut butter
- 250 milliliters coconut milk
- 1.5 kilograms chicken pieces
- 4 tomatoes, chopped
- 1 teaspoon thyme
- 1 teaspoon salt
- 300 grams okra, topped

Preparation:

1. Heat the oil in a large frying pan or skillet and brown the chicken pieces on all sides. Remove the chicken and arrange in a single layer on a baking dish (do not stack) [an oven-proof casserole or Dutch oven works well].
2. Now drain all but 2 tablespoons of the oil and use this remainder to fry the onion, tomatoes, and green bell pepper. Cook for about 10 minutes, or until the onions are soft and the tomato has broken down into a sauce.
3. Add the herbs, spices and salt. Mix to combine then pour the sauce over the chicken. Mix together the coconut milk and peanut butter until smooth then pour over the chicken.
4. Scatter the okra over the top, cover the dish and place in an oven pre-heated to 180 degrees Celsius. Bake for 45 minutes then remove the cover and bake for a further 15 minutes. Serve immediately on a bed of rice.

Swahili Roast Beef

Ingredients:

- 4 garlic cloves, minced
- 1 teaspoon fresh ginger, grated
- 2.5 kilograms piece of steak
- 200 milliliters fresh lime juice
- 30 milliliters red wine vinegar
- 50 grams blanch almonds 1kg finely-sliced red onions cooking oil
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground black pepper 3 whole cinnamon sticks
- 1 tablespoon Pilau Masala Powder
- 1/2 teaspoon ground cumin
- 1 teaspoon salt

Preparation:

1. Clean the steak and trim any fat. Add oil to a pan and heat then use this to fry the steak until golden brown all over. Remove the meat from the pan, combine the spices together and mix to a paste with the lime juice and vinegar.
2. Use this to coat the meat well. Put half the onions and half the excess spices on a large piece of aluminium foil. Lay the steak on top and cover with the remaining onions and spices. Close the aluminium foil into a packet. Place in an oven pre-heated to 240 degrees Celsius and roast for about 20 minutes.
3. Take out of the oven, allow to rest for at least 8 minutes. Cut the steak into neat slices, place some onions on a plate and lay the sliced meat on top then sprinkle the almonds over this.
4. Serve with Kachumbari or a chili and tomato salsa.

Sweet Potato Soup

Ingredients:

- 1kilogram red sweet potatoes
- 1liter chicken stock
- 3 tablespoons tomato puree
- salt, to taste
- white pepper, to taste
- pinch of sugar

Preparation:

1. Peel the sweet potatoes and cut into chunks. Add to the chicken stock and boil until soft. When done, allow to cool then transfer in batches to a food processor and render to a smooth puree.
2. Return to the pan, whisk-in the tomato puree and season to taste. Bring the soup to a simmer and serve in bowls, garnished with a sprig of coriander. If desired you can add a swirl of cream or a dollop of creme fraiche.

Braised Duck with Orange and Lime Sauce

Ingredients:

- 1 large duck (about 2.4 kilograms)
- 60 milliliters vegetable oil
- 500 milliliters chicken stock
- 12 whole cloves
- 1 fresh hot chili, halved
- 120 milliliters fresh orange juice
- 2 tablespoons fresh lime juice
- 100 grams finely-chopped red bell pepper
- 1/4 teaspoon salt orange wedges studded with cloves to garnish

Preparation:

1. Dry the duck completely with a tea towel and remove any large chunks of fat from the body cavity. Cut off any loose neck skin, truss the bird then prick the skin around the thighs, back and lower breast with a skewer or a sharp knife.
2. Heat the oil in a large casserole dish then add the duck and turning frequently cook for 15 minutes until it's richly browned on all sides. Transfer the duck to a plate and discard any fat still in the casserole dish. Add 300 milliliters of the chicken stock and bring to the boil before adding the cloves and chili. Return the duck (and any drippings on the plate) to the casserole. Cover and place in the centre of an oven pre-heated to 170 degrees Celsius and cook for 1 hour. At the end of this time remove the duck to a plate and skim as much fat as possible from the surface of the cooking liquid. Discard the cloves and chili. Add the remaining stock to the casserole dish and bring to a boil over medium heat then add the orange juice, lime juice, red pepper and season.
3. Return the duck to the casserole and baste with the sauce. cover and return to the oven for about 15 minutes. Check that the duck is done (the thigh, when pierced with a small, sharp, knife, should produce a clear yellow liquid. If the liquid is a little pink cook for a further 10 minutes).
4. Place the duck on a warmed serving plate and spoon the sauce over it. Garnish with orange wedges and serve with saffron rice.

Meat Stew

Ingredients:

- 700 grams stewing meat (beef, lamb, goat etc),
- cubed 120 milliliters oil
- 1 tablespoon
- salt juice of 1 lemon 240 milliliters water
- 1 teaspoons curry powder
- 1 onion, sliced
- 3 potatoes, cubed
- 3 tomatoes, chopped
- 2 carrots, chopped

Preparation:

1. Fry the meat in half the oil in a pan. Add the salt, lemon juice and water to this

then reduce the heat to a simmer. Add the remaining oil to another pan and add the curry powder whilst stirring frequently. Add the onions, potatoes, tomatoes and carrots and fry over medium heat until the onions are transparent.

2. Add this stage add the onion and potato mix to the meat. Continue simmering the pot until the meat is tender and the potatoes are done.

3. Serve with Chapatis or rice.

Vegetable Rice

Ingredients:

- 1 onion, chopped
- 3 tablespoons vegetable oil
- 1/2 teaspoon curry powder
- 210 gramsrams basmati rice
- 2 garlic cloves, crushed
- 750 milliliters vegetable stock, or water
- 120 gramsrams fresh sweetcorn (sliced from the cob)
- 1/2 red bell pepper (or green bell pepper), chopped
- 1 large carrot, grated

Preparation:

1. Wash the rice under plenty of cold, running, water then set aside for 15 minutes to drain. Heat the oil in a large saucepan and fry the onion for about 5 minutes, until softened, but not coloured. Add the curry powder and the rice and stir-fry for about 10 minutes, stirring constantly, so the rice does not stick to the pan.

2. Add the garlic and stock (or water). Stir thoroughly to combine then bring to a boil and cook over high heat for 5 minutes. Reduce to a simmer, cover and cook for 20 minutes, or until the rice is almost tender.

3. Scatter the sweetcorn over the top of the rice then spread the bell pepper on top of this before sprinkling over the grated carrot.

4. Cover tightly then steam over low heat until the rice is cooked and the vegetables are tender (about 8 minutes). Just before serving mix the rice and vegetables together with a fork.

Green Mix with Indian Ocean Seafood

Ingredients:

- 1kg cooked spinach
- 2 small lettuces, shredded
- 300 gramsrams capers
- 300 milliliters mayonnaise
- 3 bunches fresh dill
- 4 kilograms cooked seafood (any mix of prawns, octopus, mussels, abalone, blackfish, king fish, tuna)
- salt and freshly-ground black pepper, to taste

- 6 to 8 Maandazi lime eighths to garnish

Preparation:

1. Simply mix the ingredients together, add the mayonnaise and toss. Season to taste. Halve the Maandazi (Swahili doughnut).
2. Place one half on your serving plate and spoon the salad mixture on top. Place the other half of the Maandazi on top of this then garnish with a lime wedge and serve.

Tropical Fruit Cake

Ingredients:

- 100 gramsrams butter
- 250 gramsrams sugar
- 4 eggs, separated
- 150 gramsrams dried tropical fruit (eg mango, papaya, banana, figs, pineapples, dates) cut into small pieces
- 200 gramsrams boiled, cold pressed, sweet potatoes (boil sweet potatoes, allow to cool, mash, place in a muslin bag and place weights on top to squeeze out any excess moisture) breadcrumbs

Preparation:

1. Cream together the softened butter and sugar until light and fluffy. Add the eggs yolks one at a time and mix in thoroughly.
2. Now add the dried fruit and the sweet potatoes. Meanwhile beat the egg whites until stiff and gently fold them into the sweet potato and fruit batter. Use a spatula and a folding motion to perform the mixing. Be gentle and do not whisk.
3. Place in an oven pre-heated to 170 degrees Celsius and bake for about 50 minutes. The cake will be golden brown when done and a skewer inserted into the centre of the cake will emerge cleanly.
4. When ready take the cake out of the oven and allow cooling in its tin for about 30 minutes before turning out onto a wire rack to cool completely.

Ugali

Ingredients:

- 4-5 small eggplants, chopped (salt, rinse, and squeeze dry before cooking)
- 2 large tomatoes , chopped
- 2 large potatoes, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/4 cup butter
- 1 1/4 cup water
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon chili powder

- 1 tablespoon curry powder
- Salt to taste

Preparation:

1. In a large sauté pan over medium heat, melt the butter. Add all the vegetables and the garlic to the pan and cook until the potatoes and eggplant begin to brown. Add all spices and water
2. Simmer until liquid reduces to a thick, sauce-like consistency
3. Serve with a hearty helping of ugali!

Baked Bananas

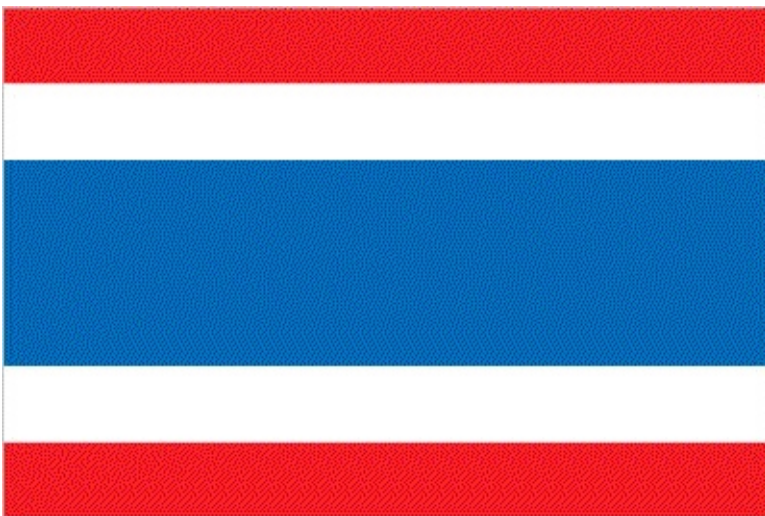
Ingredients:

- 4 large, ripe, unpeeled bananas
- 2 tablespoons melted butter
- 3 tablespoons packed brown sugar
- 1 teaspoon lemon juice
- Ice Cream, for serving

Preparation:

1. Preheat the oven to 425 degrees Fahrenheit or prepare barbeque grill.
2. Cut off the ends of the bananas. Place the unpeeled bananas on an ungreased cookie sheet or in a baking pan or place the bananas on the lightly oiled rack of barbeque grill. Bake or grill for 15 minutes, or until the skins burst and turn black. Discard the skins and cut the bananas lengthwise.
3. Mix the butter, brown sugar, and lemon and drizzle over the cooked bananas.
4. Serve with ice cream.

Thailand



Chicken and Galangal in Coconut Milk Soup

Ingredients:

- 150 grams chicken, cut into bite-size pieces
- 50 grams sliced young galangal
- 100 grams lightly crushed lemongrass, julienned
- 100 grams straw mushrooms
- 250 grams coconut milk
- 100 grams chicken stock
- 3 table spoons lime juice
- 3 table spoons fish sauce
- 2 leaves kaffir lime, shredded
- 1-2 bird's eye chilies,

Pounded:

- 3 leaves coriander

Preparation:

1. Bring the chicken stock and coconut milk to a slow boil. Add galangal, lemongrass, chicken and mushrooms. When the soup returns to a boil, season it with fish sauce.
2. Wait until the chicken is cooked, and then add the kaffir lime leaves and bird's eye chilies. Remove the pot from heat and add lime juice.
3. Garnish with coriander leaves.
4. Keep the heat low throughout the cooking process. High heat will make the oil in the coconut milk separate and rise to the top.
5. If you're using mature galangal, reduce the amount.
6. Lime juice becomes more aromatic when it is added after the pot is removed from heat.
7. Reduce amount of chilies for a milder taste.

Spicy Prawns Soup with Chili Paste

Ingredients:

- 3 peeled Thai prawns
- 300 grams chicken or vegetable
- stock
- 100 grams straw mushrooms
- 100 grams lightly crushed lemongrass, chopped into one inch pieces
- 2 grams coriander roots
- 2 table spoons fish sauce
- 2 table spoons lime juice
- 3 leaves kaffir lime, shredded
- 1-2 lightly crushed bird's eye chilies
- 5 leaves coriander
- 1 table spoon chili paste
- 100 grams evaporated milk

Preparation:

1. Boil the stock and add lemongrass and coriander roots. Continue boiling for a few minutes.
2. Sieve out the ingredients. Bring the stock back to a boil and add straw mushrooms.
3. Add prawns and wait until it returns to a full boil, then add fish sauce and kaffir lime leaves.
4. Add lime juice and chilies. Serve Spicy Prawns Soup with Chili Paste in a bowl. Garnish with coriander leaves. (mix with chili paste and evaporated milk as an alternative of Spicy Prawns Soup with Chili Paste).
5. Fish sauce becomes aromatic only when it is added to the boiling soup.
6. Lime juice becomes aromatic only when it is added after the soup is removed

from heat.

Massaman Curry with Chicken and Potatoes

Ingredients:

- 300 grams chicken rump
- 80 grams Massaman curry paste
- 100 grams coconut cream (the top layer of coconut milk)
- 300 grams coconut milk
- 250 grams chicken stock
- 50 grams roasted peanuts
- 200 grams potatoes, chopped into large chunks
- 100 grams onion, chopped into large chunks
- 30 grams palm sugar
- 2 table spoons tamarind juice
- 1 table spoon fish sauce

Preparation:

1. Simmer coconut cream over medium heat till the oil separates. Add Massaman curry paste and fry until the mix darkens and gives off a fragrance.
2. Divide the coconut milk in half. Pour the first half into the pot and continue simmering until the mix starts to dry out. Then add chicken and the remaining coconut milk.
3. Add the chicken stock and keep simmering until it comes to a boil.
4. Add roasted peanuts, potatoes and simmer until the chicken is tender.
4. When the potatoes are cooked, season with fish sauce, palm sugar and tamarind juice. Add onion and cook through until the soup begins to dry out. Serve in a bowl.
6. To make tamarind juice, mix 1 portion of the tamarind with 3 to 3.5 portions of water
7. Different brands of instant tamarind juice have different flavors and levels of sourness.

Bananas in Coconut Milk

Ingredients:

- 5 almost-ripe Nam Wa bananas
- 1/4 cup coconut cream
- 1 1/2 cups coconut milk
- 1/2 cup sugar
- 1/2 table spoon salt

Preparation:

1. Peel the bananas and slit vertically into halves, then horizontally in more halves. Pour coconut milk into a pot and turn on the heat. Once boiling, lower heat

to medium and add bananas.

2. Once bananas are tender, turn off the heat. Do not overcook. Add sugar and salt and keep stirring until well dissolved.
3. Add coconut cream. Allow to cool down to room temperature before serving.
4. As an alternative, Nam Wa bananas can be replaced with potato, sweet potato, pumpkin or tapioca. Boil until cooked only, avoid over boiling until mashed.
5. When cooking unripe bananas, boil them in water for 3-5 minutes to get rid of the stickiness. Young fruits normally taste less sweet and therefore will require extra sugar in the coconut milk.

Deep Fried Bananas

Ingredients:

- 1 pound bananas, about 6 or 8. Traditionally small Asian bananas are used but you can use any bananas.
- 3/4 cup rice flour
- 1/4 cup tapioca flour
- 1/2 teaspoon baking soda
- 2 tablespoons sugar
- 1 teaspoon salt
- 1/2 cup shredded coconut
- 1 cup water
- 4 cups oil for deep frying

Preparation:

1. Peel and slice each banana lengthwise into four slices. In a mixing bowl, combine rice flour, tapioca flour, sugar, salt, coconut and baking soda, then add water a little at a time. Mix well to form a thick batter.
2. Heat the oil in a deep fryer or wok to 375 degrees F. Dip each piece of banana into the batter to completely coat, and deep fry until golden brown. Remove from oil and drain on paper towels.
3. Serve as a snack or with Thai ice cream.

Timor-Leste



Pepes Ikan

Ingredients:

- 1 kg whole fish (carp or snapper)
- 1 chopped tomato
- 1 stalk green onion
- 1 stalk lemongrass
- 5 salam leaves
- 50 grams ram kemangi leaves (sweet basil)
- salt
- 1 teaspoon sugar
- 2 tablespoons salad oil
- banana leaves or aluminum foil to wrap
- Spice paste, grind the following ingredients:
 - 2 cloves garlic
 - 4 shallot
 - 2 cm ginger
 - 2 cm turmeric
 - 50 grams ram fresh chili pepper
 - 5 candlenut
 - 5 gram tamarind
 - 1/2 teaspoon salt
 - 25 milliliter water

Preparation:

1. Scale and clean the fish.
2. Take out the intestines but not the egg.
3. Make three diagonal slashes on each side of the fish for spice paste flavor to immerse.
4. Marinade the fish with salt and tamarind for 15 minutes then wash the fish with a bowl of water to remove excess salt.
5. Add cooking oil to the spice-paste, mix.

6. Coat fish with spice paste. Put kemangi leaves, salam leaves and sliced lemon grass for the flavor.
7. Wrap the fish in banana leaves or aluminum foil and steam with medium fire, 30 minutes.
8. Let it cool and grill the wrapped fish over charcoal fire.

Coconut Pudding

Ingredients:

- 1 can of coconut milk
- 1 can of milk (use the can from the coconut milk to measure the milk)
- 3 cups sugar
- 3 tablespoons of corn starch
- 3 tablespoons of coconut flakes

Preparation:

1. Heat 1 cup of sugar, slowly, in a heavy skillet, stirring constantly with a wooden spoon until sugar melts and is consistent. When the sugar turns a caramel colour, remove it from the heat and pour it into a 6-cup mould. Set aside.
2. Put all the remaining ingredients in a pan and mix well.
3. Let the mixture cook over medium heat for 10-15 minutes, stirring it constantly until the mixture loosens from the bottom of the pan and it is thick like cream.
4. Put the cream in a pudding mould previously prepared with the caramel sauce and allow it to cool down.
5. Put the pudding in the fridge and remove it from the mould when it is really cold.

Corn Stew

Ingredients:

- 500 gramsrams dried corn kernels
- Quarter of a pumpkin, cut into small pieces
- 100 gramsrams red kidney beans
- Salt, to taste

Preparation:

1. Wash corn and beans. Mix together. Cook for about an hour, or until both corn and beans are tender.
2. Add pumpkin and salt. Cook for about 30 minutes longer or

Pudim De Coco

Ingredients:

- Caramel sauce.
- 2 tablespoons of water
- 1 cup of sugar

Preparation:

1. Place in saucepan without stirring, bring to boil and simmer until the sugar changes colour to golden brown. This takes some time, and the mixture will look pretty ghastly for a while. Don't weaken. Don't stir, just wait.
2. Pour this into the bottom of your baking dish. We pre-warmed our baking dish in the oven.
3. Make sure the mixture covers the whole bottom of the dish. It's good for the mix to cool while you make the custard mix.

Custard:

- 5 eggs
- 1 can low fat condensed milk
- 1 can coconut cream (maybe you could use low fat as well, but what's the point?)
- Break eggs into mixing bowl, whisk to make sure egg is completely broken up.
- Add condensed milk and coconut cream, mix thoroughly.
- Pour into the baking dish.

Cover with foil:

- Place the dish in the bain marie and cook for an hour or so, until you can slide a knife or skewer in and have it come out clean. I like a firm texture anyway. Allow to cool and spend the night in the fridge.
- Slide a knife around the edge, carefully turn out on a serving platter (you may need to let the dish sit in some warm water beforehand to loosen the caramel) and enjoy with cream or ice cream .

BATAR DA'AN

Ingredients:

- 1 pound fresh or frounceen corn
- ½ pound dried mung beans
- 2 pound squash (pumpkin or butternut squash), peeled and diced
- 4 cups water
- 2 onions, diced
- 8 cloves garlic, minced
- 3 tablespoons olive oil
- Salt and pepper to taste

Preparation:

1. The night before, soak the mung beans in water for at least 10 hours.
2. Drain the mung beans and boil them for 10-15 minutes.
3. Meanwhile, sauté onion and garlic in olive oil over medium heat for 6-8 minutes.
4. Add water, squash, beans and corn.
5. Increase heat to high. When water is boiling, reduce heat to medium and cook,

stirring occasionally, until squash is tender, about 15-20 minutes until the liquid is reduced to a minimum.

6. Season with salt and pepper to taste. And then serve with rice.

Grilled Tuna Steaks with Garlic and Butter

Ingredients:

- 4 Tuna steaks
- 4 Tablespoons butter
- 3 cloves garlic
- coarse sea salt

Preparation:

1. Gather your ingredients. Only four are required (the sea salt is not pictured)! I love the simplicity.
2. Crush the garlic over softened butter...
3. Give the mixture a stir until the garlic is thoroughly combined. Smear the mixture on a tuna steak and wrap in foil.
4. Put the steaks on a medium-hot grill (preheat it for a good ten minutes) and let cook 2-4 minutes per side
5. Sprinkle with coarse sea salt and garnish with thinly sliced green onion.

Chicken Meatball Soup

Ingredients:

- 1 bok choy, rinsed and sliced
- 3 green onions, sliced thinly
- 1 center section of celery - where it is 1/2 leaves and 1/2 ribs – sliced thinly
- 1 quart chicken stock
- 6 cups water (or stock)
- 1/8 cup soy sauce (more to taste)
- salt
- Chicken bakso meatballs
- cooked ramen noodles
- chili sauce
- green onions
- Deep-fried tofu

Preparation:

1. Let's get a kaleidoscope of green in our diets. Our doctors would be proud.
2. Rinse and trim the produce. Then slice and toss in a large pot.
3. First the bok choy and then the green onions and finally the celery leaves.
4. Splash on the chicken stock and crystal clear water...
5. Simmer until vegetables are cooked through and season with soy sauce, to

taste.

6. Put them all together - First, a mound of cooked ramen noodles. Then, Chicken Bakso Meatballs...Next, ladle on the soup. Be sure to get all those tasty green bits. Finally the garnishes.... deep-fried

7. Sprinkling of green onions and a spattering of incredible chili sauce.

8. Ready to server...

Deep Fried Tofu Squares

Ingredients:

- 1 block super firm tofu
- 1/3 cup rice flour (extra as needed)
- vegetable oil

Preparation:

1. Get ready for deliciousness. Preheat vegetable oil to 365 degrees Fahrenheit in a small, uncovered pot. Drain off a package of tofu, preferably super firm.

2. Slice into even cubes. I like to see how perfect I can get the cubes. We used to get tested on things like that at the Culinary Institute of America. If you like plain tofu go ahead -sneak one ... you'll still have a lot left.

3. Next, make it snow: cover in rice flour (or you can dip them into the flour, on a plate).

4. Either way, all six sides of the cubes should be covered with rice flour. Drop them into the oil, taking care not to crowd them.

5. When they are done they'll be tan and crunchy on the outside and totally tofu on the inside. Drain them well... and salt them, if desired.

6. Use as a delightful garnish to any meal, especially an Asian one. Then server!

Togo



Rice and Meat with Vegetables

Ingredients:

- 100 gramsram rice
- 4 carrots, scraped and cut into large chunks
- 1 kilogram meat, cut into serving-sized pieces
- 1 chicken stock cube
- 1 white cabbage, quartered
- 4 whole chilies (Scotch bonnets or habaneros, stems removed)

Preparation:

1. Add the meat to a large pot, cover and place over medium-high heat.
2. Cook without stirring for about 20 minutes, or until the meat has released its liquid and this has almost completely evaporated away. Remove the meat with a slotted spoon and set aside.
3. Wash the rice, add to a pot then cover with 600ml water. Bring to a boil, cover the top of a pot with a cloth and then the lid and cook for 10 minutes. At the end of this time, stir in the meat then sit the carrots and cabbage on top. Scatter over the whole chilies, re-cover the pot and cook for about 30 minutes, or until the water has been absorbed and the meat and vegetables are tender.
4. Remove the vegetables and steamed chilies and set aside. Turn the meat and rice mixture onto a serving dish, arrange the vegetables and chilies on top and serve.
5. This is a sharing dish and guests should chose the vegetables they like. Any who like chilies can pick a soft, steamed, chili to crush into the rice and meat mix.

Fried Fish in Tomato and Onion Sauce

Ingredients:

- 3 large, ripe, tomatoes
- 1 sea bass or sea bream
- 1 chili (a cayenne pepper is typical for this dish)
- 2 small onions oil for frying salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the fish into three pieces, season with salt, fry in oil until crisp on the outside and set aside.
2. Cut the tomatoes and the onion into thin rounds. Bring a pan of water to a boil, add the tomato and onion slices and cook for a couple of minutes, or until just softened.
3. Remove with a slotted spoon, season with salt and black pepper and set aside. Finely chop the chili, add to the onion and tomato mixture and mash with a fork.
4. Turn the fish pieces in this sauce and turn out onto a serving dish.
5. Serve immediately, accompanied by akoumé or akpan.

Chicken with Maize Meal Porridge

Ingredients:

- 1 large, oven-ready chicken
- 2 garlic cloves
- 3cm length of ginger
- 5 tablespoons groundnut oil
- 1 onion, chopped 3 fresh tomatoes, blanched, peeled, de-seeded and chopped
- 2 tablespoons tomato purée
- 3 tablespoons dried prawns
- 400 grams maize meal salt and freshly-ground black pepper, to taste hot chili powder, to taste

Preparation:

1. Crush the garlic and grate the ginger. Season with salt and black pepper then rub this mixture over the inside of the chicken.
2. Sit on the plate and allow to marinate over night in the refrigerator. When ready to cook, heat the oil in a pan (this needs to be large enough to hold the chicken) and use to fry the onion for about 4 minutes or until soft. Add the tomatoes, bring to a simmer and cook for 5 minutes more. Stir in 1l water then add the chicken, bring to a simmer, cover and cook for about 50 minutes, or until tender.
3. Taste the stock and add more garlic, ginger and chili powder, as needed. Cook for 5 minutes more then remove the chicken from the stock and cut into serving-sized pieces.
4. Fry in oil until golden brown then set aside in the oven to keep warm. Take 500ml of the chicken cooking liquid and pour into a pan. Whilst whisking constantly add the maize meal in a steady stream, beating to ensure there are no lumps. Continue cooking, stirring constantly, until the maize porridge is thick and comes away from the sides of the pan.
5. Serve the chicken accompanied by the maize porridge.

Rice and Beans

Ingredients:

- 300 grams white beans (black-eyed peas are common), washed
- 500 grams long-grain rice (Thai Jasmine rice is typical)
- 1 small piece of akam (potash); or substitute a generous pinch of baking soda

Preparation:

1. Place the beans in a pan with 1 liter water and the akam (potash helps soften the beans so there is no need to soak over night).
2. Bring to a boil and cook until the beans are tender (about 80 minutes), adding more beans as needed. Once the beans are tender, season to taste with salt then add the rice. Reduce the heat to its lowest setting, cove the pan with a sheet of cooking foil and a lid and cook for 30 minutes, or until the rice is tender.
3. Serve hot. Typically this is served accompanied by ground black pepper, yebessé ass-ass or hot chili powder and fried onions.

Banana Fritters with Coconut Milk

Ingredients:

- 4 bananas coconut milk made from
- 1 fresh coconut (use the coconut water to make this)
- 50 gramsrams rice flour
- 30 gramsrams butter
- 2 limes salt, to taste

Preparation:

1. Soften half the butter in a bowl, mix in the sifted rice flour then blend in the coconut milk. Whisk the ingredients to form a smooth paste.
2. Peel the bananas, slice medium-thick and stir into the batter. Heat the remaining butter in a frying pan over low heat. Drop the batter mix by the tablespoon and fry for about 3 minutes, or until browned on the base.
3. Turn over and fry for about 2 minutes on the other side.
4. Drain on kitchen paper and then serve warm.

Prawns with Bell Peppers

Ingredients:

- 800 gramsrams raw prawns
- 15g freshly-grated ginger
- 1 onion, peeled and coarsely chopped
- 2 garlic cloves, peeled 1 dessert spoon cooking oil
- 1 red bell pepper, de-seeded and sliced into thin strips
- 1 green bell pepper, de-seeded and sliced into thin strips
- 1 yellow bell pepper, de-seeded and sliced into thin strips salt and freshly-ground black pepper, to taste

Preparation:

1. Combine the ginger, onion and garlic in a food processor. Pulse to chop then render to a purée. Peel the prawns then rinse and drain.
2. Add the oil to a non-stick pan and when hot use to fry the prawns over high heat for about 1 minute, or until just pink through. Remove with a slotted spoon and set aside to keep warm.
3. Add the onion mixture to the pan. Season to taste with salt and black pepper and fry, stirring frequently, for 5 minutes. Now add the bell pepper strips and cook for 2 minutes. Return the prawns to the pan, stir to mix and cook for 4 minutes, or until heated through.
4. Served with deep-fried sweet potato chips.

Beef in Peanut Sauce

Ingredients:

- 800 gramsrams beef, cut into bite-sized pieces

- 4 tablespoons smooth peanut butter
- 1 onion, grated
- 2 garlic cloves, minced
- 1 onion, halved
- 2 carrots, halved lengthways and each half cut into three pieces
- 1 green bell pepper, coarsely chopped 1/4 cabbage, coarsely chopped
- 1 fresh tomato, chopped and crushed
- 1 small tin of tomato purée 500ml groundnut oil 1 vegetable bouillon cube
- 1 hot chili salt and freshly-ground black pepper, to taste

Preparation:

1. In a bowl, combine the grate onion and garlic. Season liberally with salt and black pepper then mix in the beef, cover and set aside to marinate for 20 minutes. Turn the beef mixture into a saucepan and add 750 milliliter water. 2. Bring to a boil, reduce to a simmer, cover and cook for about 45 minutes, or until the meat is tender.
3. Drain the meat and reserve the broth. Add 60ml of the oil to a large saucepan and use to fry the beef until nicely browned all over. Remove the meat with a slotted spoon and set aside.
4. Add 2 tablespoon more oil to the pan then stir in the tomato purée and fry for about 5 minutes, or until dark red in colour. Add the crushed fresh tomato and stir in the peanut butter and the carrots. Cook, stirring constantly, for 5 minutes more then add the reserve meat broth along with 500 milliliter of water and the bouillon cube.
5. Stir until smooth, bring to a simmer, cover and cook for 15 minutes. At this point add the beef, onion, cabbage and hot chili. Return to a simmer, cover and cook for 15 minutes more.
6. Serve hot, accompanied by boiled white rice or gari.

Tokelau



Green Bananas

Ingredients:

- 8 green bananas, peeled
- 1 (400 gram) tin coconut cream
- sugar, to taste

Preparation:

1. In a saucepan, cover bananas with water then boil until soft. Drain. In a separate saucepan, heat coconut cream with sugar to taste. Pour over the bananas to serve.
2. Peeling - Cut through the skin length wise without cutting the banana. You may have to use the back of a knife or a spoon handle to peel the bananas.

Ginger Chicken Adobo

Ingredients:

- 1 whole chicken, cut into 8 pieces
- 1/2 cup soy sauce
- 3/4 cup distilled white vinegar
- 1 pound garlic, peeled and crushed
- 4cm fresh ginger, peeled and thinly sliced
- 2 bay leaves
- 1/2 tablespoon black peppercorns

Preparation:

1. Combine the chicken, soy sauce, vinegar, garlic, fresh ginger, bay leaves and peppercorns in a heavy based saucepan. Bring to a boil over medium heat. Once it boils, reduce heat to a simmer.
2. Cover the saucepan and simmer for 30 minutes, basting the chicken occasionally.
3. After 30 minutes, remove lid and cook until liquid has reduced to half.
4. Remove chicken from the saucepan to a serving plate. Strain the liquid from the saucepan to remove all the food particles and set aside. Serve chicken hot over steamed rice and drizzle with reserved sauce.

Smoothie

Ingredients:

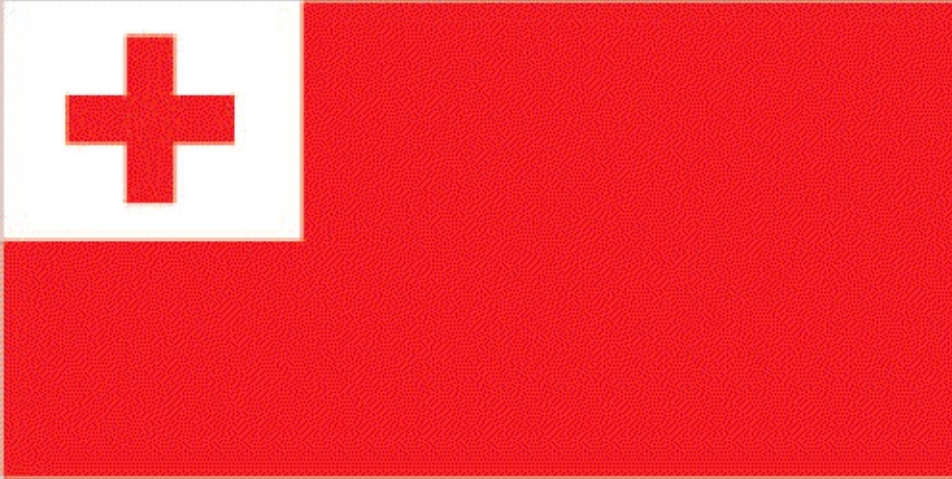
- 2 tablespoons rolled oats
- 2 tablespoons linseed
- 2 bananas, peeled
- 100 grams blueberries (or frozen mixed berries)
- 200 milliliter orange juice
- 1 tablespoon honey
- A few drops of vanilla extract

- 1 tablespoon nonu (noni) juice

Preparation:

1. Blend all the ingredients until smooth and creamy, dilute with water if necessary.

Tonga



Pie (Jelly Roll)

Ingredients:

- 5 cups flour
- 1 cup sugar
- 3 teaspoons baking powder
- 1 1/4 cups margarine (cold)
- 3 eggs
- 1/2-3/4 cup milk (cold)

Preparation:

1. Mix flour, sugar and powder well.
2. Cut margarine in small cubes (cut long ways then short ways for tiny cubes).
3. Throw margarine cubes into flour, then work it into flour until evenly broken up —much like making a pie crust.
4. Add eggs (mix first in separate bowl) and rub together until even.
5. Add milk & mix until not sticky but balls up.
6. Roll out on floured surface about 1/4 to 1/3 inches thick.
7. Spread with jam or jelly on entire surface leaving 1/2 inch space along edges.
8. Roll dough into one large log & fold ends under to keep jelly from oozing out.
9. Transfer to foil lined cookie sheet.
10. Bake at 275 degrees for 45 minutes.

Mai Tai

Ingredients:

- 1 ounce lime juice
- 3 ounces pineapple juice
- 1/4 ounce orgeat syrup or almond syrup
- 1 ounce dark rum
- 1 ounce light rum
- 1 ounce orange-flavored liqueur
- Crushed ice
- 1 maraschino cherry, for garnish
- 1 pineapple slice, for garnish
- 1 paper umbrella, for garnish

Preparation:

1. Combine all the liquid ingredients in a large glass. Add ice and stir.
2. Drop the cherry in the drink and garnish the rim of the glass with the pineapple slice. Place the paper umbrella in the glass and serve immediately.

Cabbage and Corned Beef in Coconut Cream

Ingredients:

- large cabbage leaves
- 1 can corned beef (corned silverside or brisket can be used)
- 1 onion, chopped
- 1 tomato (optional) chopped
- thick coconut cream

Preparation:

1. Place the cabbage leaves on foil paper to make a cup shape. (It would help to put all these in a round cake tin). Into the cup-shaped cabbage leaves, put the corned beef, onion, tomato, some shredded cabbage and coconut cream.
2. Wrap the foil around and bake in a moderate oven for about 1 to 1 and half hours
3. Serve with sweet potato.

Dumplings in sweet coconut syrup

Ingredients:

- Lolo (Syrup)
- Raw sugar
- Coconut cream
- Topai (dumplings)
- 3 cups plain flour
- 3 teaspoon baking powder
- 3 to 4 pints water
- 1 cup cold water, extra

Preparation:

1. Lolo (Syrup) and put the sugar in a heavy saucepan and melt over gentle heat. Before the sugar boils, add the coconut cream and stir continuously until thick.
2. Dumplings - boil the water in a large pot, sift the flour and baking powder together, make a fairly dry dough with the flour mixture and extra water.
3. Drop tablespoon of the dough into the boiling water and gently boil for a further 10 minutes or until cooked.
4. Dice the dumplings and pour the sauce over it. Serve

Octopus in Coconut Cream

Ingredients:

- 1 octopus
- 1 large onion, diced
- thick coconut cream

Preparation:

1. Put the fresh or defrosted octopus in a heavy pot and gently boil all the liquid out.
2. Dice the octopus and put it back into the pot with the onions and the thick coconut cream and simmer for about another 3 minutes.
3. Cleaning the octopus - to prepare octopus, remove the beak-like mouth, anal portion and the eyes - being careful not to pierce the ink sack which lies close by. If ink fish are small, this may be done with scissors; if large and tough, you will need a knife to penetrate far enough to slip them inside out and remove and discard the yellowish pouch and the attached membrane; the very ends of the tentacles are also discarded.
4. Wash well in running water to remove gelatinous portions.
5. Octopus which has 8 arms, comes in enormous sizes, but is apt to be very tough if over 2 to 2 and a half pounds in weight.
6. Serve with yam boiled in coconut cream or peeled green bananas again boiled in coconut cream.

Watermelon Smoothie

Ingredients:

- cups diced watermelon
- 2 cups grated fresh coconut
- 2 cups coconut milk
- juice of 1 local lemon
- 1 tablespoon local honey
- ice cubes

Preparation:

1. Mash the watermelon without completely juicing it: the fruit needs a bit of its structure left to give the drink body. Mash the watermelon with a wooden spoon or

stick until it is a chunky slush.

2. Add the grated coconut, coconut milk and lemon. Mix well with light rum.

Coconut Bread

Ingredients:

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup coconut (grated)
- 1 egg
- 1 ½ cup coconut milk
- ¼ cup sugar
- ½ teaspoon scraped vanilla bean

Preparation:

1. Mix flour, baking soda, salt and grated coconut in a bowl
2. Whisk egg, add sugar, vanilla and coconut milk and mix well
3. Add wet ingredients to dry ingredients and mix well
4. Pour into greased loaf tin
5. Bake for 1 hour at 180 degrees Fahrenheit.

Tonga Toast

Ingredients:

- 2 or 4 slices sourdough bread, cut 1 to 1 1/2 inches thick
- 1 banana
- 1/3 cup sugar
- 1 teaspoon cinnamon
- 1 egg
- 1/4 cup milk
- 1/2 teaspoon vanilla
- oil or shortening for frying
- whipped butter and syrup

Preparation:

1. Cut a 1 inch pocket in one side of each bread slice. Cut banana in half crosswise, then split each piece lengthwise. Remove peel and stuff two pieces of fruit in each pocket of bread; set aside. Mix sugar and cinnamon; set aside. Mix together well the egg, milk and vanilla.
2. Heat about 4 inches of oil in a pan to 350 degrees Fahrenheit. Dip stuffed bread into egg/milk mixture and let it soak a few seconds to let penetrate bread. Fry bread on both sides in hot oil until lightly browned, about 3 minutes. Drain on paper towels or wire rack.
3. Sprinkle with cinnamon sugar and then serve.

Trinidad and Tobago



Sweet, Sticky and Spicy Chicken

Ingredients:

- 1 tablespoon brown sugar
- 2 tablespoons honey
- 1/4 cup soy sauce
- 2 teaspoons chopped fresh ginger root
- 2 teaspoons chopped garlic
- 2 tablespoons hot sauce
- Salt and pepper to taste
- 4 skinless, boneless chicken breast halves - cut into 1/2 inch strips

Preparation:

1. Mix together brown sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl. Lightly salt and pepper the chicken strips.
2. Heat oil in a large skillet over medium heat. Add chicken strips and brown on both sides, about 1 minute per side. Pour the sauce over the chicken.
3. Simmer uncovered until the sauce thickens, 8 to 10 minutes.

Caribbean Beef, Sweet Potato and Pumpkin Soup

Ingredients:

- 2 to 3 pounds beef bones
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 carrots
- 1 large onion
- 2 stalks celery

- 2 large sweet potatoes
- 1 medium butternut squash
- 2 to 3 cups diced pumpkin
- water or Beef stock
- 3 cloves garlic
- 3 tablespoon olive oil (divided)
- 4 sprigs thyme
- 1 scotch bonnet pepper
- 2 tablespoon chopped parsley
- 1 stock cube
- 2 scallions
- 3 to 4 allspice berries

Preparation:

1. Use pieces of beef with bones for maximum flavor and it's normally the cheapest cut of meat. Wash and pat the beef dry, then place in a baking dish with the cubed celery and carrots.
2. Toss with 2 tablespoon olive oil and roast on the middle rack of your oven for 45 minutes at 400 degrees Fahrenheit.
3. As the beef roast in the oven, peel and cube the pumpkin, squash and sweet potato. You'll notice that I used traditional Caribbean sweet potato (purple or red colour) and what is called 'yams (sort of orange colour) in North American grocery stores. We'll cook this for a long time, so feel free to cut them in large pieces.
4. Remove the roasted beef from the oven and get ready to put everything together so we can started on our soup. If you prep the vegetables in advance, cover them with water so they do not go discolored on you.
5. In a large soup pot, heat the remaining tablespoon of olive oil and go in with the diced onion, garlic, black pepper, chopped scallion and thyme on a low heat and cook for about 3 to 4 minutes.
6. Turn up the heat, add the roasted beef and vegetables.. be sure to get all the stuff at the bottom of the roasting pan and give the pot a good stir. Now go in with all the other ingredients, cover with water or beef stock and bring to a boil.
7. Using beef stock, keep in mind that it will have a lot of sodium so be mindful when adding more salt.
8. Added the scotch bonnet 'whole' to get the flavor and not the raw heat. if you break it – be prepared for that Caribbean sunshine
9. Adding flour dumplings, do so the last 10 minutes of cooking.
10. Reduce to a gentle boil and allow to cook for about an hour and 3/4 or until the beef is tender. The vegetables will fall apart for the most part, but that will give you a nice thick soup. If you want your vegetables with texture, you can add them the last 35 minutes of cooking. Taste for salt and adjust accordingly and remember to remove that scotch bonnet pepper at the end of cooking. Serve hot..

Chicken Foot Souse

Ingredients:

- 1 dounceen chicken feet
- 1 cucumber
- Salt
- 1 sliced onion
- 3 grated garlic cloves
- 1 hot pepper
- 4 leaves shadon beni
- Juice of half a lemon

Preparation:

1. At the end of each 'finger' of a chicken foot, there is a nails. These nails have to be cut off. This is done with a sharp knife or a pair of scissors.
2. After all the feet has been cleaned, place them in a bowl of water and squeeze half of lime into the bowl. Allow the chicken feet to soak in the lime water for about 10 minutes. This is to eliminate the freshness from the chicken feet.
3. Put the chicken feet in pot of water, add a bit of salt. Put the pot with the chicken feet on the stove and allow the chicken feet to cook and soften – for about thirty minutes. You can also pressurize them as well. I like my chicken feet to almost fall apart in my mouth.
4. When the chicken feet is nice and tender, throw out the water, rinse them out with some fresh water and place them in a large bowl. Add about two cups of water to the bowl.
5. Slice the cucumber (you can leave the skin on if preferred) and add to the bowl with the chicken feet when they are cool. Finely chop the shadon beni, cut a few slices of the hot pepper. Add these ingredients along with the other ingredients to the bowl of chicken feet. Use a large spoon to mix everything together. Tasting it!

Baked Pork Chops

Ingredients:

- 6 pieces of pork chops
- 1 tablespoon yellow mustard

Herbs:

- 3 garlic cloves
- 2 pimentos
- 1 medium onion
- 4 shadon bennie leaves
- Thyme
- 3 sticks Chive

Sauces:

- 1 teaspoon sesame oil
- 3/4 cup ketchup
- 1 tablespoon oyster sauce
- 1/2 soya sauce

- 1 teaspoon pepper sauce

Preparation:

1. Remove the pork chops from the wrapping, wash and place them in a mixing bowl with some water. Add the juice of one lime or lemon.
2. Peel the onion and cut into four quarters. Peel the garlic. Cut the pimentos into halves and remove the seeds. Cut off the bottom part of the chive, wash and cut into three pieces. Put all the cleaned herbs in a food processor or blender and finely chop. If you do not have any one of these appliances, you will have to manually finely chop the herbs.
3. Throw out the lime water from the mixing bowl with the pork chops. Add about three tablespoons of the blended herbs.
4. In another bowl, add the ketchup, mustard, oyster sauce and all the other sauces. Taste to see if salt is required. Mix everything together and add to bowl with pork chops. Mix in the blended herbs, mixed sauces into the pork chops and allow to marinate for about 30 minutes.
5. Put on the oven to 350 degrees Fahrenheit. Put the marinated pork chops in a baking dish and cover with a piece of foil. Place the baking pan with the marinated pork chops in the oven. After about 30 minutes, remove the foil and check the pork chops to see if they are cooked. There will now be some liquid in the baking pan. Throw out this liquid into a sauce pan. This liquid can be used to make a gravy.
6. Put the baking pan with the pork chops back into oven and allow all the moisture to dry up.

Curry Chicken

Ingredients:

- 2 garlic cloves
- 1 tablespoon curry powder
- 1 tablespoon olive oil
- 1 diced potato
- 1 sliced onion

Preparation:

1. Put the raw chicken in a bowl of water, and add the juice of half of a lime, to soak for about 10 minutes - freshness cut).
2. Take out of water and rinse the chicken. Season with your desired seasoning
3. In a small bowl, add 1/2 cup of water. Add the curry powder and mix well. Place a pot on the fire and allow the pot to hot. Add the olive oil and garlic. Allow the garlic to saute for 2 minutes. Now add the curry water to the pot and allow to cook for 2 minutes.
4. Add the seasoned chicken, onion, potato, salt and black pepper. Mix all the ingredients thoroughly together and allow to simmer for about 5 minutes. Gradually add water and allow the chicken to cook.
5. If you like your food spicy, you can add a whole hot pepper but please be

careful, do not cover the pot, otherwise the pepper will burst and the food would be too spicy. Or you can add about half teaspoon of peper sauce. In about 20 minutes, this dish should be done.

Curried Duck

Ingredients:

- 1 duck cut up in serving pieces (approximately 5pounds)
- 1/2 cup chive
- 1 tablespoon thyme
- 4 cloves garlic
- 1 large onion
- 2 leaves Chadon beni or cilantro
- 1 small hot pepper
- 2 pimento peppers
- 1teaspoon ground geera
- 2 teaspoons salt
- 1 teaspoon black pepper
- 5 tablespoons curry powder
- 2 tablespoons vegetable oil
- 2 cups of hot water
- 2 cups of coconut milk

Preparation:

1. Wash and clean the meat. Put the duck meat in a large bowl and squeeze the juice of one lime into the bowl. This step is to eliminate the freshness of the duck meat.
2. After about ten minutes, throw out the lime water, rinse the duck meat. Prepare seasoning by blending together chive, thyme, garlic, onion, chadon beni (cilantro), hot pepper and pimento peppers. Season the duck with the blended herbs, add black pepper, salt and geera and mix thoroughly. Allow the seasoned duck to marinate for about 1 hour.
3. Mix curry powder in 1/2 cup of water. Heat the oil in pot and add the curry water, allow to fry for about 2 minutes or until thickened. Add seasoned duck and mix well ensuring that all the pieces of duck are coated with the curry mixture. Continue to cook until the liquid is absorbed. Add the hot water and the coconut milk.
4. Bring to a boil, then lower the heat, cover and allow to cook until meat is tender. Add more water if needed. Taste for salt and add if desired. Cook until all the liquid is absorbed. At this stage stir pot for an additional 2 minutes allowing the liquid to be fully incorporated. Serve with rice or Dhalpurie Roti.

Banana Fritters

Ingredients:

- 1/2 pound all purposes flour

- 2 teaspoon baking powder
- 2 cups oil for frying
- ½ teaspoon Angostura bitters
- 1 pound bananas, well beaten
- ½ pound sugar

Preparation:

1. Sift all dry ingredients together, add well-beaten bananas, add sugar and bitters and beat again and heat oil in a heavy pot.
2. Drop banana batter into the hot oil by the spoonful and fry until golden brown. Drain on kitchen paper towels

Tunisia



Tomato Soup with Chickpeas and Lentils

Ingredients:

- 1 Cup Chickpeas - Cooked
- 1 Cup Lentils
- 1 Stick Cinnamon
- 2 Tablespoons Olive Oil
- 3 Cloves Garlic- Chopped
- 4 Medium Onion – Chopped
- 2 Teaspoons Salt
- 1 Teaspoon Turmeric
- 1 Teaspoon Cumin Seed
- 2 Teaspoons Cumin
- 2 Medium Bay Leaf
- 2 Cans Tomatoes – Chopped
- Pepper

- Cayenne
- 1 Lemon - Lemon Juice
- Mint – Chopped
- 6 Cups Chicken Broth

Preparation:

1. Bring lentils and cinnamon stick to a boil in the broth. Simmer for 30 minutes.
2. Remove cinnamon and discard. Saute onion, garlic, salt, turmeric, cumin seed, cumin and bay leaves in oil for 8 minutes. Add to the lentil mixture. Add tomatoes and simmer for 15 minutes. Remove and discard bay leaves.
3. Add chickpeas and simmer for 5 minutes. Season with pepper, cayenne and lemon juice.
4. Remove from heat. Serve sprinkled with mint.

Couscous

Ingredients:

- 4 Pounds Lamb - chopped
- 4 Large Onion – chopped
- 1/2 Cup Olive Oil
- 6 Ounces Tomato Paste
- 2 Large Tomatoes – chopped
- 1 Tab Cumin
- 1 Teaspoon Black Pepper
- 1 Teaspoon Curry Powder
- 1 Teaspoon Cayenne
- 5 Cloves Garlic
- Salt
- 2 Medium Bell Pepper – chopped
- 1 Large Butternut Squash
- 4 Medium Turnips – chopped
- 4 Medium Carrot – stripped
- 1 Pound Onion - finely chopped
- 1 Pound Potatoes
- 2 Cups Dry Couscous – cooked
- 2 Medium Green Onion – chopped
- 3 Sprigs Parsley – chopped
- 2 Medium Lemons

Preparation:

1. in a large stewpot, brown lamb and first set of onions. add tomato paste and cook for 5 minutes stirring frequently. add tomatoes, spices, green peppers, and reduce heat to simmer.
2. After 15 minutes, add the vegetables plus enough water to come within 3 inches of their tops. cook until meat and vegetables are tender.
3. Serve on individual plates over couscous and garnish with green onion, parsley

and lemons.

Broiled Shrimp

Ingredients:

- 1 Pound Unshelled Shrimp
- 2 Cloves Garlic - Finely Chopped
- 4 Tablespoons Olive Oil
- 1 Teaspoon Cumin
- 1/2 Teaspoon Ground Ginger
- 1 Teaspoon Paprika
- 1/4 Teaspoon Cayenne
- 1 Bunch Cilantro - Finely Chopped
- Salt and Pepper
- Lemon Wedges

Preparation:

1. Using a kitchen scissors, split the shrimp down the middle, leaving the tails intact. Lay the shrimp in a single layer in a large shallow dish.
2. In small bowl, I mix remaining ingredients, except lemon wedges. Pour over shrimp and let marinate for 2 hours.
3. Preheat broiler - broil shrimp for 4 minutes or until pink. Serve with lemon wedges and with rice.

Ground Meat Patties

Ingredients:

- 2 Pounds Ground Beef
- 10 Sprigs Parsley - finely chopped
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- 1 Teaspoon Cayenne
- 2 Cups French Bread Crumbs
- 1 Large Onion - finely chopped
- Flour - for dusting
- 4 Medium Eggs – beaten
- 1/4 Cup Olive Oil - for frying
- 2 Tablespoons Olive Oil
- 6 Cloves Garlic - finely chopped
- 2 Tablespoons Tomato Paste
- 1 Teaspoon Cayenne
- 2 Cups Water

Preparation:

1. Mix meat, parsley, salt, pepper, cayenne, bread and onions together. Form into 8 patties. Dredge patties in flour then dip in egg.

2. Heat oil in skillet and brown over moderate heat for 3 minutes per side. Drain on paper towels. Heat oil in skillet and fry garlic over moderate heat for 1 minute. Add tomato paste, cayenne, and water.
3. Bring to a boil and cook for 15 minutes. Add patties and simmer until all the sauce has evaporated about 15 minutes.

Chicken Strips with Mint

Ingredients:

- 1 Lemon - Lemon Juice
- 1 Teaspoon Olive Oil
- 1 Tablespoon Mint
- 2 Cloves Garlic - Finely Chopped
- Salt and Pepper
- 2 Large Chicken Breast - Cubed

Preparation:

1. In a large bowl combine lemon juice, olive oil, mint, garlic and seasonings. Add chicken and marinate overnight. Thread on skewers that have been soaked for 30 minutes.
2. Broil or barbecue for 4 minutes per side.

Chickpea Soup

Ingredients:

- 6 Tablespoons Olive Oil
- 10 Cloves Garlic - Finely Chopped
- 12 Ounces Chickpeas - Soaked Overnight
- 10 Cups Chicken Broth
- 1 Large Red Onion - Finely Chopped
- 2 Large Carrot - Finely Chopped
- 1 Head Celery - Finely Chopped
- Salt and Pepper
- 1 Lemon - lemon Juice
- 1 Bunch Cilantro - Chopped

Preparation:

1. Heat 4 tablespoons of olive and saute garlic until fragrant. Add chickpeas and broth. Bring to a boil, reduce heat and simmer until chickpeas are tender about 1 hour. Heat remaining oil in skillet, saute onion, carrots and celery for 20 minutes.
2. Add to chickpeas along with seasonings, lemon juice and cilantro. Serve hot.

Beef and Parsley Tagine

Ingredients:

- 1/4 Cup White Beans - soaked overnight
- 8 Ounces Lean Beef – cubed

- 1/2 Teaspoon Salt
- 1/2 Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 1 Small Onion - finely chopped
- 2 Teaspoons Tomato Paste
- 1/4 Teaspoon Cayenne
- 3 Cups Parsley – chopped
- 1/2 Cup Soft Bread Crumbs
- 1 Ounce Parmesan Cheese – grated
- 3 Ounces Gruyere Cheese – cubed
- 1/2 Teaspoon Rose Water
- 6 Large Eggs
- 6 Medium Lemon Wedges

Preparation:

1. Cover beans with fresh water and cook until half done about 30 minutes. Meanwhile, toss beef with salt and pepper.
2. Heat 1 tablespoon of olive oil in a skillet. Add onion and cook until soft. Add meat and saute for 5 minutes. Cover the skillet and cook over low heat for 10 minutes. Add tomato past and cook stirring until the lamb cubes are well coated. Add cayenne, beans and about 1 cup of the bean cooking liquid or water.
3. Cover and cook for 20 minutes. Remove from heat and allow to cool. Preheat oven to 350 degrees. In mixing bowl, combine the contents of the skillet, parsley, 1/3
4. cup of bread crumbs, and cheeses. Mix well. Season with salt and pepper and pour in the rose water. Beat the eggs to a froth and add to the mixture. Use remaining oil to coat the bottom of an ovenproof baking dish. Place mixture in dish and sprinkle with remaining bread crumbs. Bake for 12 minutes.
5. Raise oven heat to highest temp and bake for 8 more minutes. Serve hot.

Beef Meatballs

Ingredients:

- 1 Pound Ground Beef
- 1 Small Onion - finely chopped
- 6 Sprigs Parsley - finely chopped
- 2 Tablespoons Gruyere Cheese – grated
- 2 Teaspoons Ground Coriander
- 2 Teaspoons Harissa (Tunisia)
- 1/2 Teaspoon Salt
- 2 Medium Egg Yolks
- 1/4 Cup Bread Crumbs
- 1/2 Cup Mashed Potatoes
- 1/4 Cup Olive Oil

Preparation:

1. Mix everything together, except the oil. Form into 10 meatballs. Heat oil in a skillet and brown the balls on all sides for about 5 minutes. Drain on paper towels.
2. Serve over rice or couscous or can be served as an appetizer.

Potato Omelette

Ingredients:

- 12 Ounces Potato – Chopped
- 1 Medium Red Onion – Chopped
- 3 Tablespoons Olive Oil
- 2 Cloves Garlic - Finely Chopped
- 4 Medium Eggs
- 1 Teaspoon Harissa¹
- 1 Bunch Cilantro
- 1 Bunch Parsley
- Salt And Pepper

Preparation:

1. Cook the potatoes in boiling water until tender. Heat 2 tablespoons of olive oil in a pan and saute the onion until lightly browned. Stir in garlic and cook until fragrant. Drain the potatoes and return to the saucepan. Over low heat, mash the potatoes, then stir in onions and garlic.
2. Remove from heat. In a mixing bowl, whisk eggs with Harissa, herbs and salt. Gradually beat in the egg mixture into the potatoes.
3. Heat remaining oil in heavy frying pan, add egg and potato mixture and cook over a very low heat until the bottom is set. Brown the top under a hot broiler.

Meatball Soup

Ingredients:

- 1 Pound Ground Beef
- 3 Cloves Garlic - finely chopped
- 1 Teaspoon Dried Mint
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/4 Teaspoon Harissa (Tunisia)

Soup:

- 1 Tablespoon Harissa (Tunisia)
- 2 Tablespoons Caraway – ground
- 8 Cloves Garlic - finely chopped
- 1/4 Cup Tomato Paste
- 1 Cup Flour
- 10 Cups Water
- 2 Teaspoons Salt
- 1 Tablespoon Mint Leaves - finely chopped

Preparation:

1. Mix all the meatball ingredients together. Form meatballs, each 1/2 inch in diameter. Mix harissa, caraway, garlic and tomato paste together and put in a large pan.
 2. Mix flour briskly with 3 cups of water into a smooth paste and put into a pan. Simmer over low heat adding 1 cup water every 5 minutes.
 3. Stir slowly and continuously with a wooden spoon. Add meatballs, salt and mint. Continue to simmer over low heat for another 10 minutes. Serve hot.
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Turkey



Eggplant Imsakaa

Ingredients:

- 2 eggplants
- 1 tablespoon salt
- 1/2 cup vegetable oil
- 1 pound lamb (or beef), cut into 1/2 inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon black ground pepper
- 1/2 teaspoon Middle Eastern spice
- 1 8 ounces can tomato sauce
- 2 cups water
- 2 medium ripe tomatoes, sliced

Preparation:

1. Slice eggplants lengthwise into 1/2 inch thick slices. Sprinkle 1 tablespoon salt on the sliced eggplant, place eggplant in a colander, let drain for one hour then rinse and pat dry.

2. In a skillet, heat oil. Fry eggplant in hot oil on each side until golden brown. Place fried slices on paper towels to absorb excess oil. Discard frying oil. In the same frying pan, cook lamb (or beef) on medium heat until all broth evaporates. Add salt, pepper and spice, stir for about 10 minutes.
3. In a 9 by 13 by 2 inch, or similar size pan, place one half of the eggplant slices on the bottom. Place the meat mixture on top of the eggplants, then place the rest of the eggplant slices on top of the meat mixture. Pour the tomato sauce and water on top of the layers, then place the tomato slices.
4. Bake in a 350 degrees oven for about 45 minutes or until stew becomes thick and bubbly. Let stand for about 10 minutes before serving. Serve with Pita bread and rice.

Turkey Carcass Soup

Ingredients:

- 1 turkey carcass
- 6 quarts water
- 12 peppercorns
- 3 stalks celery, sliced
- 2 bay leaves
- 1 onion, cut into eighths
- Pinch of garlic powder
- 1 cup barley, uncooked or 6 ounce. medium egg noodles, uncooked
- 2 (16 ounces) cans tomatoes, drained and chopped
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

1. Combine first 7 ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 hour. Remove carcass from broth, and pick meat from bones; set aside. Measure 4 quarts broth, and return broth to Dutch oven; refrigerate remaining broth for other uses.
2. Bring broth to a boil. Add barley or noodles. If barley is added, reduce heat to medium, and cook 45 minutes. If noodles are added, reduce heat to medium and cook for 8 minutes. Add turkey meat, tomatoes and remaining ingredients. Simmer 30 minutes. Remove and discard bay leaves.
3. Serve hot

Hasan Pasha Burgers

Ingredients:

- 1 pound ground lamb or beef, ground again
- 1/2 cup fresh bread crumbs
- 1 onion, chopped fine
- 3 eggs
- 1 Tablespoon butter
- 3 potatoes
- 1 Tablespoon milk
- salt and ground black pepper
- 1 Tablespoon tomato paste

Preparation:

1. Preheat a 375 F. oven. Knead the ground meat in a bowl with the bread crumbs, onion, and two of the eggs, adding a little water if necessary.
2. When thoroughly mixed, take pieces the size of an egg and roll in your wet hands to give an oval shape. Make shallow indentations in the center of each burger. Place in a large ovenproof dish with half of the butter. Cook in the oven for 25 minutes. When cooked, remove from the oven but leave the oven on.
3. Meanwhile, peel and chop the potatoes and boil in plenty of water. Once cooked, drain and mash.
4. Mix the mashed potato, milk, remaining egg, seasoning, and the remaining butter together and place in a saucepan. Cover and cook for about 5 minutes.
5. Fill the indentations in the burgers with the potato mixture. Mix the tomato paste with a little water and pour over the burgers. Place in the oven again for 25 minutes more.

Fish with Onions and Tomatoes

Ingredients:

- 1 pound red mullet or mackerel
- 1 tablespoon olive oil
- 2 onions, sliced into rings
- 4 fresh tomatoes, skinned
- 1 lemon, sliced
- 4 bay leaves
- salt and ground black pepper
- boiled new potatoes, to serve

Preparation:

1. Preheat a 375 F oven. Arrange the fish carefully in a large ovenproof dish.
2. Heat the olive oil in a skillet and fry the onions and tomatoes gently for a few minutes. Pour over the fish with enough water to cover.
3. Place the lemon rings and the bay leaves on top of the onion mixture, season, and cook in the oven for 30 minutes. Serve hot with boiled new potatoes.

Eggplant Cooked in Olive Oil

Ingredients:

- 3 eggplants
- 1-1/4 cups olive oil
- 1 onion, chopped
- 2 large, fresh ripe tomatoes, skinned and chopped
- 1 garlic clove, crushed
- juice of 1/2 lemon
- 1 teaspoon sugar
- salt and ground black pepper
- 3 firm, fresh tomatoes, sliced
- chopped fresh parsley, to garnish

Preparation:

1. Peel the eggplant skin in stripes lengthwise. Cut a slit in the eggplants and scoop out most of the flesh, being careful not to pierce the skin. Discard the flesh.
2. Heat 1 tablespoon of the olive oil in a heatproof casserole and fry the eggplants for a few minutes, until nicely colored.
3. Pour the remaining oil into a saucepan, and fry the onions until soft. Stir in the chopped tomatoes and garlic, and fry together for a few minutes.
4. Drain the eggplants, fill with the vegetable mixture, then return to the casserole, slit side up, with enough water to cover. Stir in the lemon juice, sugar, and salt and pepper to taste. Cover and simmer for about 15 minutes over medium heat.
5. Place a sliced tomato on each eggplant and simmer for 10 minutes more over low heat, until the eggplants are soft but retain their shape. Allow to cool, then place in a serving dish, and garnish with parsley.

Chicken Breast Pudding

Ingredients:

- half a chicken breast
- 5 cups milk
- generous 1-1/4 cups sugar
- salt
- 1 Tablespoon cornstarch
- scant 1 cup rice flour
- ground cinnamon, for sprinkling

Preparation:

1. Cook the chicken breast in water until tender. Drain and cut crosswise into 2 inch long pices. Rub these pieces between the palms of your hands and tear into very thin fibers. Soak the fibers briefly in warm water then squeeze them tightly to extract excess water. Repeat twice, changing the water each time.
2. Place the milk, sugar, and some salt in a saucepan and bring to a boil, stirring continuously. Mix the starch and the rice flour with a little of the milk to a smooth paste. Stirring, pour the paste slowly into the milk and simmer until the milk starts to thicken.
3. Add the chicken fibers and reduce the heat. Simmer until thickened, stirring all

the time. To check the consistency, pour a little of the mixture onto a plate. Allow to cool and turn the plate upsidedown. It should come off completely without sticking to the plate.

4. Pour the mixture into a 1 inch deep serving dish and allow to cool. Cut out four equal portions and roll each one into a cylinder shape. Sprinkle with cinnamon to serve.

Shish Kebab

Ingredients:

- 500 grams rams lamb, cut into 4 cm cubes

Marinade:

- 50 milliliter milk

- 3 tablespoon extra-virgin olive oil

- 1 small onion, grated

- salt and black pepper

- 3 tomatoes, halved

- 3 Cubanelle (or Anaheim) peppers, halved and de-seeded

- 1 onion, peeled and cut into 8 wedges

Preparation:

1. Whisk the marinade ingredients together in a bowl then pour over the lamb pieces and toss to combine. Cover the bowl and set aside for 1 hour to marinate before cooking. Meanwhile soak the skewers (if you're using wooden ones) in a large bowl of cold water.

2. When the lamb has marinated thread the lamb pieces onto the skewer (two skewers, typically, equal a single portion) then place the skewers on your pre-heated barbecue (or under the grill) along with the tomato halves, pepper halves and onion wedges. Turn the skewers at regular intervals to ensure even cooking and cook for about 10 to 12 minutes (turn the vegetables half way through as well).

3. Serve the skewers on top of a pita bread and arrange the vegetables over the meat.

Zucchini Fritters

Ingredients:

- 3 Medium Zucchini – Grated

- 1 Bunch Scallion – Chopped

- 1 Tablespoon Dill

- 2 Tablespoons Parsley – Chopped

- 3 Medium Eggs

- 1 Tablespoon Paprika

- Salt and Pepper

- 8 Ounces Feta Cheese – Crumbled

- 1 Cup Flour

- 1 Cup Olive Oil

Preparation:

1. Place zucchini in colander, sprinkle with salt and let drain for 15 minutes. Squeeze out excess water. Combine zucchini, scallions, dill, parsley, eggs and paprika.
2. Season with salt and pepper. Stir in feta cheese and flour. Heat oil in skillet and drop tablespoons of mixture into oil.
3. Fry until golden brown about 5 minutes. Drain on paper towels and serve.

Vegetable Rice Pilaf In Pastry

Ingredients:

- 2 1/2 Cups Chicken Stock
- 1 Large Carrots – Diced
- 1/2 Cup Peas
- 1 Stalk Celery – Chopped
- Salt and pepper
- 8 Tablespoons Butter
- 1 Small Onion – Diced
- 1 1/2 Cups Rice
- 2 Pounds Chicken Breast – Cubed
- 1 Tablespoon Dill
- 3 Tablespoons Parsley – Chopped
- 1/4 Cup Milk
- 1 Medium Egg – Beaten
- 2 Medium Pie Crust

Preparation:

1. Combine stock, peas, carrots, and celery, season with salt, boil, simmer 10 minutes. Set aside. saute in 3 tapoundespoons butter, the onion, for 5 minutes. add rice, saute 2 minutes. add the vegetable mixture and chicken, season with pepper, boil, simmer 15 minutes, stir in dill and parsley, remove from heat and set aside. Mix remaining butter with milk and egg, brush a pie pan with this mixture.
2. Place down one pie crust, brush with mixture, spoon in rice, cover with othe pie crust, brush with mixture and vent.
3. Bake at 400 degrees for 15 minutes, lower heat to 350 and bake another 10 minutes or until top is golden brown.

Wedding Soup

Ingredients:

- 1 Pound Red Lentils
- 4 Tablespoons Butter
- 2 Large Onion – chopped
- 4 Cloves Garlic - finely chopped

- 1/2 Teaspoon Cayenne
- 1 Teaspoon Paprika
- 1 Teaspoon Coriander
- 2 Cups Tomatoes – chopped
- 2 Tablespoons Tomato Paste
- Salt and pepper
- 1 Tablespoon Lemon Juice
- 1 Teaspoon Dried Mint

Preparation:

1. Saute onion, garlic with cayenne and coriander in butter until onions are soft. add lentil and 8 cups of water. cook until lentils are soft according to package directions.
2. Halfway through cooking process add tomatoes and tomato paste.
3. Shortly before serving add lemon juice and bring to boil.
4. Add mint - cook for 10 more minutes.

Shrimp Flavored with Garlic & Butter

Ingredients:

- 15 Large Shrimp
- 8 Tablespoons Butter
- 2 Bay Leaves
- 1/2 Cup Vinegar
- 15 Cloves Garlic
- 12 Slices Bread
- 1/2 Teaspoon Red Pepper
- 2 Teaspoons Salt

Preparation:

1. Boil 4 cups of water, bayleavs, vinegar, and salt. When boiling, add shrimp. Boil 4 minutes, remove from water.
2. Melt butter with chopped garlic and 1 teaspoon of salt. Put shrimp in pan, Pour in a glass of the water in which the shrimp was boiled.
3. Cook for 15 minutes. Sprinkle with red pepper, serve with toasted bread.

Peasant Soup

Ingredients:

- 1/4 Cup Unsalted Butter
- 1 Medium Onion – Chopped
- 2 Cloves Garlic – Chopped
- 1 Large Chicken Breast – Chopped
- 2 Medium Carrot – Chopped
- 2 Medium Parsnip – Chopped
- 2 Medium Potato – Chopped

- 1 Medium Celeriac – Chopped
- 2 Medium Leek – Chopped
- 1 Small Turnip – Chopped
- 1 Bunch Parsley – Chopped
- 1/4 Cup Flour
- 6 Cups Chicken Stock
- Salt And Pepper
- Lemon Wedges

Preparation:

1. Saute onion and garlic in butter until well browned. Add chicken, carrots, parsnips, potatoes, celeriac, leeks, turnips and parsley, saute 2 minutes, add flour, stir well, saute for 10 minutes.
2. Add stock, simmer 30 minutes, season with salt and pepper, remove from heat.
3. Squeeze in lemon juice and serve.

Jerusalem Artichokes Sauted In Olive Oil

Ingredients:

- 1 Pound Jerusalem Artichokes – Chopped
- 2 Medium Lemons – Halved
- 1/4 Cup Olive Oil
- 1 Medium Onion – Chopped
- 1 Medium Carrot – Sliced
- 1/4 Cup Rice
- 2 Teaspoons Sugar
- 1 Lemon Lemon Juice
- 1 Tablespoon Dill
- Salt And Pepper
- Parsley - For Garnish

Preparation:

1. Squeeze lemon halves over artichokes and mix well. Saute onion in oil until browned. Add carrot and cook for 3 minutes.
2. Add artichokes, rice, sugar, lemon juice and dill. Season with salt and pepper. Pour in 2 cups water, cover and simmer for 30 minutes.
3. Garnish with parsley and serve.

Chicken and Vermicelli Soup

Ingredients:

- 3 Tablespoons Butter
- 1 Medium Onion – Chopped
- 2 Medium Chicken Breast – Chopped
- 1 Cup Vermicelli – Broken
- 1 Quart Chicken Stock

- Salt
- 3 Lemon Lemon Juice

Preparation:

1. Saute onion in butter until brown, add chicken and pasta, saute 2 minutes add stock and salt, boil, simmer, 20 minutes.
2. Remove from heat. Add lemon juice and serve.

Turkmenistan



Lamb Shorba

Ingredients:

- 1 pound lamb
- 1/4 cup oil
- 2 onions, sliced
- 2 tomatoes, cubed
- 2 c pumpkin, cubed
- 1 teaspoon paprika
- 4 cup boiling water

Preparation:

1. In a skillet, fry the lamb in the oil until brown on surface.
2. Add the vegetables, salt by taste, reduce heat and simmer for 30 min. In a large pan, boil the water and add the fried mix.
3. Add paprika and simmer until the lamb is soft. If you are not concern about carbs, serve with flat bread.

Plov

Ingredients:

- 1 pound carrots, at least 1 pound
- 1 head Garlic
- 4 medium Yellow or white onions
- 1/2 pounds Marbled beef, not lean
- Rice, not Minute Rice
- Salt
- Vegetable oil

Preparation:

1. Chop the onions, fairly small but not minced. Cut the carrots into slivers, about 3 inches long and only 1/8 of an inch wide. If you have some type of slicer, go for it!
2. The important thing is that there are no big chunks of carrots, just thin slices. Cut the beef into 1-2 inch cubes. Now for the fun part. Put on an old shirt or an apron.
3. Find a big, heavy pan or pot. An 8 quart cast iron or hard anodized dutch oven works well. Turkmen use a heavy pot called a cazan. Now you must heat the oil in the pot.
4. The amount of oil you use will depend on the size of the pan you use. The oil should be about 1 centimeter, or 1/2 of an inch deep. It will seem excessive, but go ahead and pour it in.
5. Drop a little piece of onion into the cool oil and turn the burner to medium. When the onion turns black, remove it with a fork. Now your oil is hot enough to cook with. Add the meat and the whole garlic cloves. Turkmen people often throw in the whole garlic head, skins and all. You can do that, or peel the cloves.
6. If you don't cook much with garlic, don't worry about it being too spicy – garlic sweetens as you cook it. Cook the meat and garlic until the meat starts to turn a nice roasted-looking brown. Add the onions to the meat and oil. Cook, stirring occasionally. Add the carrots to the mixture and cook until tender, stirring occasionally. Add a couple teaspoons of salt, or you can add the salt later to taste.
7. At this point, Turkmen would add rice and water into the pot with the meat. Cook as much rice as you think will fit into the rest of the pot. According to the directions on the package of rice.
8. Just use your best judgement as to the amount. When the rice has finished cooking, add it to the meat, onions and carrots mixture in the big pot.
9. Mix it well and serve it hot.

Lamb Chektyrma

Ingredients:

- 2 pound lamb chops
- 4 onions, finely chopped
- 3 tomatoes, chopped
- 5 clove garlic, minced
- 2 cup spinach, chopped

- 2 Tablespoons parsley, finely chopped
- 1/4 teaspoon saffron
- 1/2 teaspoon dry mint
- 1 Tablespoon paprika
- 5 cup boiling water

Preparation:

1. In a large pot, boil the water. Add the lamb and simmer for 1.5 hours. Add the onions and tomatoes, boil 20 min. more.
2. Add spinach and boil 10 more min. Salt by taste, add paprika and saffron, and remove from heat.
3. Add garlic mix well, cover with a thick cloth, and let stand for 15 min.

Baked Salmon

Ingredients:

- 1 kilogram salmon fillet
- 1 tablespoon olive oil
- 1 teaspoon salt
- Pinch of red pepper flakes
- Pinch of dried dill
- Pinch of dried parsley
- 1 garlic clove, cut into lengthwise slices
- 4-5 slices of onion
- 4-5 slices of bell pepper
- 4-5 slices of tomato
- 1 lemon

Preparation:

1. Scale, clean and rinse the salmon.
2. Place the salmon, skin side down, on a non-stick baking sheet or a glass baking dish that has been greased with the olive oil. Sprinkle with salt, red pepper flakes, dill and parsley. Press the slices of garlic into the salmon. Arrange the onion, bell pepper and tomato slices on top. Squeeze one half of the lemon over the salmon, cut a couple of slices from the remaining half and place them on top.
3. Bake at 250 degrees Celsius (482 degrees Fahrenheit) on the middle rack of the oven for 20-25 minutes.
4. Serve right away with Iraqi Turkmen Pilaf or Potato Salad with Fresh Herbs, if desired.

Pumpkin Soup

Ingredients:

- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 300 grams pumpkin or butternut squash, peeled and diced

- 750 milliliter water
- Pinch of salt
- Pinch of red pepper flakes
- Pinch of coarse ground black pepper

Preparation:

1. Heat the oil in a large pot over medium heat. Add the finely chopped onion. When the onion begins to soften, add the diced pumpkin and stir for 5 minutes. Add the water, salt, red and black pepper.
2. Put the lid on the pot and cook until the pumpkin is tender, about 15 minutes. When the pumpkin is done, mash it with a wooden spoon.
3. Serve warm.

Shish Kebab

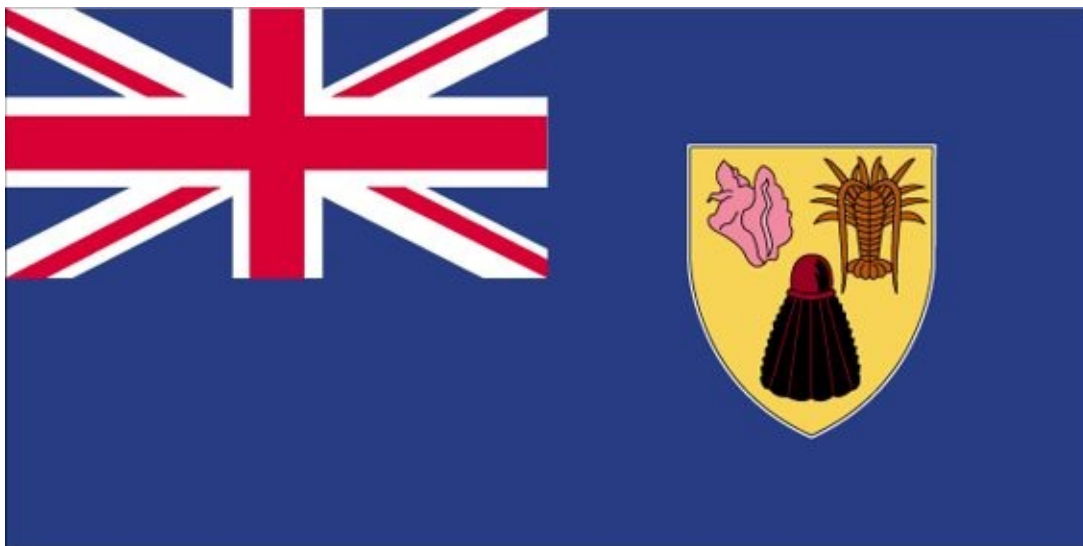
Ingredients:

- 1 kilogram turkey, chicken, lamb or beef, cut into cubes
- ½ lemon, sliced into semi-circles
- 1 small onion, sliced into semi-circles
- 3 to 4 stalks fresh dill
- 3 to 4 stalks fresh parsley
- 1 teaspoon salt
- ⅓ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- 6 tablespoons vinegar (8%)
- 1 spring onion, chopped

Preparation:

1. Put the meat cubes, and lemon and onion slices in a large bowl. Remove the leaves from the dill and parsley stems, chop up the hard stems (the leaves will be used later on), and toss them into the bowl. Add the salt, black pepper, red pepper flakes and 5 tablespoons of vinegar. Mix thoroughly with your hands. Cover the bowl, and allow to marinate overnight in a cool place.
2. Build a hot charcoal fire in a grill. Thread the meat cubes tightly onto the skewers, and grill, turning frequently, until the meat is cooked throughout. If your fire gets too strong, drizzle some vinegar-added water over the skewers from time to time.
3. Chop up the dill and parsley leaves, and sprinkle them over the kebabs along with the chopped spring onion. Drizzle with 1 tablespoon of vinegar.
4. Serve with flatbread or rice pilaf.

Turks and Caicos Islands



Beef Patties

Ingredients:

Filling:

- 2 tablespoons Olive oil
- 1 Onion, finely chopped
- 3 Garlic cloves, finely chopped
- 1 pound Ground beef, lean
- 1 teaspoon Curry powder
- 1 teaspoon salt
- 1/2 teaspoon -freshly ground black pepper
- 1/2 cup Bread crumbs, dry
- 1/2 cup Chicken stock or water
- 2 Green onions, finely chopped

Pastry:

- 2 cups all purposes flour
- 1/2 teaspoon Turmeric
- 1/4 teaspoon salt
- 2/3 cup shortening or Butter
- 1/4 cup ice water or more
- 1 Egg, lightly beaten

Preparation:

1. Heat oil in large heavy skillet. Add onions and garlic. Cook, stirring till onion wilts. Add ground meat. Cook, stirring until meat is browned and combined with onions. Sprinkle with curry, salt and pepper. Cook about 5 minutes. Stir in breadcrumbs and stock or water.
2. Cook, stirring often, about 20 minutes. Mixture should be thick but not dry.
3. Stir green onions. Make pastry by combining flour with turmeric and salt. Cut in butter or shortening until in tiny bites. Add water; gather into a ball. Roll out to about 1/4" thickness and cut into 4" circles. Gather remaining dough together and lightly cut out again. Place about 1 Tbs filling on each circle. Brush edges with

lightly beaten egg, fold over and seal. Preheat oven to 400 degrees Fahrenheit. Place patties on cookie sheets lined with aluminum foil. Brush lightly with remaining lightly beaten egg.

4. Bake 25 to 30 till browned.

Conch Chowder

Ingredients:

- 2 medium potatoes, cubed
- 3 tablespoons butter
- 2 medium onions, chopped semi-diced
- 4 cups chicken stock
- instant mashed potatoes
- 4 processed cheese, slices
- 2 teaspoons basil
- Ground pepper
- 2 chutes celery, semi-diced
- 2 carrots, semi-diced
- 1 cup milk
- 2 teaspoons seasoned salt
- A couple of shakes of Tabasco
- 1 conch diced and tenderized with mallet
- Hot sauce or spice sauce for garnish
- 1 cup mixed veggies

Preparation:

1. Add potatoes, butter and onions to medium to large pot. Cook onions till golden. Add all the other ingredients but the instant mashed potatoes to mixture. Simmer for about 1 hour. Add the instant mashed potatoes until chowder becomes thick like a cream type soup.

2. Let simmer for about 1 more hour to let the conch get tender. Serve in bowl with hot sauce shaken on top to make two neat stripes.

Fish Batter

Ingredients:

- 3 Cups Soybean oil
- 2 Pounds Fresh cod fillets
- 1 Cups Self-rising flour
- 1/3 Cup Dry Mustard
- 1 Cup Water
- 1 Egg
- 2 Teaspoons Granulated sugar
- 2 Teaspoons Salt

Preparation:

1. Sift together mustard and flour. Heat oil to 400 degrees Fahrenheit. Cut the fish into approximately 7 by 2 inches wedges. With a mixer blend the flour mixture, water, egg, sugar, and salt.
2. Dip each fillet into the batter coating generously and quickly drop in the oil. Fry each fillet until dark golden brown about 5 minutes.
3. Remove and drain. Soybean oil and mustard flour are the secrets here.

Ginger Mango Chicken

Ingredients:

- 6 to 8 ounces boneless chicken breast
- Garlic powder
- Salt, black pepper mango chutney
- 1 cup evaporated milk
- 1 egg
- 1 cup all purposes flour
- 2 cups breadcrumbs

Preparation:

1. Preheat oven to 350 degrees. Pound chicken breast with mallet on both sides and season with garlic powder, salt and pepper. Place chutney on 1/2 of the chicken breast and fold together.
2. Put flour, beaten egg, milk and bread crumbs in separate bowls. Coat stuffed breast with flour, then milk, then egg, and finally bread crumbs. Brown chicken breast in a skillet with vegetable oil, rotate so that entire breast is golden brown.
3. Drain off oil, place in a baking dish and bake for about 25 minutes.

Jerk Chicken

Ingredients:

- 2 tablespoons Ground allspice
- 2 tablespoons Dried thyme
- 3 teaspoons Cayenne pepper
- 3 teaspoons Freshly ground black pepper
- 3 teaspoons Ground sage
- 1 1/2 teaspoons Ground nutmeg
- 1 1/2 teaspoons Ground cinnamon
- 2 tablespoons Seasoned Salt
- 3 tablespoons Garlic powder
- 2 tablespoons Sugar
- 1/4 cup Olive oil
- 1/4 cup Soy sauce
- 3/4 cup White vinegar
- 1/2 cup Orange juice
- 1 Juice of 1 lime
- 1 cup Chopped white onion

- 3 each Green onions, finely chopped
- 4 each Chicken breasts

Preparation:

1. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice.
2. Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.
3. Preheat an outdoor grill. Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade.
4. Heat the leftover marinade and serve on the side for dipping.

Jerk Seasoning for Grilling Pork and Poultry

Ingredients:

- 1/3 cup allspice, toasted and ground
- 7 each green onions, chopped
- 3 each jalapeno or habanero peppers, chopped
- 2 clove garlic, peeled
- 4 sprig fresh thyme, stripped
- 5 each bay leaf
- Salt black pepper
- Olive oil

Preparation:

1. Grind allspice in a food processor until powder like. Add next five ingredients and process until smooth. Use the olive oil a little at a time while processing to keep things moving along freely.
2. Prepare a cold glass of milk or water, you will need it for the last step.
3. Season your mixture with salt and pepper and taste it.

Peas and Rice

Ingredients:

- 1/2 onion
- 1/2 green onion
- 1/2 red pepper
- 1 stick celery
- Bacon
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 can piegeon peas
- 2 cups rice
- 4 cups water
- 1 1/2 tablespoons kitchen bouquet

- Salt
- Fresh thyme
- Bay leaf
- Black pepper

Preparation:

1. Cut ingredients in small pieces and fry in oil for 5-10 minutes. Add tomato paste for 5 minutes. Add peas, salt, thyme, bay leaf, black pepper.
2. Add water and let boil. Add rice. Lower heat and put a top on the pot.

Pirate's Rum Cake

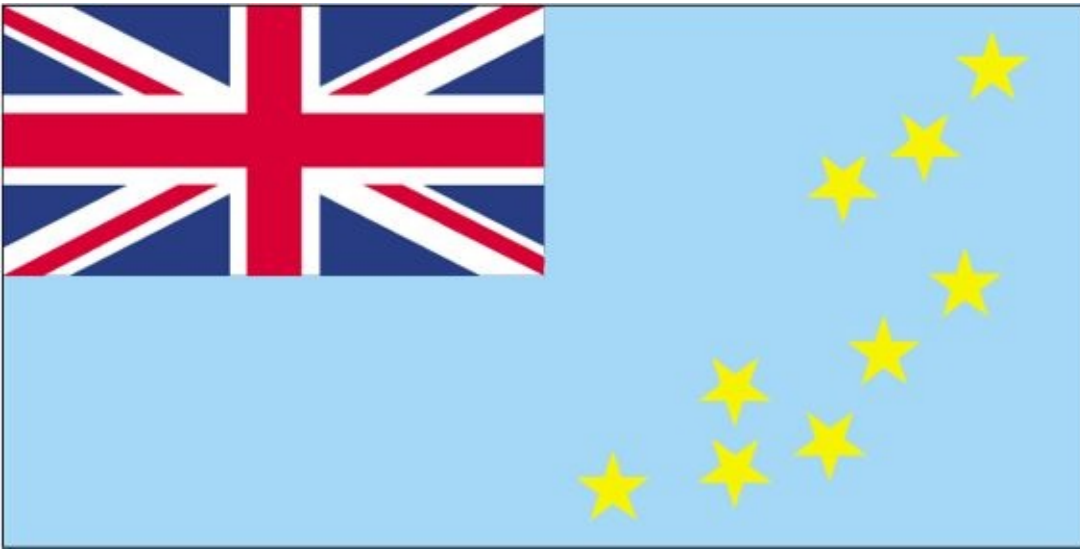
Ingredients:

- 3 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- Pinch of salt
- 1 1/2 cup unsalted butter, softened (3 cubes)
- 1 1/2 cups granulated sugar
- 1 teaspoon pure vanilla extract
- 3 eggs plus 1 yolk
- 1 tablespoon grated lemon zest (from 1 lemon)
- 1 cup heavy cream
- 3/4 cup dark rum
- Confectioner's (powdered sugar) for dusting cake
- Additional rum for sprinkling on cake

Preparation:

1. Preheat oven to 350 degrees. Sift together the flour, baking powder, baking soda and salt. Set aside. Cream butter and sugar until light and fluffy. Add vanilla and eggs; stir until blended. Beat in the zest and then add the rum.
2. Gradually add the dry ingredients, alternating with the cream and ending with the dry ingredients. Blend mixture until just combined.
3. Pour batter into a well-greased and floured 10 cup tube pan and bake for almost one hour. Test doneness with a skewer inserted halfway between the sides of the pan and the tube.
4. Cool, turn out and dust with powdered sugar or sprinkle cake with additional rum.

Tuvalu



Green Papaya and Coconut Jam

Ingredients:

- 2 pounds green papaya, diced
- 3 cups fresh coconut finely grated
- 3 pounds sugar
- 1 cup lime juice
- 1 small piece of ginger root to obtain one tablespoon of juice

Preparation:

1. Mix papaya, sugar, lime juice and coconut in a large bowl.
2. Refrigerate 3 hours, stirring every 30 minutes.
3. Add ginger juice after 2h30.
4. Put everything in a heavy-bottomed pot and cook over medium-low heat until liquid is reduced and has reached the consistency of jam (about 1hour 30 minutes to 2 hours).
5. Immediately put the jam in the jars.
6. For ginger juice - place a piece of fresh ginger root in cheese cloth.
7. Crush the root beating with a hammer or mallet and then press the desired amount of juice.
8. Sterilization of jars - in a large pot of water, boil jars and lids for about 15 minutes, then dry them upside down on a clean cloth or in the microwave, heat the jars filled with water for 3 minutes at maximum power then dry them upside down on a clean cloth.
9. Once the jars are filled with boiling jam, close the lid and immediately turn over so they can cool and seal.

Papaya-Pineapple Marmalade

Ingredients:

- 2 cups finely diced ripe pineapple (2 pounds)
- 2 cups diced ripe papaya
- 4 cups sugar
- 1-1 / 2 teaspoons grated lemon rind or lemon zest (½ lemon or more if you like it tart)
- 1 / 4 cup lemon juice
- 1-2 tablespoons fresh grated ginger, if desired

Preparation:

1. Mix pineapple and sugar in large shallow saucepan and let stand while preparing the papaya.
2. Add papaya.
3. Add grated lemon rind and juice.
4. Bring slowly to boiling point and boil about 30 minutes until mixture sheets from spoon, or until temperature reaches 225 Degrees Fahrenheit on a candy thermometer.
5. Pour into sterilized half-pint jars and seal. Just remember that this marmalade does not keep longer than 6 months.

Tuvalu Tuna

Ingredients:

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 teaspoon freshly grated ginger
- 2 cloves garlic, crushed or grated
- hot red chilies, optional, as desired
- 1 Tablespoon curry powder
- 1 can coconut milk
- 4 green onions
- 1 cucumber, peeled, cut lengthwise, and sliced
- 2-4 Tablespoon soy sauce, to taste
- 1 pound raw, cubed tuna steaks

Preparation:

1. Heat up some vegetable oil into a large skillet or wok. Cook the onions over medium-high heat until softened, about five minutes. Add on the ginger, garlic, red chilies (if using), and curry powder. Reduce heat to medium and cook until fragrant and your house smells like a home.
2. Stir in the coconut milk. Pile on the green onion and cucumber.
3. Season with soy sauce (to taste) and add in the tuna.
4. Cook until delicious, keeping your tuna as rare (or as cooked) as you'd like it.
5. Serve with rice (coconut rice, would be even more authentic)

Coconut Banana Fritters

Ingredients:

- Vegetable oil, for frying
- 2 ripe bananas, rough chopped

batter:

- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1/4 cup unsweet shredded coconut
- 2 tablespoons sugar
- 1/2 teaspoon baking powder
- salt
- 1 egg
- 1/2 cup coconut milk, or as needed

Garnish:

- A heavy dusting of confectioners' sugar

Preparation:

1. In preparation for making this recipe, I highly suggest you dance with royalty.
2. Fill a large pot or high sided skillet halfway with vegetable oil. Heat to 375 degrees Fahrenheit.
3. Meanwhile, whisk together the batter ingredients.
4. Add the chopped bananas and mash together with a potato masher or similar.
5. When the shimmering oil reaches 375 degrees Fahrenheit, scoop some of the batter into the hot oil. Be careful not to splash. I used an ice cream scoop and laid it down in the oil briefly while releasing the batter.
6. Fill the scoop all the way for large fritters, halfway for small.
7. Fry until deep golden brown, turning as needed. When done, place them on paper towels to absorb excess oil.
8. Dust with powdered sugar, and serve immediately.

Pulaka

Ingredients:

- 12 coconuts
- 4 bundles taro leaves – about 120 leaves
- 5 onions, chopped
- 7 banana leaves
- 28 breadfruit leaves

Preparation:

1. Grate the coconuts. Using fine cheese cloth or coconut fibre, squeeze out the coconut cream.
2. Choose firm, clean banana and breadfruit leaves. Hold each banana leaf over a flame to soften it. Carefully remove the back of the centre stalks from all banana leaves, taking care not to tear the leaves. Divide each banana leaf into 4 pieces.

3. Take 4 – 6 clean, washed taro leaves and shape them into a cup. Into the centre, put a half tablespoon chopped onion and one cup coconut cream. Fold the leaves in carefully, without spilling the coconut cream.
4. Wrap each taro leaf bundle in a piece of softened banana leaf, then cover with a breadfruit leaf. Secure firmly by tucking the stem underneath the leaf.
5. Cook the parcels in an earth oven or steam for ½ hour.
6. Chopped pieces of meat or fish may be added to the chopped onion before the coconut cream is added to the parcel. If this is done, cooking time must be increased to at least one hour.
7. For wrapping, aluminium foil can be used instead of banana and breadfruit leaves.

Tuvalu Cakes

Ingredients:

- 500 gramsrams taro
- 1 banana
- 1/4 cup coconut milk

Preparation:

1. Bowl the taro until soft.
2. Mash the taro with the banana and the coconut milk.
3. Make fritters and fry and then time to eat.

Uganda



Kabobs

Ingredients:

- 3 slices whole wheat bread, about 1/2 inch thick

- 3 large egg, whisked
- 1 tablespoon Worcestershire sauce
- 1 1/2 cups fine dry breadcrumb
- 1cup deep fried dried onions
- 4 cloves garlic, finely chopped
- 1 tablespoon finely grated fresh gingerroot, peeled
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coriander seed, coarsely crushed
- 4 tablespoons finely chopped fresh parsley
- 1 medium jalapeno pepper, seeded and finely chopped
- 2 pounds lean ground beef
- 3 cups vegetable oil, for frying

Sauce for Dipping:

- 1 cup plain yogurt
- 1/4 teaspoon salt
- 1 small jalapeno pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh parsley

Preparation:

1. In a bowl, soak bread slices in warm water for 3 minutes. Remove from water and squeeze out excess moisture. Crumble bread and place in a large mixing bowl.
2. Add whisked eggs and Worcestershire sauce and mix well using a fork. Add bread crumbs, deep fried dried onions, chopped garlic, grated fresh ginger root, ground cumin, crushed coriander seeds, chopped parsley, and chopped Jalapeno pepper.
3. Using a wooden spoon, mix well until thoroughly blended. Add lean ground beef and working with your hands, mix well until mixture is well blended. Roll meat mixture into balls about the size of walnuts.
4. Heat 3 cups of vegetable oil in a large, deep, heavy bottomed frying pan until piping hot. Carefully place about 12 kabobs at a time into the hot oil.
5. Reduce heat to medium-high and fry kabobs until quite dark brown and crispy, about 3 to 4 minutes, turning at least once during frying. To check for doneness, cut one kabob in half to make sure there is no red showing and they are cooked through.
6. Remove from oil using a slotted spoon and place kabobs on a plate with paper towelling to drain. Serve hot or cold with yogurt sauce.
7. Yogurt Sauce: In a mixing bowl, mix yogurt with salt, finely chopped Jalapeno pepper and chopped fresh parsley until blended. Deep fried dried onions are available in most East Indian grocery shops; these are preferred.

Matoke

Ingredients:

- 8 -10 plantains

- 1 lemon
- oil (for frying)
- 1 onion, chopped
- 2 -3 tomatoes, chopped (or canned whole tomatoes, drained)
- 1 green bell pepper, chopped
- 3 -4 garlic cloves, crushed
- 1 chili pepper, chopped (optional)
- salt or coriander or cayenne pepper (to taste) or red pepper (to taste)
- 1 pound ground beef (optional) or 1 pound beef stew meat, cut in bite-sized pieces
- 1 cup beef broth (optional) or 1 cup beef stock

Preparation:

1. Peel the plantains, cut into cubes, sprinkle with lemon juice, and set aside.
2. Heat oil in a large pan. Fry the Onion, tomatoes, green pepper, hot pepper, and garlic together. Add spices to taste. Add meat or broth. Continue frying and stirring until the meat is nearly done or until the broth is starting to boil.
3. Reduce heat. Add plantains. Cover and simmer over low heat until plantains are tender and meat is done. Serve matoke hot with rice or without rice.

Groundnut Stew

Ingredients:

- 450 grams stewing beef
- 6 tablespoons smooth peanut butter
- 2 medium onions (chopped)
- 450 grams ripe tomatoes (chopped) or 400 grams tomatoes (chopped)
- 3 fresh chili peppers
- 450 grams carrots (or a mixture of carrots, turnips and courgettes)
- 1 pinch mixed herbs
- 2 1/2 cm piece fresh ginger, grated or 1 teaspoon dry ginger powder
- salt and black pepper

Preparation:

1. Remove seed from chilies and chop them finely.
2. Mix them with the peanut butter, ginger, herbs, vegetables and tomatoes.
3. Place meat in a saucepan with a tight fitting lid and add the vegetable mixture and some seasoning.
4. Put on the lid and cook very gently for about one and a half hours or until the meat is tender.
5. Don't worry about the lack of liquid because the meat and vegetables will make enough.

Curried Potatoes

Ingredients:

- 1kilogram potatoes, peeled and parboiled
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, minced 1/2 teaspoon ground turmeric
- 1/2 teaspoon piri-piri chili sauce
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander seeds
- 1 teaspoon tomato purée
- 1 tablespoon lemon juice
- 1 tablespoon fresh parsley, chopped salt, to taste
- 2 tablespoon cooking oil

Preparation:

1. Heat the oil in a pan, add the onions and fry for about 6 minutes, or until they begin to turn golden. Stir in the garlic at this point and cook for 30 seconds more.
2. Add all the ground spices and stir-fry for 1 minute then stir in the tomato purée, piri-piri sauce, lemon juice and season with salt to taste. Slice the parboiled potatoes into 1.5cm pieces and add to the pan.
3. Stir well to combine then pour in 180 milliliter water.
4. Bring to a simmer and cook, uncovered, for about 10 minutes, or until the potatoes are tender and the suce has reduced and thickened.
5. It is time to serve hot.

Steamed Fish

Ingredients:

- 1 whole fresh fish (about 750 gramsram) cleaned and scaled
- 1 Maggi or bouillon cube
- 2 banana leaves
- 100 gramsrams finely-chopped onions
- 100 gramsram finely-chopped tomatoes
- 1 medium chili, de-seeded and finely chopped
- 1/2 teaspoon ground cumin salt and black pepper

Preparation:

1. Mix the Maggi or bouillon cube with the salt, black pepper, chili and cumin in a pestle and mortar. Grind to a paste and use to season the fish.
2. Lay the banana leaves side by side (frounceen banana leaves can be bought in oriental stores, if you can't find them use dock leaves, or, at a pinch greaseproof paper) and place some of the onion and tomato in the center and place the fish on top.
3. Sprinkle the remaining onion and tomato over the fish. Wrap the fish securely in the leaves and place in a pan of boiling water to cook. Allow to steam for about 35 minutes.
4. Take out of the water and allow resting for 5 minutes. Unwrap the banana

leaves and serve the fish with rice.

Plantain Cake

Ingredients:

- 2 ripe plantains, peeled, halved and cut into strips
- 225 grams cottage cheese
- 3 eggs, separated
- 1 tablespoon dry breadcrumbs
- 1 tablespoon sugar
- 4 tablespoon olive oil
- 1 teaspoon ground cinnamon

Preparation:

1. Fry the plantain strips in oil until they are well browned on both sides. Mix the cheese, cinnamon and sugar together in a bowl. Beat the egg yolks together until fluffy.
2. Beat the egg whites together until stiff then fold the egg whites into the egg yolks. Grease a baking dish and sprinkle the base with the breadcrumbs. Add a quarter of the egg mixture into the dish then add a layer of plantains.
3. Cover with a third of the cheese mixture and a little olive oil. Repeat adding the layers until all the ingredients have been used up (ensure you finish with the egg mixture).
4. Place in an oven pre-heated to 180 degrees Fahrenheit and bake for 40 minutes. This cake is traditionally used as an accompaniment to meat dishes.

Chapati

Ingredients:

- 300 gramsrams plain flour, sifted
- 1 teaspoon salt
- 1/2 red onion, finely chopped
- 1 garlic clove, finely chopped cooking oil water to bind

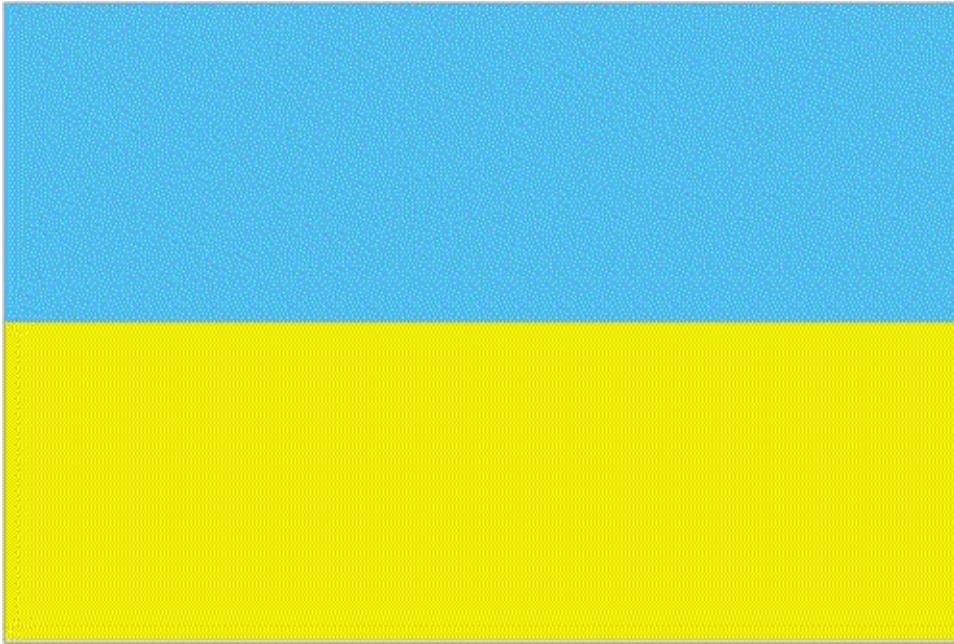
Preparation:

1. Sift together the flour and salt into a bowl then stir in the onion and garlic. Form a well in the centre then slowly mix in just enough water to give you a firm dough.
2. Turn the dough onto a floured work surface and knead well for about 10 minutes.
3. Return the dough to a bowl, cover with a clean cloth and set aside to rest for 30 minutes. Place a non-stick frying pan over medium heat. Take the dough and divide into tangerine-sized balls then, using a rolling pin roll each piece of dough out on a lightly-floured surface into 15 cm diameter rounds.
4. Lightly flour the rolled chapatis and stack on a plate as you roll out the next one. Moisten a piece of kitchen cloth with oil and use this to very lightly grease the hot frying pan.
5. Take the first chapati and place in your pan then fry on each side for about 4

minutes, or until golden brown and very lightly charred in places. Flip over and cook on the other side.

6. Transfer the cooked chapatis to a warmed plate and cover with a cloth to keep warm as you cook the next one. 7. Serve warm to accompany your favorite Ugandan dish.

Ukraine



Cossack Chicken and Mushrooms

Ingredients:

- 12 ounces chicken, boneless skinless
- 5 tablespoons butter
- 1 each garlic clove minced
- 1 each onion large
- ½ teaspoon nutmeg ground fine
- ½ cup swiss cheese grated
- ½ cup feta cheese crumbled
- 3 tablespoons sour cream or plain yogurt
- ½ pound mushrooms fresh, washed & coarsely chopped

Preparation:

1. Cook the onion and mushrooms together in 4 tablespoons of the butter.
2. Mince the onion/mushroom mixture and the chicken together.
3. Add the garlic and the chicken-mushroom mixture and cook for 5 minutes adding salt and pepper to taste.
4. Remove from heat and stir the yogurt and nutmeg.
5. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius).
6. Pour the chicken mixture into a baking dish and sprinkle with grated cheese.
7. Bake for 15 minutes.

Bean Soup

Ingredients:

- 1 pound white beans dried
- 1½ pounds sauerkraut

- ¾ pound salt pork
- 4 each potatoes cubed
- ½ cup vegetable oil
- 1½ tablespoons flour, all-purpose
- 1 large onion chopped coarsely
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 each bay leaves
- 3 each garlic cloves
- 2 tablespoons peppercorns
- ½ cup yogurt, plain
- 1 large carrot chopped

Preparation:

1. Soak the beans overnight.
2. Cook the meat, potatoes, beans and sauerkraut separately.
3. Bone the meat when it is done and cut into ½ inch cubes.
4. Dice the potatoes.
5. Crush the beans. Make a roux with the oil, flour and onion. Put meat and vegetables into a pot add the roux, and the bay leaves.
6. Cover with the stock and cook 10 minutes more. Before serving, add the yogurt.

Beef Stroganov

Ingredients:

- 3 pounds beef, filet mignon tips
- 1 cup onion finely chopped
- 4 tablespoons butterVideo unsalted
- 1½ pounds mushrooms
- ⅔ cup heavy whipping cream
- ¼ cup sour cream or yogurt, plain
- 2¼ teaspoons dijon mustard
- 2 tablespoons dill weed fresh, chopped fine
- 1½ tablespoons parsley leaves fresh
- ⅔ cup beef stockVideo prefer veal stock if possible
- 1 teaspoon salt and black pepper to taste*
- 2¾ teaspoons flour, all-purpose

Preparation:

1. Slice the beef into thin strips approximately 1½ inch – 2 inch in length.
2. Heat a large cast iron skillet over high heat and add the meat a few strips at a time to sear the meat.
3. Remove the meat from the heat and set aside. Reduce the heat in the skillet to medium and melt the butter.
4. Lower heat to med-low sprinkle in the flour, stir well for 1 to 3 minutes. Stir in the stock, cream, sour cream, and mustard. Cover, reduce heat to low and simmer for for 5 to 7 minutes. DO NOT ALLOW TO BOIL! Return the meat to the skillet, mix with sauce, stir in the dill and parsley, and serve.

Liver Pate

Ingredients:

- 1 pound beef liver
- 2 each onions large thinly
- 1 each egg
- ½ cup chicken broth
- ⅓ cup butterVideo not margarine
- 1 teaspoon salt
- ¼ teaspoon black pepper *
- 2 slices bread, white minus crust

Preparation:

1. Melt the butter in a skillet.
2. Add the onions and fry until they are turning golden.

3. At this point add the liver which has been sliced into thin strips and cook for 10 minutes and remove from heat.
4. Mix all of the ingredients with the onions and liver in a food processor.
5. Chop in processor until a smooth textured mixture is achieved.
6. Grease a 9 inches baking dish and spoon the mixture into it.
7. Bake for 45 minutes in a pre-heated 450 degree F oven. Remove from oven and cool to room temperature.

Tomatoes with Cheese and Mayonnaise

Ingredients:

- Tomatoes, medium
- Hard cheese – mozzarella, parmesan, or similar
- Mayonnaise
- Garlic, crushed – approx. ½ clove

Preparation:

1. Use as many tomatoes as you need, to make this dish. Slice tomatoes in circles, put them on a plate. Grate the cheese using a small grater.
2. Get a little bag, cut a little hole on the one corner. Put some mayonnaise into a cup, mix with the crushed garlic.
3. Get a small plastic bag. Put mayonnaise-garlic mix into the bag, and twist.
4. Squeezing the bag, spread the mayo over the sliced tomatoes. The tomatoes are ready. Then, serve cold with breakfast or main dishes. Best if served within a few hours.

Spring Greens Borscht

Ingredients:

- 4 large potatoes, peeled and diced
- 2 bunches green onions, chopped
- 1 bunch fresh spinach leaves, chopped
- 1 bunch fresh sorrel, chopped
- 2 eggs, beaten
- Salt to taste
- 1 tablespoon white sugar
- 1 teaspoon balsamic vinegar
- 1 cucumber, diced, optional
- 2 hard-cooked eggs, diced, optional
- 1/4 cup sour cream, for topping, optional
- 2 sprigs fresh dill weed, chopped, optional

Preparation:

1. Fill a large pot to about 3/4-full with water; bring to a boil; add the potatoes and cook until fork tender, 8 to 10 minutes; add the green onions and cook another 1 to 2 minutes.
2. Stir in the spinach and sorrel; cook another 2 to 3 minutes; remove from heat. Pour the beaten eggs into the mixture in a slow and steady stream while stirring until the soup thickens.

3. Season with salt, sugar, and vinegar to get a slightly sweet and tangy taste. Allow soup to cool before moving to refrigerator to chill completely.
4. Garnish with any combination of cucumber, egg, sour cream, and dill.

Liver Cake

Ingredients:

- Liver, any kind – 12 ounce (350 gramsrams)
- Eggs, large – 3
- 1/2 cup flour
- 30 milliliter oil
- 1 teaspoon sea salt
- 1/2 teaspoon Pepper

Mayonnaise spread:

- 5 tablespoon Mayonnaise
- 1 clove garlic
- 1/2 Onion, medium
- Hard cheese, like mouncearella or parmesan, for the top

Preparation:

1. Grind the raw uncooked liver in a small food processor. It'll become a liquid. Put all the ingredients into the blender, blend until it smooth.
2. Always put a little oil on the skillet, for each pancake. Use a medium heat; bake on both sides. From this portion, you will get about 11 small size pancakes.
3. Chop the onion, cook with oil on a pan until golden. Mix the pressed garlic with mayonnaise and onion. Spread some amount of the mayo on each pancake. From this portion, make two 5-6 layer cakes. The cake will be good for several days.
4. Serve cold, vegetables or salad are optional.

Red Cabbage Salad with Apples and Bologna

Ingredients:

- Red cabbage – approximately 4 ounce (110 gramsrams)
- 3 ounce (90 gramsram) Bologna
- 1/2 Apple, large
- 1 tablespoon Mayonnaise
- 1/2 clove Garlic, minced

Preparation:

1. Shred the cabbage. Peel the apple, cut into small cubes. Cut the bologna into small sticks. Mix all ingredients in a bowl. For the best result, serve immediately and serve cold with breakfast or main dishes.

Honey Cake

Ingredients:

- 1 cup honey, warmed in a pot over hot water
- 4 eggs, beaten
- 1 1/2 cups flour
- 1 teaspoon baking powder

Preparation:

1. Preheat oven to 375degrees Fahrenheit, and butter and flour a 7 inch cake pan.
2. Beat honey until frothy. Add eggs, flour and baking powder.
3. Pour into prepared cake pan. Bake for 15 minutes and check the cake. When done, it will shrink slightly from the pan. Continue baking for 5 minutes if it isn't ready yet. (continue if it needs more time).
4. Turn it out of the pan while still hot, and let cool on a rack.
5. Store in an airtight container for a day before serving.

Borsch

Ingredients:

- 2 large or 3 medium beets, thoroughly washed
- 2 large or 3 medium potatoes, sliced into bite-sized pieces
- 4 Tablespoon of cooking oil
- 1 medium onion, finely chopped
- 2 carrots, grated
- 1/2 head of cabbage, thinly chopped (see picture)
- 1 can kidney beans with their juice
- 2 bay leaves
- 10 cups water and 6 cups broth to get 16 cups liquid total
- 5 Tablespoons ketchup
- 4 Tablespoons lemon juice
- 1/4 teaspoon freshly ground pepper
- 1 Tablespoon chopped dill
- Add Beef Stock.

Preparation:

1. Fill a large soup pot with 10 cups of water. Add 2 - 3 beets. Cover and boil for about 1 hour. Once you can smoothly pierce the beets with a butter knife, remove from the water and set aside to cool. Keep the water.
2. Slice 3 potatoes, add into the same water and boil 15-20 minutes.
3. Grate both carrots and dice one onion. Add 4 Tablespoons of cooking oil to the skillet and saute vegetables until they are soft (7-10 minutes). Stir in ketchup when they are almost done cooking.
4. Thinly shred 1/2 a cabbage and add it to the pot when potatoes are half way

done.

5. Next, peel and slice the beets into match sticks and add them back to the pot.

6. Add 6 cups chicken broth, lemon juice, pepper, bay leaves and can of kidney beans (with their juice) to the pot.

7. Add sauteed carrots and onion to the pot along with chopped dill.

8. Cook another 5-10 minutes, until the cabbage is done and serve with a dollop of sour cream or real mayo.

Cheese Pancakes

Ingredients:

- 15 ounce (about 2 cups) farmers cheese, homemade or purchase 2 packages.
- 4 large eggs
- $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ cup for dredging
- 3 Tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon white vinegar
- 1 cup raisins
- 2 to 3 Tablespoons extra light olive oil for each batch

Toppings:

- Fresh fruit or jam, sour cream, powdered sugar
- Try a Sweet and Savory Breakfast Casserole

Preparation:

1. In a large bowl, mix together cheese, eggs, $\frac{3}{4}$ cup flour, sugar and salt.

2. Place baking soda in a small bowl and add vinegar; give it a stir as it fizzes.

Add this mixture to the cheese mix.

3. With a hand-held electric mixer, mix until uniform consistency. Stir in the raisins with a spoon. It will still have some little cheese clumps.

5. Heat a large skillet over medium heat and add 2 to 3 Tablespoons extra light olive oil.

6. Add $\frac{1}{2}$ cup flour to a small bowl. Place a heaping tablespoon of flat ice cream scoop of the cheese mixture into the flour. Reach into the bowl and sprinkle flour over the top of the pancake. With Well-floured hands, remove excess flour by gently transferring the pancake from one hand to another.

7. Once the skillet and oil are hot, place patties directly into the skillet as you mold them. Saute until golden brown, about 3-4 minutes each side, flipping once during cooking.

8. Transfer to a plate and serve with your favorite toppings like sour cream, fruit and powdered sugar.

Red Borscht Soup

Ingredients:

- 1 (16 ounce) package pork sausage
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 medium baking potatoes, peeled and cubed
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (6 ounce) can tomato paste
- 3/4 cup water
- 1/2 medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 3 cloves garlic, minced
- salt and pepper
- 1 teaspoon white sugar, or to taste
- 1/2 cup sour cream, for topping

Preparation:

1. Crumble the sausage (if using) into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.
2. Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, and the can of diced tomatoes.
3. Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.
4. Ladle into serving bowls, and garnish with sour cream, if desired, and fresh parsley.

Mushroom and Onion Dumplings

Ingredients:

Filling:

- ¼ cup dried porcini mushrooms
- 3 tablespoons vegetable oil
- 1 small onion, minced
- 4 cups chopped button mushrooms
- Salt
- ground black pepper

Dough:

- 1 large egg yolk
- 1 tablespoon vegetable oil
- 3 ¼ cups all-purpose flour, more as needed

Preparation:

1. Make filling: place dried mushrooms in a small bowl and add 1/4 cup boiling water. Let soften, about 10 minutes. Strain, reserving liquid and mushrooms separately.
2. In a large skillet, heat oil over medium heat. Add onion and cook, stirring often, until golden but not brown, about 5 minutes. Add button mushrooms and cook, stirring, until mushrooms have released their liquid, about 10 minutes. Sprinkle with salt and pepper and drain liquor.
3. In a food processor, combine both kinds of mushrooms. Spoon in porcini liquid, leaving behind any silt in bottom of bowl. Pulse together until finely ground but not pasty: about 3 or 4 pulses. Add salt and pepper to taste and set aside.
4. Make dough: In a small bowl, combine egg yolk, oil and 1 1/2 cups lukewarm water and whisk 1 minute. Place flour in a large bowl and make a well in center. Add a third of the egg mixture and lightly mix in with fingers or a fork. Repeat 2 more times. Using hands, fold dough together until soft: if crumbly, gently work in more water; if sticky, add flour. Transfer to a lightly floured board and knead 3 minutes. Form into a ball, transfer to a bowl and refrigerate 45 minutes.
5. Lightly flour a work surface and a pan or board for the finished dumplings. Divide dough into 3 sections. Using a well-floured rolling pin, roll each section out until very thin and in a rough rectangle. Use tip of a sharp knife to cut dough into 1 1/2 inch squares.
6. Drain any excess liquid from filling. Place 1/2 teaspoon filling in center of each square. Fold squares in half to form triangles, sealing filling inside. (If dough is becoming dry, lightly moisten fingertips to seal.) Pinch the 2 opposing corners together to seal tightly. Place on floured surface: do not stack. Repeat with remaining dough and filling.
7. In a large pot of salted boiling water, cook dumplings until they float, 2 to 4 minutes. Drain and serve in hot borscht, or just with sour cream.
8. Wonton wrappers can be used instead of homemade dough.

United Arab Emirates



Yoghurt and Tahini Dip

Ingredients:

- 150 milliliter Fair trade Tahini
- 150 milliliter plain yoghurt
- 2 lemons
- 4 cloves garlic
- 5 milliliter dried parsley
- Salt and freshly ground black pepper

Preparation:

1. Juice the lemons. Peel the garlic cloves and crush them into a mixing bowl. Add the tahini paste.
2. Mix with the back of a spoon. Once mixed, gradually add the lemon juice and then the yoghurt mixing well as you go.
3. Season with salt and pepper (mixing) and check seasoning and adjust. Decorate with a sprinkling of dried parsley. Chill. Serve with sticks of peeled carrot, cucumber and celery.

Machboos

Ingredients:

- 4 cups water
- 4 chicken bouillon cubes or 5 teaspoons chicken stock powder
- 2 tablespoons olive oil
- 8 -10 bone-in chicken pieces, skin removed (if it is the breast pieces, cut those in half since they are very large)
- 2 whole dried limes (loomi)
- 1/8 teaspoon saffron
- 1 large onion, chopped
- 1 large tomato, chopped
- 1 garlic clove, minced

- 1/2 - 3/4 teaspoon ground cinnamon
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon cayenne pepper (optional) or 1/2 teaspoon chili powder (optional)
- 3/4 - 1 teaspoon salt
- 2 cups basmati rice, rinsed and drained

Preparation:

1. Preheat oven to 375 degrees Fahrenheit and grease a 9x13 baking dish.
2. Bring water to boiling and add chicken bouillon cubes, lower heat and add dried limes and saffron and let simmer till bouillon is dissolved —keep it hot.
3. Sprinkle chicken with half the spices (except the garlic).
4. Heat the olive oil in a large skillet on med-high to high heat and fry the chicken till both sides are brown, lower heat to medium and remove the chicken to a plate.
5. In that same skillet sauté the onions for 2 minutes, add tomatoes, garlic and remaining spices and sauté another 2 minutes, then turn off the burner.
6. Add the rice and stir for about 30 seconds to 1 minute, till well coated.
7. Spread rice in the baking dish and place the chicken pieces over the rice.
8. Gently press the dried limes on the sides of the pot to distribute flavor in the broth and then pour on the rice and chicken (the whole thing including the dried limes) and cover tightly with foil.
9. Bake for 40-45 minutes—do not open the foil cover at all until the time is up.

Harees

Ingredients:

- 500 grams lamb leg steak, cubed
- 200 grams harees (whole wheat) soaked over night in water
- 500 milliliter water
- 50 grams saman (or ghee) [clarified butter]
- 1/4 teaspoon ground cinnamon
- 1 teaspoon roast cumin seeds, ground salt and freshly-ground black pepper

Preparation:

1. Combine the lamb, soaked wheat and 500 milliliter water in a pan. Bring to a boil, reduce to a low simmer and cook for 2 hours, stirring occasionally.
2. Skim-off any froth or fat that rises to the surface during this time. Take off the heat, allow to cool a little, then transfer to a food processor and render to a smooth paste.
3. Transfer to a warmed serving bowl and set aside. Meanwhile, combine the clarified butter, cinnamon and cumin in a pan. Season to taste and allow to heat through.
4. Pour the resultant mixture over the lamb soup and serve immediately.

Grilled Hamra with Hashwa

Ingredients:

- Hamra (Red Snapper)
- 1 kilogram or larger (the fish only needs to be gutted. Do not scale or trim the fins!)
- 1 large onion, chopped
- 2-3 cloves of garlic, minced
- 1 medium-sized green bell pepper, chopped (optional)
- 1 bunch of cilantro (kuzbara) chopped
- 1/4 cup of extra virgin olive oil
- 1 heaped teaspoon turmeric
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon ginger
- 1 teaspoon cumin powder (or Arabian Spice mix)

Preparation:

1. Gut the fish from the belly so that you will have a pocket to stuff the hashwa in.
2. Do not scale it or trim the fins. The reason for this is that you will be placing the whole fish directly onto the grill and having the scales still on the fish will prevent it from sticking to the grill.
3. In a medium-sized bowl, mix all of the ingredients (from chopped onion to cumin powder). Note: that this hashwa can easily be doubled or tripled according to how many fish you will be grilling.
4. cilantro, onion, garlic, green bell pepper salt, black pepper, turmeric, ground ginger, cumin powder
5. You have to do is stuff each hamra with the hashwa as seen in the picture below.
6. stuffed Hamra waiting to be sewn up
7. You will need a large-eye needle and some cooking twine (I didn't have any twine so I just used cotton yarn) for sewing up the belly of the fish.
8. All the Hamra sewn up and a close-up of the needlework
9. You have to do is prepare your grill. Grilling time will be approximately 1 hour. Every 30 minutes turn the fish over so it will not char. Do not turn the fish over before 30 minutes because it will break up over the grill and you don't want that!
10. Hamra on the grill with some shrimp. When the Hamra is finished serve on a platter. When you get ready to eat it just peel away the skin.
11. Serve with the hashwa with a squeeze of lemon with white rice, daqoos is optional, lemon wedges, and fresh greens.

Easy Hummus

Ingredient:

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved

- 2 ounces fresh jalapeno pepper, sliced
- 1/2 teaspoon ground cumin
- 2 tablespoons lemon juice
- 3 cloves garlic, minced

Preparation:

1. In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid.
2. Blend until smooth.

Falafel

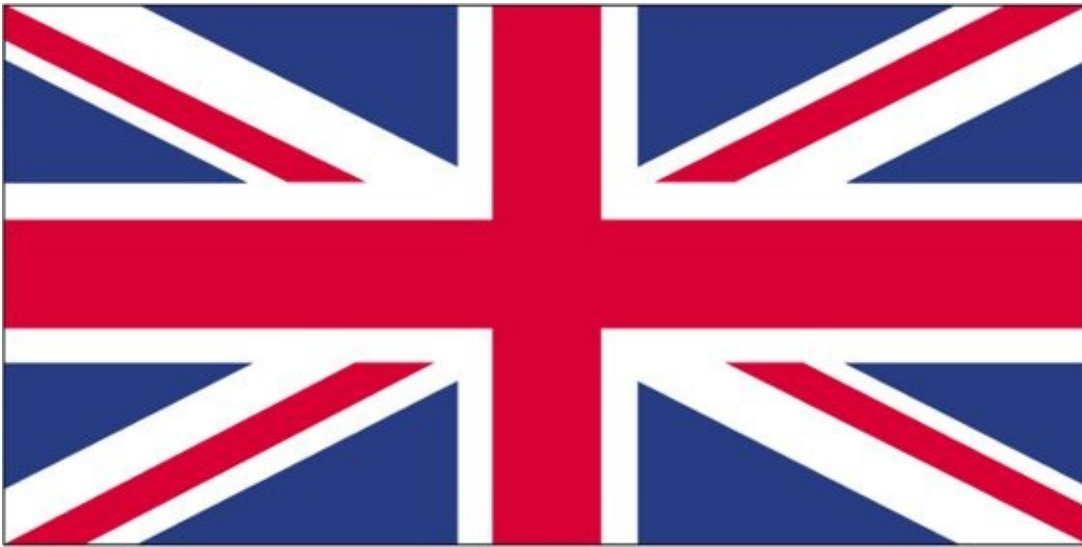
Ingredient:

- 1 cup dried (Chic Peas) Garbanzo Beans, soaked in water whole overnight
- 1 cup dried shelled fava beans, soaked overnight and drained
- 1/2 cup peeled and finely chopped yellow onions
- 3 cloves garlic, peeled and crushed
- 1 cup water
- 1/2 cup sesame seeds
- 1/2 cup garbanzo flour
- 1/4 cup fine bulgar (Whole wheat soaked and cooked and broken).
- 1/4 cup finely chopped parsley
- 1/4 Tablespoon salt
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons baking powder
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- Oil for deep-frying

Preparation:

1. Grind Garbanzo Beans (Chic peas) and fava beans with fine blade on your meat grinder.
2. Add in all the remaining ingredients and let the mixture stand for 1 hour. Form into little patties 1/3 inch thick and 1-1/2 inches round. Or, you can form them into balls the size of walnuts.
3. Deep-fry in 375degrees oil until toasty brown and crunchy on the outside, about 4 minutes.

United Kingdom



Welsh Chicken

Ingredients:

- 1 4 Pound Chicken
- 1/2 Pound Bacon
- 2 Large Leeks - diced
- 2 Medium Carrots – diced
- 3 Tablespoons Flour
- 1 Small Cabbage – shredded
- 1/4 Teaspoon Thyme
- 1/4 Teaspoon Marjoram
- 1/4 Teaspoon Chervil
- 1 Tablespoon Parsley
- Salt And Pepper - to taste
- 2 Cups Chicken Broth
- 1 Tablespoon Butter - melted

Preparation:

1. wash and dry chicken thoroughly. in big roasting pan, cook the bacon until crisp, crumble bacon and set aside, discard all but 2 tablespoons of bacon grease, saute the leeks and carrots in it.
2. stir in the flour and cook for 1 minute. add the reserved bacon, cabbage, and spices and broth. Bring to a simmer. place the chicken in a pot. pour the melted butter over the chicken.
3. Cover with a lid or foil, simmer slowly for 2 hours until tender. remove chicken with a slotted spoon.

Summer Chicken

Ingredients:

- 1 Lemon Juice
- 3 Tablespoons Olive Oil
- 2 Cloves Garlic - finely chopped
- 1 Teaspoon Turmeric
- 3 Teaspoons Cumin
- 1 Handful Fresh Mint - finely chopped
- 6 Large Chicken Breast
- 3/4 Cup Yogurt
- Cilantro - for garnish

Preparation:

1. Place all ingredients in food processor, except chicken, yogurt and cilantro.
2. Process to a paste. Rub this mixture over the chicken and marinate for 1 hour. Preheat oven to 350 degrees. Place chicken in a baking dish and bake for 40 minutes.
3. Remove chicken from pan and keep warm. Drain juices from baking dish and place into a pan. Bring to a boil. Reduce to 1 cup. Remove from heat and stir in yogurt.
4. Place chicken on platter, pour yogurt sauce over and sprinkle with cilantro.

Pork and Cheese Tart

Ingredients:

- 1 Pound Lean Pork Loin – Cubed
- 1/2 Pound Cheddar Cheese – Grated
- 1/4 Cup Pine Nuts
- 2 Medium Eggs
- 1/2 Teaspoon Pepper
- 1/2 Teaspoon Ginger
- 1 Pinch Saffron
- 1 Pinch Salt
- 1 Medium Pie Crust

Preparation:

1. Place pie crust in pie pan. Combine pork, cheese and pine nuts.
2. Beat spices with eggs and stir into pork. Pour into pie crust.
3. Bake for 1 hour at 350 degrees. Serve.

Irish Dinner

Ingredients:

- 3 Pounds Beef Brisket
- 24 Ounces Lager Beer

- 2 Cups Water
- 2 Medium Bay Leaves
- 10 Small Black Peppercorns
- 1/2 Cup Parsley – chopped
- 2 Tablespoons Olive Oil
- 3 Cloves Garlic – sliced
- 3 Large Leeks – chopped
- 1 Medium Yellow Onion – sliced
- 1 Pound Carrots – dialed
- 1 Pound Small Red Potatoes
- 1 Pound Turnips – quartered
- 1 Large Green Cabbage - cut into sixths

Preparation:

1. In large stock pan, add beef, beer, water, bay leaves, peppercorns, parsley and salt. Meanwhile saute garlic leeks and yellow onions in olive oil 5 minutes, then add to stock pan. Cover, simmer 3 hours.
2. In last 25 minutes of cooking, add remaining ingredients, make sure you secure cabbage with toothpicks to avoid falling apart.
3. Ready to serve.

English Apple Cinnamon Coffee Cake

Ingredients:

- 3/4 Cup Butter
- 1/2 Cup Brown Sugar
- 1 Lemon- lemon Juice
- 3 Large Eggs
- 1 Cup Flour
- 1/2 Cup Whole Wheat Flour
- 1 Teaspoon Cinnamon
- 1/2 Cup Milk
- 1/2 Cup Raisins
- 2 Medium Apples - peeled & sliced
- 1 Tablespoon Honey – warmed
- Cinnamon Sugar - topping

Preparation:

1. Preheat oven to 350 degrees.
2. Beat butter and brown sugar until fluffy, Add lemon juice and eggs, beat well.
3. In another bowl, stir together the flours and cinnamon. Fold flour mixture into brown sugar mixture, add milk & raisins.
4. Pour batter into 9 x 13 spring form pan. Arrange apples on top. Bake 1 hour. brush with warm honey sprinkle with cinnamon sugar.

Duck Breast with Wild Mushroom Essence

Ingredients:

- 8 Ounces Cepes - chopped
- 8 Ounces Morels - chopped
- 1/2 Cup Dry White Wine
- 1/2 Cup Chicken Consume
- 3 Cups Beef Stock
- 4 Ounces Tomato Paste
- 1/2 Teaspoon Arrowroot
- 2 Large Duck Breasts
- 1 Tablespoon Honey
- 1 Teaspoon English Mustard
- 4 Large Portobello Mushrooms - chopped

Preparation:

1. Simmer cepes and morels in the white wine and consommé for 5 minutes. Remove mushrooms and add stock. Bring to a boil. Reduce sauce to 1/3. Add tomato paste and arrowroot powder to thicken. Keep warm over low heat. Place duck breast in a roasting pan and roast at 425 degrees for 10 minutes. Mix together the honey and mustard, turn over the breasts and brush with the glaze.
2. Cook for another 10 minutes, brushing every four minutes with the glaze.
3. Add the portobellos to the sauce and simmer for 5 minutes. Add reserved mushrooms and heat through. Slice up duck breast and serve glazed with sauce.

Beef Milton

Ingredients:

- 2 Pounds Sirloin Steak - in strips
- 2 Tablespoons Olive Oil
- 2 Medium Shallot - finely chopped
- 2 Teaspoons Horseradish - freshly grated
- 5 Teaspoons Half And Half
- Salt And Pepper - to taste

Preparation:

1. Place oil in large frying pan and heat gently until it starts to smoke. Add shallots and beef to the pan. Increase heat to high and stir constantly.
2. When the meat is well browned in about 4 minutes.
3. Add horseradish, half and half, salt and pepper. Keep stirring until the cream boils.
4. Remove from heat and serve.

Baked Salmon (England)

Ingredients:

- 3 Pounds Salmon Fillet
- 2 Tablespoons Butter – melted
- 1/2 Teaspoon Salt
- Pepper
- 2 Tablespoons Lemon Juice
- 1/4 Cup White Wine
- 1/4 Cup Water

Preparation:

1. Get a big piece of foil, big enough to envelop the fish, Brush the fish and the foil with the melted butter.
2. Sprinkle fish with salt, pepper and lemon juice. Wrap up fish, place on cookie sheet and bake at 350 degrees for 40 minutes.
3. Halfway through, open foil and pour wine and water in and rewrap, trying to contain liquid.

Applesauce Muffins

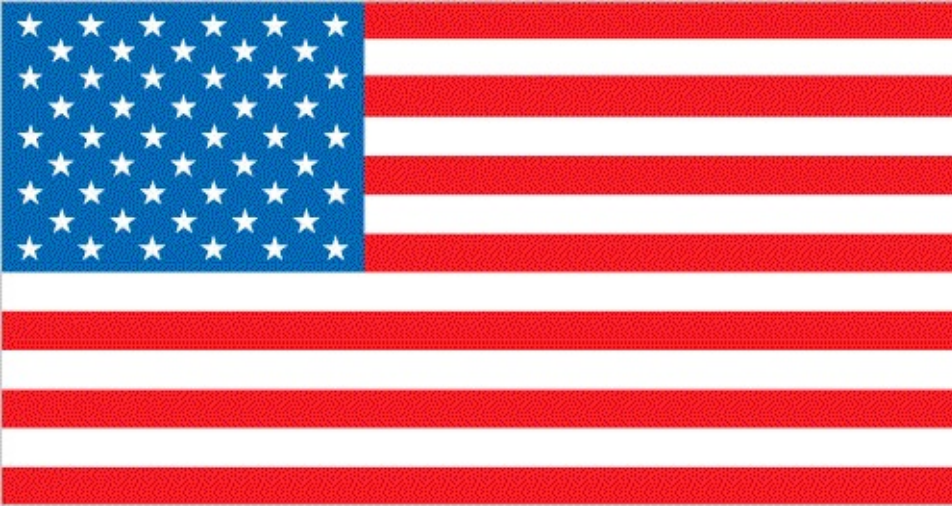
Ingredients:

- 1 cup applesauce
- 1/2 cup non-dairy margarine melted
- 1/2 cup brown sugar
- 1 1/3 cup wheat-free flour
- 1 teaspoon baking soda

Preparation:

1. Put first three ingredients in a bowl and mix well. Add remaining ingredients and blend just until mixed.
2. Fill muffin tray 2/3 full and bake 20-25 mins (10-15 minutes for small muffins) at 190 degrees celsius.

United States



White Fish and Tomato Fricassee

Ingredients:

- 2 (6 ounces) white fish fillets
- Salt and Freshly ground black pepper
- 2 tablespoons oil, divided 12 ounces wild mushrooms
- 2 tablespoons butter
- 2 small shallots, sliced
- 1 garlic clove, finely chopped
- 2 pounds grape tomatoes, halved splash of dry white wine
- 4 ounces whipping cream
- fresh parsley, chopped
- Dash of lemon juice

Preparation:

1. Preheat oven at 350 degrees Fahrenheit. Remove any small bones from fish. Season to taste with salt and pepper. In an ovenproof frying pan, heat 1 tablespoon oil over medium-high heat.
2. Place the fish, flesh side down, in the pan and transfer the pan to the oven for 6 minutes, or until just cooked through.
3. Brush mushrooms with a pastry brush to clean. Break the mushrooms down to hand or cut into bite size pieces.
4. In a frying pan, heat 1 tablespoon oil and butter over medium high heat. Toss in shallots, garlic, mushrooms and tomatoes. Lower the heat and gently sauté. Add wine and cook until reduced by half.
5. Add cream and reduce the fricassee until it thickens. Season to taste with salt, pepper and parsley. Just before serving, stir in lemon juice.

Clams in Pesto Broth

Ingredients:

- 2 ½ pounds Manila clams

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1/4 cup dry white wine
- 1/4 cup prepared basil pesto or to taste
- 1/4 cup clam juice
- Crusty bread, for serving

Preparation:

1. Rinse clams well in cold water and drain. Discard any clams with broken shells
2. In a large deep skillet or wok, melt butter and oil over medium high heat. Add onions and sauté until translucent
3. Add the drained clams and toss with the onions. Add wine and toss to blend
4. Cover tightly and cooking until all the clams have opened. Discard any clams that do not open.
5. Serve in bowls with the sauce (over rice or noodles) and warm crusty bread for dipping

Chicken Fajitas

Ingredients:

- 2 tablespoons oil
- 1 medium onion - sliced
- 1 medium green bell pepper - sliced
- 1 medium red pepper - sliced
- 1 pound boneless, skinless chicken breasts.
- 3/4 cup taco sauce
- 8 flour tortillas, warmed

Preparation:

1. Heat oil in a wok or skillet until hot. Add onion and bell peppers; sauté until just soft, about 2 minutes.
2. Remove with a slotted spoon to a plate and set aside. Cut chicken into 1/2 inch strips and sauté in the same pan for about 5 minutes or until the chicken is no longer pink and internal temperature is 165 degrees Fahrenheit.
3. Return the vegetables to the pan along with the sauce and cook until the sauce comes to a boil and thickens.
4. Remove the pan from the heat. Spoon the chicken and vegetable mixture into warmed tortillas, roll up and serve.

Grilled Lamb Chops

Ingredients:

- 1/4 cup minced shallots
- 2 tablespoons ,minced garlic

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- ¼ cup salt
- 2 tablespoons ground black pepper
- 3 tablespoons chopped fresh rosemary
- 3 tablespoons chopped fresh thyme
- 3 rack racks of lamb, cut into chop

Preparation:

1. In a bowl, combine all and coat lamb chops with the seasoning mixture and let sit for 24 hours in the refrigerator.
2. On a hot grill, cook the lamb chop to taste with internal temperature of 140 degrees Fahrenheit.

Cheese Calzone

Ingredients:

- 1 pound ricotta cheese
- 1 cup shredded mouncezarella
- pinch of black pepper
- NY Style Pizza Dough

Preparation:

1. Preheat oven to 500 degrees Fahrenheit.
2. Take a 6 ounce. dough ball and place on floured surface. Spread, with finger tips, to a 6 inch circle. Place 2/3 cup cheese mix on one side and fold over other side.
3. Seal with finger tips making sure no cheese mixture is in the seal. Pinch the edge to assure a tight seal. Pat calzone to even filling inside.
4. Check seal again for leaks. Repeat with the others.
5. Place calzones on a lightly greased baking sheet.
6. Cut a 1 inch slit in the top of each for venting while baking.
7. Place in center of oven and bake for 10–12 minutes or until golden brown. Serve with your favorite tomato sauce, warmed, either on top or on the side for dipping.

Chicago Style Pizza

Ingredients:

Dough:

- 1 Package active dry yeast

- 2 teas. Sugar
- 1 1/4 cups Warm water
- 2 3/4 cups All-purpose flour
- 1/2 cup yellow cornmeal
- 3 tablespoons Olive oil
- 1 teaspoon Salt

Topping:

- 1 cup Pizza sauce
- 12 ounce. Shredded mouncezarella cheese
- 1/2 pound Ground beef, crumbled, cooked
- 1/4 pound Italian Sausage, crumbled, cooked
- 1/4 pound Pork Sausage, crumbled, cooked
- 1/2 cup Pepperoni, diced
- 1/2 cup Canadian bacon, diced
- 1/2 cup Ham, diced
- 1/4 pound Mushrooms, sliced
- 1 small Onion, sliced
- 1 Green bell pepper, seeded, sliced
- 2 ounce. Grated Parmesan cheese

Preparation:

1. For dough, sprinkle yeast and sugar into warm water in small bowl; let stand until foamy, about 5 minutes.
2. Mix flour, cornmeal, oil and salt in a large bowl; make a well in the center and add yeast mixture. Stir to form a soft dough, adding more flour if necessary. Turn onto a floured board and knead until dough is supple and elastic, 7 to 10 minutes. Transfer to a large bowl, cover and let rise in a warm spot until dough has doubled, about 1 hour. Punch down.
3. Roll dough to a 13-inch circle. Transfer to an oiled 12-inch pizza pan, folding the excess over to make a small rim. Spread with pizza sauce; sprinkle with all but a handful of the mouncezarella cheese. Sprinkle with meats and vegetables. Top with remaining mouncezarella and Parmesan cheese. Let rise in a warm spot about 25 minutes.
4. Heat oven to 475 degrees. Bake pizza until crust is golden, about 25 minutes. Let stand 5 minutes before slicing.

Basic Bean Soup

Ingredients:

- 1 pound dry Great Northern beans
- 8 cups water

- 12 baby carrots
- 1 cup chopped onion
- 1/2 pound chopped ham
- 1/4 cup ketchup
- salt and pepper to taste

Preparation:

1. In a large bowl, combine the beans with the water, cover and let soak overnight.
2. In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham. Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours. Add ketchup just to get desired color. Season with salt and pepper to taste.

Beef Noodle Soup

Ingredients:

- 1 pound cubed beef stew meat
- 1 cup chopped onion
- 1 cup chopped celery
- 1/4 cup beef bouillon granules
- 1/4 teaspoon dried parsley
- 1 pinch ground black pepper
- 1 cup chopped carrots
- 5 3/4 cups water
- 2 1/2 cups Frounceen egg noodles

Preparation:

1. In a large saucepan over medium high heat, saute the stew meat, onion and celery for 5 minutes, or until meat is browned on all sides.
2. Stir in the bouillon, parsley, ground black pepper, carrots, water and egg noodles. Bring to a boil, reduce heat to low and simmer for 30 minutes.

Tortilla Soup

Ingredients:

- 2 1/2 pounds chicken, cut-up and skin removed
- 2 ribs celery, cut into chunks
- 1 medium onion, quartered
- 1 large carrot, quartered
- 2 sprigs parsley
- 2 tablespoon chicken soup base
- 1 teas, lemon-pepper seasoning
- 1 large clove garlic or granulated garlic to taste

Preparation:

1. Combine all the above in a large stockpot and cover with water by about 2 inches. Bring to a rapid boil; lower heat to a simmer and cook for about 1 hour until chicken is tender and falling off the bone. Strain and reserve the broth. Tear pieces of chicken into small pieces. Set aside.
2. In 4 cups of the reserved chicken broth, boil about 1 1/2 pounds peeled potatoes until tender. Remove from heat. Do not remove the broth.... mash up the potatoes and add the following:
 - 1 large can of creamed corn
 - 1 can of Rotel tomatoes, crushed
 - 1 1/2 cups half & half cream
 - 2-4 tablespoons minced cilantro
3. Add enough of the reserved chicken broth to thin out the soup to the desired thickness. Simmer on low for about 15-20 minutes. Taste and correct seasoning. Be careful of adding too much salt. Moments before serving, stir in:
 - 1 cup shredded cheddar cheese
 - 1 cup shredded Monterey Jack cheese reserved cut-up chicken
 - 4-6 corn tortillas, cut into 1/4" julienne strips
4. Serve - Ladle soup into deep bowls. Garnish with a dollop of sour cream,

Soup

Ingredients:

- 1 1/2 Teaspoons Salt
- 1 Teaspoon Cayenne
- 1 Teaspoon Onion Powder
- 1 Teaspoon Ground Ancho Chiles
- 3/4 Teaspoon Garlic Powder
- 3/4 Teaspoon Black Pepper
- 1/2 Teaspoon White Pepper
- 2 Tablespoons Unsalted Butter
- 2 Cups Fresh Mushrooms - sliced
- 1 Stalk Lemon Grass - sliced diagonally
- 2 Teaspoons Garlic - finely chopped
- 1 Large Serrano Pepper - finely chopped
- 4 Tablespoons Lemon Juice
- 4 Tablespoons Lime Juice
- 3 Tablespoons Fish Sauce
- 4 Cups Chicken Stock
- 1/2 Pound Shrimp – peeled
- 1 Tablespoon Parsley - chopped

Preparation:

1. combine seasoning mix in small bowl. melt the butter in a 4 quart pot. Soon as

- butter add serranos, garlic, mushrooms, lemon grass and seasoning mix.
2. Cook, stirring frequently. When mixture begins to stick about 2 minutes, Add fruit juices and fish sauce.
 3. Cook 5 minutes over high heat, until liquid barely covers the bottom of the pan. Add stock.
 4. Cover and bring to full boil. Add shrimp and parsley . Return to full rolling boil.
 5. Remove from heat and serve instantly.

Barbecued Ribs (New York)

Ingredients:

- 6 Pounds Pork Ribs
- 1 Tablespoon Salt
- 1 Tablespoon Pepper
- 1 Tablespoon Red Pepper Flakes
- 2 Cups White Vinegar
- 2 Stalks Celery - Chopped
- 1 Medium Bell Pepper- Chopped
- 1 Medium Onion – Chopped
- 2 Cups Hot Sauce
- 2 Cups Tomatoes – Chopped
- 1 1/2 Cups Sugar
- 2 Lemon Lemon Juice

Preparation:

1. Mix, salt, pepper and red pepper together. Rub into the ribs. Add vinegar and hot sauce.
2. Cover and refrigerate overnight. Roast ribs in 350 degree oven for 2 hours. Increase heat to 400 degrees Fahrenheit and roast for another 30 minutes. In blender, puree celery, bell pepper, onion and lemon juice.
3. Place into a saucepan and simmer for 20 minutes. Spoon over the ribs and serve.

Soba Pasta with Crab (California)

Ingredients:

- 8 Ounces Soba Noodles
- 4 Tablespoons Unsalted Butter
- 2 Cloves Garlic - finely chopped
- 1 Pound Crab Meat - cooked
- 2 Cups Peas
- 1 Cup Half and Half
- 1 Cup Parmesan Cheese
- Salt and Pepper

Preparation:

1. Cook pasta as directed. Melt butter with garlic, then add crab and warm. Add peas and half and half.
2. Heat until bubble form around the edge of the pan.
3. Toss pasta with crab mixture. Stir in parmesan, salt and pepper and serve

Slow Cooked Beef Stew (Massachusetts)

Ingredients:

- 2 Pounds Beef - Cubed
- 12 Ounces Baby Carrots - Chopped
- 3 Large Potatoes - Chopped
- 2 Medium Turnips - Chopped
- 4 Small Onion - Chopped
- 3 Cloves Garlic - Chopped
- 1 Teaspoon Celery Seeds
- 1 Teaspoon Thyme
- 2 Teaspoons Salt
- 2 Teaspoons Pepper
- 3 Cups V-8 Vegetable Juice
- 1/2 Cup Red Wine
- 1 Tablespoon Dijon Mustard
- 2 Tablespoons Brown Sugar
- 4 Tablespoons Tapioca - Crushed

Preparation:

1. In large ovenproof pot, combine beef, carrots, potatoes, turnips, onions, garlic, celery seeds, thyme salt and pepper.
2. Add V-8, wine, mustard, brown sugar and tapioca.
3. Stir well. Cover and place in 275 degree oven for 5 hours. Then Serve!

Santa Fe Stew

Ingredients:

- 2 Tablespoons Olive Oil
- 3 Medium Onion – Chopped
- 2 Teaspoons Salt
- 2 Teaspoons Cumin Seed
- 1/2 Teaspoon Cinnamon
- 5 Cloves Garlic – Chopped
- 2 Medium Anaheim Chili Pepper - Chopped
- 2 Medium Poblano Peppers – Chopped
- 2 Tablespoons Chili Powder
- 2 Cups Chicken Broth
- 1 Medium Butternut Squash – Cubed
- 1 Lime Lime Juice
- 3 Cups Pinto Beans – Cooked
- Cilantro - Chopped

Preparation:

1. Saute onion in oil for 5 minutes. Add salt, cumin and cinnamon.
2. Saute for 5 minutes. Stir in garlic, chiles and chile powder.
3. Cover and cook for 5 minutes. Add broth and simmer for 15 minutes. Add squash and lime juice.
4. Simmer for 15 minutes. Add beans and simmer for 5 minutes.
5. Serve sprinkled with cilantro.

Hawaiian Chicken Kabobs

Ingredients:

- 1 1/2 pounds boneless chicken breasts, cut into 1 inch cubes
- 1 (15 1/4 ounce) can unsweetened pineapple chunks
- 1/2 cup soy sauce
- 1/4 cup vegetable oil
- 1 tablespoon brown sugar
- 1 teaspoon garlic powder
- 2 teaspoons ground ginger
- 1 teaspoon dry mustard
- 1/4 teaspoon fresh ground pepper
- 1 large green pepper, 1 inch pieces

- 12 medium mushrooms
- 18 cherry tomatoes
- hot cooked rice

Preparation:

1. Put chicken in large shallow dish.
2. Drain pineapple, keep 1/2 cup juice.
3. Set pineapple aside.
4. Mix juice with the next 7 ingredients in small pan.
5. Bring to a boil.
6. Reduce heat and simmer for 5 minutes.
7. Pour over chicken.
8. Cover and chill for 1 hour.
9. Remove chicken from marinade, reserve marinade.
10. Alternate chicken, pineapple, green pepper, mushrooms, and tomatoes on skewers.
11. Grill kabobs over hot coals 20 minutes or until chicken is done.
12. Turn and baste frequently with marinade. Serve over hot rice.

Very Moist Banana Nut Bread

Ingredients:

- 2 cups sugar
- 1/2 teaspoon salt
- 2 1/4 cups flour
- 3/4 cup vegetable oil
- 3 large eggs
- 1 teaspoon vanilla
- 1 1/3 teaspoons baking soda
- 1/4 cup buttermilk (I've always used sour milk)
- 1 cup chopped pecans
- 4 -5 bananas (use completely black bananas, this is very important)

Preparation:

1. Heat oven to 350 degree fahrenheit. Grease or spray 2 loaf pans.
2. In a large bowl, mash bananas with a masher or by well washed hands.
3. Dissolve soda in buttermilk— use a larger container as it will foam up quite a bit.
4. Mix all ingredients by hand and add in 1 cup chopped nuts. Bake at 350° for 1 hour, or until toothpick comes out almost clean.
5. Totally clean will mean a dryer loaf.
6. Let cool 15 minutes after removing from oven and remove from pans or let cool, cover with foil, slide into freezer bags and freeze.
7. Great when using tin foil pans.

Vegetarian Chili

Ingredients:

- 2 medium zucchini, chopped
- 1 medium onion, chopped
- 1 cup chopped green pepper
- 1 cup chopped sweet red pepper
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- 2 (28 ounce) cans Italian stewed tomatoes, cut up
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can pinto beans, drained
- 1 (15 ounce) can black beans, drained
- 1 jalapeno pepper, seeded and chopped
- 1/4 cup fresh cilantro, minced
- 1/4 cup fresh parsley, minced
- 3 tablespoons chili powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon cumin

Preparation:

1. In large pot, saute zucchini, onion, peppers and garlic in oil until tender.
2. Stir in all remaining ingredients.
3. Bring to a boil.
4. Reduce heat, cover and simmer for 30 minutes, stirring occasionally.

Easy Meatloaf

Ingredients:

- 1 pound ground beef
- 2 tablespoons dry onion soup mix
- 1 (5 ounce) can evaporated milk (2/3 cup)
- 2 tablespoons ketchup
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon mustard

Preparation:

1. Heat oven to 350 degrees.
2. In 8 by 4 inch loaf pan, combine first 3 ingredients; mix well (mixture will be very moist) Press evenly in pan.
3. Combine brown sugar, mustard, and ketchup in a small bowl. Spoon over mixture.
4. Bake for 45 minutes.

5. Using spatulas, lift meat loaf from pan to a serving plate.

Auntie's Delicious Soft Pretzels

Ingredients:

- 1 1/4 cups water (approximately 105 degrees)
- 1 tablespoon yeast
- 1/4 cup brown sugar
- 2 cups occident flour (bread flour)
- 2 cups flour

Dipping solution:

- 1/2 cup baking soda, into
- 3 cups hot watersweet creamy butter, for 'dipping' face of pretzels after baking (melt butter, then let set a few minutes, and use paper towel to remove cream which will float to the)

Preparation:

1. Dissolve yeast into warm water.
2. Add sugar, then flour& mix well- do not 'knead' as this toughens the dough.
3. (Mix just until combined well) Let rise until doubled, at least 20 minutes.
4. Cut into long ropes.
5. Shape into pretzel shapes, then dip into prepared dipping solution.
6. Place on well-greased cookie sheet and sprinkle with pretzel salt.
7. Bake at 500-550°F for 4-6 minutes until golden brown.
8. Dip face of pretzel into melted butter.
9. Variation: add 1 t vanilla to the dough.
10. Flavor variations.
11. Cinnamon or sugar- omit salt and dip into cinnamon sugar after face has been coated with butter.
12. Sour cream and onion - after dipping face of pretzel in butter, sprinkle with sour cream& onion powder Garlic- same as sour cream and onion, but use garlic powder.
13. Sesame or poppy seed - before baking. After dipping into dipping solution, dip pretzel face - down into the seeds, then bake. Salt is optional with this one.

Sage Bread (Native American)

Ingredients:

- 2 1/4 Teaspoons Active Dry Yeast
- 2 2/3 Cups Bread Flour
- 3/4 Cup Whole Wheat Flour
- 1 1/2 Tablespoons Sugar

- 1 1/2 Teaspoons Salt
- 1 1/2 Teaspoons Dried Sage
- 1 Tablespoon Fresh Sage
- 2 Cloves Garlic - finely chopped
- 1/3 Cup Onion - finely chopped
- 1 1/2 Tablespoons Oil
- 1 Cup Water
- 2 Tablespoons Water

Preparation:

1. Place all ingredients in machine according to manual directions.
2. Process on bread cycle following instructions.

Pork Medallions

Ingredients:

- 1 Pound Pork - sliced
- Salt And Pepper - to taste
- 1 Tablespoon Olive Oil
- 1 Medium Onion – chopped
- 1 Medium Jalapeno – chopped
- 1 Medium Red Pepper – chopped
- 1 Teaspoon Garlic
- 2 Tablespoons Chicken Broth

Preparation:

1. Saute onions, garlic and peppers in olive oil until onion is transparent.
2. Add pork and saute for 5 minutes on each side. Add chicken broth and simmer for 3 minutes and serve with rice.

Fried Green Tomatoes

Ingredients:

- 4 Large Green Tomatoes
- 1/4 Cup Flour
- 2 Tablespoons Yellow Cornmeal
- 1 Teaspoon Curzan Seasoning (St Croix)
- 1/2 Teaspoon Poultry Seasoning
- 1/4 Cup Peanut Oil

Preparation:

1. Wash tomatoes and cut into thick slices. mix remaining ingredients in a bag and heat the oil in a large heavy skillet.
2. Shake tomatoes a few a time in the bag and make sure they are coated and fry in hot oil.
3. Turn to make sure they are fully cooked. Make sure they do not stick to the bottom.

4. Serve hot.

Easy Baked Pork Chops

Ingredients:

- 4 Medium Pork Chops
- 1 Medium Green Pepper – chopped
- 1 Small Onion – chopped
- 2 Cloves Garlic – chopped
- 1 Tablespoon Lemon Juice
- 1/2 Teaspoon Basil
- 1 Can Stewed Red Ripe Tomatoes

Preparation:

1. Arrange pork in baking pan and pour remaining ingredients over the pork.
2. Cover with foil and bake at 350 degrees Fahrenheit for 40 minutes.

Spicy Beef (Texas)

Ingredients:

- 2 Tablespoons Olive Oil
- 1 Medium Onion – Chopped
- 5 Medium Jalapeno – Chopped
- 1 Pound Beef – Cubed
- 2 Large Tomatoes – Chopped
- 2 Cloves Garlic – Chopped
- 3 Teaspoons beef bouillon granules
- Salt and Pepper

Preparation:

1. Saute onion in oil for 15 minutes. Add chiles and simmer for 10 minutes. Add beef and brown on all sides. Add tomatoes, garlic, bouillon granules, salt and pepper.
2. Transfer to ovenproof casserole and bake for 1 hour at 375 degrees.
3. Serve in tortillas.

Beer and Brown Sugar Steak Marinade

Ingredients:

- 2 (16 ounce) beef sirloin steaks
- 1/4 cup dark beer
- 2 tablespoons teriyaki sauce
- 2 tablespoons brown sugar
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

Preparation:

1. Preheat grill for high heat.
2. Use a fork to poke holes all over the surface of the steaks, and place steaks in a large baking dish. In a bowl, mix together beer, teriyaki sauce, and brown sugar. Pour sauce over steaks, and let sit about 5 minutes. Sprinkle with 1/2 the seasoned salt, pepper, and garlic powder; set aside for 10 minutes.
3. Turn steaks over, sprinkle with remaining seasoned salt, pepper, and garlic powder, and continue marinating for 10 more minutes.
4. Remove steaks from marinade. Pour marinade into a small saucepan, bring to a boil, and cook for several minutes.
5. Lightly oil the grill grate. Grill steaks for 7 minutes per side, or to desired doneness. During the last few minutes of grilling, baste steaks with boiled marinade to enhance the flavor and ensure juiciness.

Shrimp Etouffee

Ingredients:

- 1/4 cup margarine
- 1/2 cup chopped onion
- 1/2 cup chopped green onion
- 1/2 cup chopped green bell pepper
- 4 cloves minced garlic
- 1/2 cup celery, diced
- 1/2 cup chopped fresh parsley
- 3 tablespoons tomato paste
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 pound cleaned shrimp
- Salt
- 1/4 teaspoon hot pepper sauce to taste
- 1/4 teaspoon cayenne pepper

Preparation:

1. In a 2 quart microwave safe dish, combine margarine, onion, green onion, bell pepper, garlic and celery. Heat on High settings for 8 to 9 minutes.
2. Stir in parsley, tomato paste, soup, shrimp, salt, hot pepper sauce and cayenne.
3. Heat on High setting for 5 minutes. Stir and cook for another 5 minutes until mixture thickens. Serve over white rice.

Baked BBQ Fried Chicken

Ingredients:

- 3 pounds skinless, boneless chicken breast halves - cut into strips

- 3 eggs
- 1 cup water
- 1/2 cup milk
- 2 tablespoons salt
- 2 tablespoons black pepper
- 6 cups all-purpose flour
- 1/4 cup salt
- 5 teaspoons black pepper
- 2 tablespoons minced garlic
- 2 tablespoons dry mesquite flavored seasoning mix
- 4 cups oil for frying, or as needed
- 1 teaspoon butter
- 1 (12 ounce) bottle barbecue sauce

Preparation:

1. In a large bowl, whisk together the eggs, water, milk, 2 tablespoons salt, and 2 tablespoons pepper with a fork until smooth. In another large bowl, stir together the flour, 1/4 cup salt, 5 teaspoons pepper, garlic, and mesquite seasoning.
2. Fill a large heavy skillet or wok halfway full with oil. Heat to 365 degrees F (180 degrees C). Use a fork to pick up one chicken strip at a time, and dip it into the egg mixture, then into the flour mixture, back into the egg mixture, and into the flour mixture again. Place coated strips into the hot oil to fry. Do not over crowd, just cook in batches. Once chicken is browned on one side, flip over, and brown on the other side.
3. Preheat the oven to 300 degrees F (150 degrees Celsius). Butter one 12 x 20 inch glass baking dish, or two 9 x 13 inch baking dishes. Pour enough barbeque sauce into the dish to coat the bottom. Arrange fried chicken strips in rows in the prepared dish. Pour remaining sauce over the top.
4. Bake for 10 to 15 minutes in the preheated oven, until the sauce is caramelized onto the chicken.

Bourbon Street New York Strip Steak

Ingredients:

- 2 (6 ounce) boneless New York strip steaks
- 3 cups bourbon whiskey
- 1 cup dark brown sugar

Preparation:

1. Gently tenderize steaks with a meat mallet. With a sharp knife, lightly score the meat on one side diagonally. Place steaks in a casserole dish, scored side up, and pour bourbon over them. Rub the brown sugar evenly over each steak. Marinate in refrigerator for 1 to 3 hours.
2. Preheat grill to high heat, and lightly oil grate.
3. Place the steaks on the hot grill, with the sugar side down. Let cook until sugar has caramelized, 3 to 5 minutes, then flip steaks, and finish cooking to desired

doneness.

Lamb Chops Hoisin and with Grilled Bok Choy Salad

Ingredients:

- Spice Rubbed Lamb Chops Hoisin:
- 2 tablespoons ground star anise
- 2 tablespoons ground ginger
- 1 tablespoon ground coriander
- 2 teaspoons garlic powder
- 1/2 teaspoon chili de arbol
- 12 double-cut baby lamb chops
- Canola oil
- Kosher salt and freshly ground black pepper
- 1 cup hoisin sauce
- 1 cup fresh cilantro leaves, for garnish
- 1 cup fresh mint leaves, for garnish
- Grilled Bok Choy Salad:
- 3 large heads bok choy, halved

Preparation:

1. For the spice rubbed lamb chops hoisin: Combine the anise, ginger, coriander, garlic powder and chile de arbol in a bowl. Rub the spice mix onto the lamb chops. Heat a charcoal grill for direct heat or a gas grill for high heat. Brush the lamb with canola oil and sprinkle with salt and pepper. Grill the lamb until slightly charred on all sides and cooked to medium-rare, about 8 minutes total. Brush the lamb with the hoisin just before removing from the grill.
2. Grilled bok choy salad: Brush the bok choy with canola oil and sprinkle with salt and pepper. Grill the bok choy, cut-side down for about 4 minutes; flip, and grill another few minutes until the stems are crisp-tender. Chop the bok choy coarsely and put in a bowl.
3. For the vinaigrette: Whisk the fish sauce, vinegar, lime juice, chili sauce and soy sauce and sprinkle with salt and pepper in a bowl. Whisk in the canola and sesame oil. Toss the vinaigrette with the grilled bok choy salad; taste and season with salt and pepper.
4. Place the lamb on a platter and scatter with the cilantro and mint over the top. Serve with the grilled bok choy salad.

Cumin Grilled Chicken Breasts

Ingredients:

- Cooking spray
- 4 skinless boneless chicken breast halves (5 to 6 ounces each) pounded to 1/2 inch thickness
- 2 teaspoons olive oil

- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

1. Spray a grill or grill pan with cooking spray and heat to medium-high heat. Rub chicken breasts with olive oil. Combine cumin, salt and pepper and rub spice mixture evenly onto chicken breasts.
2. Grill until grill marks have formed and chicken is cooked through, about 4-5 minutes per side. Remove from heat, let rest for 5 minutes, then slice into 1/2 inch thick slices.
3. Serve over coleslaw or over rice or over noodle.

Fish Tacos with Watermelon Salsa

Ingredients:

- 4 cups diced seedless watermelon
- 1/2 small red onion, finely diced
- 1/2 cup roughly chopped fresh cilantro
- Juice of 2 limes, plus lime wedges for serving
- 1 jalapeno pepper, seeded and finely diced
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more for brushing
- Kosher salt
- 1 pound skinless wild striped bass fillets
- 1 teaspoon chipotle chili powder
- 1 romaine lettuce heart, thinly sliced
- 8 corn tortillas
- 1 avocado, sliced

Preparation:

1. Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.
2. Preheat a grill to high. Sprinkle the fish on both sides with the chili powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-size pieces.
3. Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.

Popcorn

Ingredients:

- 2 Tablespoons vegetable oil

- 2/3 cup white popcorn kernels

Preparation:

1. Pour oil into a medium-size pot and heat over medium heat. (The oil is ready when a kernel of popcorn dropped into it pops right away.) Pour in the popcorn and cover the pot tightly. Shake the pan once or twice before the corn starts popping. Keep shaking the pan until the popping sounds stop. Take the pan off the stove and pour the popped corn into a bowl. Add topping or seasoning to taste, then serve.

Corn and Bean Stew

Ingredients:

- 1 butternut squash, washed
- 2 cans of corn
- 1 package (10-ounce) frounceen lima beans
- Salt and pepper
- Butter

Preparation:

1. Scoop out the seeds from the squash and cut into small pieces. Trim the peel away from the pieces and place them into a heavy kettle. Add enough cold water to cover the squash. Bring the mixture to a boil, reduce the heat, cover, and simmer until the squash is tender, about 30 minutes. Add the corn to the squash. Stir in the lima beans and continue simmering until the corn and beans are tender, about 15 minutes. Drain the vegetables. Toss them with salt, pepper, and butter.

Maple Baked Beans

Ingredients:

- 4 cups water
- 1 pound dried navy or butter beans
- 1 Tablespoon butter
- 1 medium onion, sliced
- 1½ teaspoons salt
- 1 cup maple syrup
- 1 teaspoon dry mustard
- 1 teaspoon ginger

Preparation:

1. Preheat oven to 350 degrees Fahrenheit . Add water and beans to a large pot. Bring to a boil over high heat, reduce heat, and simmer uncovered for 2 hours. Drain the beans, reserving 2 cups of the liquid. (Add water to make 2 cups, if necessary.) In a small skillet, melt the butter. Add the onions and sauté until golden, about 7 to 10 minutes.

2. Add the onion, salt, maple syrup, dry mustard, and ginger to the beans, and transfer mixture to a large baking pot. Cover the pot and bake in the middle of the

oven for 2 hours. Occasionally check the beans and add more water, if necessary. After 2 hours, uncover the beans and bake an additional 30 to 45 minutes, or until all the liquid is absorbed. Let stand about 10 minutes before serving hot.

Pumpkin and Corn Sauce

Ingredients:

- 1 can (15-ounce) plain pumpkin, without spices
- 1 cup frozen or canned corn, drained well
- ½ teaspoon salt
- 2 Tablespoons honey

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Grease a baking sheet with a small amount of oil. Put the corn on the greased baking sheet and bake for 20 minutes. Mix the corn, pumpkin, salt, and honey in a medium-size pot. Heat the mixture over medium heat until it starts to bubble. Turn the heat to low and cook for 10 minutes, stirring from time to time. Serve with grilled chicken or pork.

Buffalo Stew

Ingredients:

- 4 pounds beef roast (rump or eye round)
- 2 Tablespoons oil
- 1 large onion, coarsely chopped
- 1 cup red wine or beef stock
- 1 pound mushrooms, coarsely chopped
- 2 Tablespoons flour
- 1 Tablespoon beef stock
- Salt and pepper, to taste

Preparation:

1. Cut the meat into bite-size chunks. In a large skillet over medium heat, sauté the meat, turning constantly with a wooden spoon. As the meat begins to brown, add the onion and lower the heat. Season with salt and pepper, and add wine or beef stock. Simmer the meat uncovered in the liquid for 40 to 50 minutes, or until the meat is tender when you stick a fork into it. (There will be about ¼ cup of liquid left.)

2. Remove the meat and onions to a platter with a slotted spoon. Add the mushrooms to the cooking liquids and cook on medium heat. Reduce heat. Coat meat and onions with flour and return to the pan. Cook for 1 to 2 minutes, until flour cooks, then add the beef stock, salt, and pepper. Simmer until thickened slightly. Ladle into bowls. Serve hot.

Pumpkin Bread

Ingredients:

- 1½ cups sugar
- ½ cup oil
- 1 cup pumpkin filling
- 2 eggs
- ⅓ cup water
- ¾ cup whole wheat flour
- 1¼ cups white flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon baking powder
- ½ cup raisins, dried apples, or dried cranberries
- ½ cup walnuts, chopped
- ½ teaspoon each cinnamon, ground cloves, and nutmeg

Preparation:

1. Preheat oven to 300 degrees Fahrenheit . In a large bowl, combine sugar, oil, pumpkin, eggs, and water; mix well. In another bowl, mix whole wheat flour, white flour, baking soda, and salt. Add the dry ingredients to the pumpkin mixture and stir until moistened. Pour batter into greased loaf pan. Bake for 1 hour, or until a knife inserted in the center of the loaf comes out clean. Cool thoroughly before slicing.

Indian Fry Bread

Ingredients:

- 2 cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- Warm water
- ¼ cup vegetable oil

Preparation:

1. Combine the flour, baking powder, and salt together in a bowl. Slowly add the warm water while stirring. Continue to add water to make a soft dough. Mix and knead the dough with your hand until it is smooth. Sprinkle with flour if the dough is sticky. Cover the dough with a towel and let it rest for 10 minutes. Break the dough into lemon-size pieces.

2. Roll each piece into a ball and flatten into a pancake. Heat the oil in a heavy frying pan. Add as many pieces of bread as will fit in the pan. Fry the pieces on each side until they are lightly browned. Remove the brown fry-breads and place them on a plate covered with a paper towel. Serve the fry-breads with salt or maple syrup.

Strawberry Drink

Ingredients:

- 1 pint ripe strawberries (about 2 cups)
- 4 cups water
- 4 Tablespoons maple sugar (or brown sugar)

Preparation:

1. Wash the strawberries and remove the stems and leaves. Cut the berries into small pieces and mash them in a large bowl. Stir in the water and maple sugar. (For a very smooth drink, puree the mixture in a blender.) Chill in the refrigerator or serve at once.

Cornmeal Drink

Ingredients:

- ½ cup yellow cornmeal
- 2 Tablespoons honey
- ½ teaspoon cinnamon
- 1 cup boiling water

Preparation:

1. Heat a heavy frying pan on medium heat. When the pan is hot, sprinkle in the cornmeal to dry roast it. Stir until you see the cornmeal starting to turn brown (about 6 to 8 minutes). When it is brown, scrape the cornmeal into a small bowl. Add the honey and cinnamon and mix well. Stir 1 Tablespoon of this mix into 1 cup of boiling water, as the Native Americans did, and let it sit for 10 minutes.

Popped Wild Rice

Ingredients:

- 1 cup wild rice
- 3 cups water
- 1 teaspoon oil
- ½ teaspoon salt

Preparation:

1. Rinse the rice well in cold water. Bring the water, oil, and salt to a boil in a heavy saucepan. Stir in the rice. Reduce the heat, cover, and simmer until the rice pops (about 1 hour). Do not lift the cover while the rice is cooking.

Uruguay



Stuffed Zucchini

Ingredients:

- 2-3 medium zucchini (courgettes)
- 2 tablespoons (30 ml) olive oil
- Medium onion, finely chopped
- 3/4 cup(180 ml) bread crumbs, preferably fresh
- 1/2 cup(250 ml) milk
- 1 egg, beaten
- Salt and freshly ground pepper to taste

For the topping:

- 1/4 cup(60 ml) bread crumbs, preferably fresh
- 2 tablespoons (30 ml) butter, melted

Preparation:

1. Bake the zucchini in a preheated 375 degrees oven for 30 minutes, until soft but not mushy. Set aside to cool.
2. Meanwhile, heat the olive oil in a skillet over moderate heat and sauté the onion until golden brown.
3. Combine the bread crumbs, milk, egg, cooked onion, salt, and pepper in a bowl, stirring to combine. Slice the zucchini in two lengthwise and scoop out the pulp.
4. Chop the pulp coarsely and stir into the bread crumb mixture. Fill the zucchini shells with the mixture. For the topping, combine the bread crumbs and butter and sprinkle over the zucchini.
5. Bake in a preheated 375 degrees oven until the topping is golden brown, about 25 minutes.

Rice Uruguayan

Ingredients:

- 1 cup rice, uncooked
- 1/2 teaspoon parsley, chopped
- 1 pound ground round
- 1 garlic clove, chopped
- 2 carrots, chopped
- 2 cups beef broth or 2 cups vegetable broth
- 2 potatoes, medium and chopped
- 1 onion, chopped
- 1 teaspoon pepper
- 1 tablespoon olive oil

Preparation:

1. In large non-stick skillet, saute onion and garlic in olive oil.
2. Add ground round and brown well.
3. Add rice, carrots, parsley, beef or vegetable broth, and pepper.
4. Stir well and bring to boil, stirring occasionally.
5. Lower heat and simmer for 20 minutes.
6. Add potatoes and continue cooking until potatoes are tender or approximately one hour.

Chicken with con Vegetables

Ingredients:

- 3 tablespoons Olive Oil
- 1 ½ pounds bone-in, skinless chicken pieces
- 1/3 cup thinly sliced carrot rounds
- 1 medium potato, cut into 1 inch cubes
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon all-purpose flour
- 1/3 cup thinly sliced fresh mushrooms (optional)
- ¼ cup dry or semidry white wine

Preparation:

1. In a oven, heat oil over medium-high heat. Add chicken pieces and brown on all sides, until no pink remains, several minutes.
2. Add 1/4-cup water and carrots. Reduce heat to medium, cover, and cook for 2

to 3 minutes. Add potato, onion, garlic, bay leaves, salt, pepper, and 1/4-cup water. Carefully toss all ingredients. Cover and cook for 12 minutes.

3. Sprinkle the flour over the mixture, add the mushrooms (if using), and carefully toss again. The liquid should immediately thicken into a sauce. Drizzle the wine over the chicken and cook, covered, for 5 more minutes.

Beef Stew with Mushrooms and Tannat Wine

Ingredients:

- 2 tablespoons Olive Oil
- 1 large onion, chopped
- 2 pounds beef stew meat, cut into 1 inch pieces
- 1 pound cremini mushrooms, washed and halved
- 1 1/2 cups plus 2 tablespoons Tannat (red wine)
- 1 clove garlic, minced
- 2 bay leaves
- 1 tablespoon all-purpose flour
- 1 teaspoon maggi seasoning
- salt and freshly ground black pepper

Preparation:

1. Heat the olive oil in a large oven over medium heat. Add the onion and sauté for 1 minute. Add the beef cubes and cook until browned, about 7 minutes.

2. Add the mushrooms, 1 1/2 cups Tannat, garlic and bay leaves. Add salt and pepper, cover, and simmer the stew over medium heat for about 1 hour, 15 minutes. Uncover and check the liquid level occasionally, adding 1/2 cup of water (or Tannat) if the estofado looks dry.

3. The estofado is fully cooked once the beef is fork-tender. Mix the flour with the remaining 2 tablespoons of Tannat until it is smooth and free of lumps. Add to the simmering estafado, stir, and continue to simmer for another 5 minutes so that the stew thickens. Add the Maggi seasoning and stir to combine well.

The Chivito

Ingredients:

- 1 good soft white sandwich bun (ciabatta)
- Salsa golf (a mixture of tomato sauce and mayonnaise)
- lettuce
- 1/2 red bell pepper, sliced
- Thinly sliced onions
- 3 strips pancetta
- 1 thinly sliced filet steak
- 4 slices smoked ham
- slice bacon

- Tomato slices
- 1 hard-cooked egg, halved
- mouncezarella cheese

Preparation:

1. Lightly toast the two halves of bread and then on the lower half spread a good dollop of the sauce, top with lettuce and strips of bell pepper. Take the trouble to roast and skin the pepper before, it is always worth it.
2. Fry the onion and pancetta together while heating up your griddle pan. When good and hot, toss on your steak (lightly pre-salted with coarse salt) and cook for about 1 1/2 minutes – depending on your cut and personal preference.
3. When cooked to your liking, layer the ham, bacon and onion mix, tomatoes, sliced boiled egg and cheese on top of the meat. Cover with a lid for the remaining cooking time (roughly another minute) to allow the cheese to melt.
4. Carefully remove this pile of joy from the griddle pan and assemble your sandwich.
5. Alternatively, you can cook the steak alone and then build up the layers on the bread. Place the completed sandwich - without the top - under the broiler (oven grill) until the cheese melts to your satisfaction.

Bean Salad

Ingredients:

- 3 cups canned fava beans or 3 cups kidney beans, drained and rinsed
- 1 cup chopped seeded tomato
- 3/4 cup finely chopped onion
- 1/4 cup chopped fresh flat-leaf parsley
- 3 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon salt

Preparation:

1. Combine all the ingredients in a bowl, and toss gently. Ready to serve!

Fried Cakes (donuts)

Ingredients:

- 2/3 cup (5 -ounce. can) , Evaporated Milk
- 3 tablespoons vegetable shortening or butter
- 2 cups all-purpose flour
- 1 tablespoon baking powder

- 1 1/2 teaspoons salt
- 2 cups vegetable oil for frying
- Powdered sugar for sprinkling
- Caramelized Milk (Dulce de Leche) or fruit marmalade (optional)

Preparation:

1. Heat evaporated milk and shortening in small saucepan or in microwave just until shortening is melted. Do not boil.
2. Combine flour, baking powder and salt in medium bowl. Make a well in the center. Pour warm evaporated milk into well; stir with a wooden spoon until soft dough is formed. Turn the dough out onto a very lightly floured surface; knead until dough is soft and pliable (some drops of water may be needed). Cut dough into 12 equal pieces; roll each piece into a ball. With rolling pin, roll out each ball into a circle about 1/4 inch thick. Shape circles with your hands and with your finger; poke a hole in the center of each circle.
3. Heat oil in large skillet until temperature of 350° F is reached. Carefully drop 4 dough rings into hot oil. Fry until golden brown in color, about 1 to 2 minutes each side. Remove doughnuts and drain on paper towels. Repeat with remaining dough rings. Sprinkle with powdered sugar. Serve warm with Carmelized Milk, fruit marmalade or plain.

Uzbekistan



Chicken and Pasta

Ingredients:

- 4 Tablespoons Olive Oil
- 1 Large Onion - Chopped
- 2 Medium Chicken Breast - Chopped
- 1 Cup Chicken Broth
- Salt and Pepper
- 1/2 Teaspoon Cumin

- 1/2 Teaspoon Cumin Seed
- 1 Cup Tomato Sauce
- 1 Sheet Lasagna Noodles - Cooked

Preparation:

1. Saute chicken in oil for 5 minutes. Add broth, salt, pepper, cumin, and cumin seed.
2. Simmer for 10 minutes. Add tomato sauce and bring to a boil.
3. Remove from heat, cut lasagna noodle into 2 inch squares.
4. Add to the sauce and stir gently. Serve.

Meat and Tomato Soup

Ingredients:

- 1 Pound Beef Or Lamb - Cubed
- 2 Cloves Garlic - Chopped
- 2 Medium Carrot - Chopped
- 1 Medium Potato - Chopped
- 1 Small Daikon – Chopped
- 3 Tablespoons Olive Oil
- 1 Large Onion – Chopped
- 2 Cups Chicken Broth
- 2 Cups Tomato Juice
- 1/3 Cup Sour Cream
- Salt and Pepper

Preparation:

1. Saute onion in oil until soft. Add meat, garlic, carrots, potato and daikon.
2. Saute for 8 minutes. Add broth and bring to a boil.
3. Simmer for 25 minutes. Blend sour cream with tomato juice.
4. Stir into the soup. Simmer for 5 minutes. Do not allow to boil.
5. Season with salt and pepper and serve.

Lamb and Vegetable Stew

Ingredients:

- 1 Pound Lamb - Cubed
- 2 Tablespoons Olive Oil
- 1 Medium Onion – Chopped
- 1 1/2 Cups Mung Beans
- 2 Medium Turnips – Chopped
- 2 Large Carrot - Chopped
- 1 Cup Cabbage – Shredded
- 1 3/4 Cups Rice

- 1 Teaspoon Cumin
- 1 Teaspoon Paprika
- Salt and Pepper
- 9 Cups Beef Broth

Preparation:

- 1 . Saute lamb and onion in oil for 5 minutes.
2. Add mung beans, turnips, carrots, cabbage, rice, cumin, paprika, salt and pepper.
3. Stir well. Add broth and simmer for 1 hour.

Meatball Soup With Chickpeas

Ingredients:

- 1/2 Pound Ground Beef
- 2 Small Onion - Chopped
- Salt and Pepper
- Flour - for dusting
- 8 Cups Beef Broth
- 1 Can Chickpeas
- 2 Large Carrot – Chopped
- 3 Tablespoons Tomato Paste
- 1 Small Red Bell Pepper - Chopped
- 1 Pinch Cayenne
- 1 Large Potato - Chopped
- 3/4 Cup Rice
- 1/4 Cup Cilantro – Chopped
- Yogurt

Preparation:

1. Mix meat with onions, salt and pepper. Form into tiny meatballs about the size of a cherry.
2. Dust meatballs with flour. Bring broth to a boil.
3. Lower in meatballs. Add chickpeas, carrots, tomato paste, bell pepper and cayenne.
4. Simmer for 15 minutes. Add potato and rice. Cover and simmer for 20 minutes.
5. Season with salt and pepper. Add cilantro.
6. Ladle soup into bowls. Top with a doll up of yogurt and serve.

Noodle, Lamb and Vegetable Soup

Ingredients:

- 3 Tablespoons Olive Oil
- 2 Pounds Lamb — Cubed

- 3 Small Onion — Chopped
- 2 Large Carrot — Chopped
- 1 Small Daikon — Chopped
- 2 Small Bell Pepper — Chopped
- 2 Large Potatoes — Chopped
- 2 Cans Tomatoes — Chopped
- 1 Teaspoon Coriander
- 1/2 Teaspoon Cumin
- 2 Cloves Garlic — Chopped
- 1 Pinch Cayenne
- 1 Medium Bay Leaf
- Salt and Pepper
- 8 Cups Beef Broth
- 2 Teaspoons Red Wine Vinegar
- 2 Cups Egg Noodles — Cooked
- 1/4 Cup Parsley — Chopped
- 1/4 Cup Cilantro — Chopped

Preparation:

1. Saute lamb in oil until well browned. Add onions, carrots, daikon and peppers.
2. Saute for 10 minutes. Add potatoes and saute for 5 minutes. Add tomatoes and stir well. Add coriander, cumin, garlic, cayenne and bay leaf. Sprinkle with salt and pepper. Add stock and bring to a boil.
3. Cover and simmer for 45 minutes. Add vinegar and pasta.
4. Simmer until the pasta is warmed through.
5. Sprinkle soup with parsley and cilantro and serve.

Soup with Meatballs

Ingredients:

- 1 Pound Ground Beef
- 1 Small Onion - Grated
- 1 Medium Egg
- 1/3 Cup Rice - Cooked
- Salt and Pepper
- 5 Cups Beef Broth
- 1 Large Carrot - Chopped
- 1 Large Potato – Chopped
- 1 Can Tomatoes - Chopped
- 1 Can Chickpeas
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Paprika
- Salt and Pepper
- 2 Tablespoons Parsley - Chopped

- 2 Tablespoons Cilantro - Chopped
- Yogurt

Preparation:

1. Combine meat, onion, egg, rice, salt and pepper. Form into meatballs.
2. Combine broth, carrot, potato, tomatoes, chickpeas, cumin, paprika, salt, pepper, parsley and coriander.
3. Bring soup to a boil, slowly add meatballs.
4. Stir gently and simmer for 25 minutes.
5. Serve with a dollop of yogurt.

Vanuatu



Vanuatu Coconut Cake

Ingredients:

- 4 cups coconut, fresh and grated
- 250 grams unsalted butter
- 8 eggs
- 2 cups caster sugar
- 2 cups self raising flour

Preparation:

1. Preheat the oven to 150 degree Celsius.
2. In a bowl using an electric mixer whisk sugar and butter until light and creamy.
3. Then add the eggs one by one into the butter and sugar mix making sure that you mix the eggs through thoroughly.
4. Using a metal spoon mix the flour and grated coconut into the above mixture.
5. Butter and flour a round or square 20cm baking tin and pour mixture into it and then place oven.
6. Bake for 1 1/2 hours.

Banana and Peanut Butter Biscuit

Ingredients:

- 1 ¼ cup flour
- ½ teaspoon baking powder
- ¾ cup baking soda
- ¼ teaspoon Salt
- ½ cup butter
- ½ cup peanut butter
- 1 cup sugar
- ¼ cup bananas

Preparation:

1. Mix flour, baking powder, baking soda and salt. In another dish mix butter, peanut butter and sugar until smooth and then add bananas.
2. After mixing both, add the dry ingredients with the mush.
3. Cook like you would a biscuit. You may want to turn them over at one point.

Banana Pie

Ingredients:

- 2 cups flour
- 3 teaspoon butter
- 1 egg
- 1 can coconut milk
- Sugar vanilla 6 bananas

Preparation:

1. Mix butter with flour, add 1 egg.
2. Cut bananas and add some sugar to them. Put dough in pie dish.
3. Spread it like you would a crust but it's not going to bake like a crust so don't worry that it's not thin (don't bother rolling it.)
4. Poke holes with a fork in the dough.
5. Add bananas to dish.
6. Cover with 1 can coconut milk. Bake till dough looks done.

Sweet Vegetables

Ingredients:

- 3 tablespoons oil
- 4 big onions
- 6 cups any vegetables
- 1 ½ cups coconut milk
- 4 mangoes
- 1 teaspoon salt

Preparation:

1. Chop onion and vegetables and sauté onion in the oil until the onion is clear.
2. After, add vegetables and coconut milk and cook until the vegetables are almost done.
3. Cut mangoes (peel first) long and add them to the vegetables.
4. Cook until mangoes are hot, but not too much.

Banana Chicken

Ingredients:

- 4 bananas
- 1 small pumpkin
- 1 chicken
- 2 green onions
- 1 ½ teaspoon salt
- 1 pepper
- 1 can coconut milk (add another if you think you need it)

Preparation:

1. Peel all bananas and cut them long. Put them in the bottom of the saucepan.
2. Put chicken on top. Cut the green onion and put them on top. Peel pumpkin and cut into long squares. Cut pepper.
3. Put pumpkin and pepper on top of chicken. Pour coconut milk on top.
4. Cook 30 minutes on stove top or oven.

Indian Curry

Ingredients:

- 3 Tablespoons oil
- 2 teaspoons curry
- 1 large onion
- 2 large tomatoes
- 6 pieces garlic
- 2 teaspoons lemon juice
- 3 teaspoons ginger
- 1 cup coconut cream
- 1 hot pepper
- Chicken 2 teaspoons salt peanuts
- Pumpkins or potatoes

Preparation:

1. Cut onion, pepper, garlic and ginger.
2. Sauté in some oil. Put salt, pepper and curry in. Cut tomato and add to vegetables along with the coconut cream and lemon juice.

3. Mix everything. Then, add the chicken. Cook until the chicken is done. Top with peanuts. If you add potato or pumpkin, put it in before the meat as those can take a while to cook.
4. Add them before the coconut cream and add water a little at a time to help them cook.

Citrus baked fish in coconut cream

Ingredients:

- 1 medium whole fish
- ½ tablespoon. ground black pepper
- 1 lemon
- 1 mandarin or orange
- ½ cup coconut cream salt to taste

Preparation:

1. Wash and clean fish and place on a softened banana leaf. Thinly slice the lemon and mandarin or orange and alternate the slices on top of the fish.
2. Sprinkle pepper and pour coconut cream around the fish.
3. Wrap the fish well in about 3 layers of softened banana leaves and bake in a moderate oven for about 40 minutes or in an earth oven for about 1 hour.

Chicken and pumpkin soup

Ingredients:

- 2 tablespoon. cooking oil
- 4 cup sliced and peeled pumpkin fruit
- 1/3 cup chopped onions 6 pumpkin tips
- 1 kilogram of chicken
- 1 cup coconut cream
- 4 cup water
- 1 sliced green pepper
- 2 chopped tomatoes
- 3 tablespoons lemon juice
- Salt to taste

Preparation:

1. Wash pumpkin tips, prepare and chop. Fry onion in cooking oil until tender. Cut chicken into small pieces, add to onion and cook uncovered for 10 minutes.
 2. Add water, lemon juice and salt to taste.
 3. Bring to a boil, lower heat and cook 15 minutes covered. Add tomatoes, pumpkin, green pepper and pumpkin tips.
 4. Cook 5 minutes. Add coconut cream. As soon as it comes to a boil, remove from heat.
-

Venezuela



Spanish Tortilla

Ingredients:

- 2 Potatoes (medium)
- ½ Onion (medium)
- 3 to 4 Eggs
- 90 grams Chorizo
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- Vegetable Oil (Enough for frying)

Preparation:

1. Peel the potatoes and then cut them in slices as thin as possible. Cut the onions in the same manner, in strips, or simply Julienne the onion.
2. Place the potatoes and onions in a bowl, add the salt and mix together.
3. Start heating up the oil in a large enough frying pan or wok. Use enough oil to cover the entire bottom of the pan so that it just covers the potatoes and onions.
4. When the oil is hot, add the potatoes and onions to the pan and begin to fry them. The potatoes shouldn't become golden brown, but it's ok if they do just a bit. You should move them around with a wooden spoon so that you don't break them, but they get cooked evenly.
5. It takes about 10-12 minutes at medium heat for them to cook thoroughly.
6. Cut the chorizo in thin slices as well and set aside. In a bowl, beat the eggs, only 3 at first. When the potatoes and onions are done (potatoes should break in half easily when pinched with a fork), take them out and drain in a colander and let them cool down a bit. Drain as much of the excess oil as possible.
7. Compare the size of the potatoes and onions mix to the beaten eggs, and then decide if you need to add the other egg. There should be more potatoes and

onions mix than eggs. The size will depend on the size of your potatoes.

8. Add the potatoes and onions mix, as well as the chorizo slices and pepper to the beaten eggs. Mix well and mash the potatoes just a bit, not too much.

9. Pre-heat the frying pan in which you will be cooking the tortilla. Add the mixture to the frying pan and cook at medium or low heat.

10. When you can see that the bottom half is cooked thoroughly, by lifting one side carefully (or after about 8 minutes), you can proceed to the tricky part.

11. Grab a flat serving dish, larger than the circumference of the frying pan, place it on top of the pan, and then carefully flip the tortilla on to the plate.

12. Clean the pan, and spray or coat with a bit more oil, then carefully slide the tortilla back into the pan to cook the other side. Make sure to tuck in the edges so you get a clean round edge. When the other side is ready, simply serve by flipping it into a serving dish.

13. Cut and Serve with Ketchup

Hot Dogs

Ingredients:

- 8 hot dog buns
- 8 hot dogs
- 1 yellow onion
- ¼ head of green cabbage
- 1 (6 ounce) bag potato chips
- Mayonnaise
- mustard
- ketchup

Preparation:

1. Add hot dogs to a medium sized pot, fill with enough water just to cover the hot dogs, and bring to a boil. Cook until heated through. Use a steamer to steam the hot dog buns until they are warm and soft.

2. Cut onion into small pieces. Put them into a food processor and process until they are finely chopped. Remove the onions and do the same with the cabbage. Crush the potato chips into very small pieces.

3. Place each hot dog on a bun. Top with onion, cabbage, and crushed chips. Put on some mayo, mustard and ketchup.

Fisherman's Soup

Ingredients:

- 1 medium-size lobster, cooked, or ½ pound cooked lobster meat
- ¼ pound raw shrimp with shells
- ¼ pound white-fleshed fish fillet
- 6 cups chicken stock
- 1 onion, sliced

- 2 potatoes, peeled and sliced
- 2 bay leaves, crumbled
- 2 garlic cloves
- 2 tablespoons tomato paste 2 large tomatoes, seeded and chopped
- ¼ cup cooking sherry
- Salt and freshly ground pepper
- 1 tablespoon butter

Preparation:

1. If the lobster and shrimp are in their shells, remove and chop the meat, reserving the shells.
2. Combine the fish fillet with the chicken stock in a large saucepan and poach until the fish flakes easily.
3. Remove the fish from the stock, chop, and set aside with the lobster and shrimp.
4. Add the reserved shells (if used) to the stock and cook over medium heat for 15 minutes, then remove and discard the shells.
5. Add all the ingredients, except the seafood and butter, to the stock and cook for another 15 minutes.
6. Remove the saucepan from the heat and blend the soup in batches in an electric blender or food processor.
7. Return the blended stock to heat, stir in the butter, and add the seafood. Cover and simmer for 5 minutes. Serve hot.

Meat Pies

Ingredients:

For the filling:

- 2 ounce suet or dripping
- 8 ounce raw beef or veal, minced
- 1 large onion, sliced
- 1 red or green pepper, seeded and finely chopped
- 2 ounce seedless raisins
- 2 ounce stoned green olives
- 2 hard-boiled eggs, chopped
- Salt and pepper

For the pastry:

- 4 ounce flour
- 2 ounce butter
- A pinch of salt
- 2 small eggs
- 2 ounce lard

Preparation:

1. Make the pastry in the usual way, roll out 1/8 inch thick and cut into 8 saucer-

sized rounds.

2. For the filling, heat the suet and fry the onion till brown; add the chopped pepper, salt and pepper and fry for 2 minutes.

3. Now add the meat, raisins, olives and chopped eggs; cook gently for 4 minutes, then leave to cool.

4. Put an equal amount of pastry filling on each round, moisten the edges and put another round on top; seal tightly.

5. Bake in a moderately hot oven (425 degrees Fahrenheit) for 15 minutes.

Steak In Tomato Sauce With Black Beans, Rice And Plantains

Ingredients:

The black beans:

- 1½ cups dried black beans, thoroughly rinsed in cold water
- 5 cups cold water
- 2 tablespoons olive oil
- ½ cup finely chopped green pepper
- 2 tablespoons finely chopped onions
- ½ teaspoon finely chopped garlic
- 1 teaspoon salt
- 3 fresh coriander sprigs (cilantro)

The steak and sauce:

- 2 pounds lean top sirloin of beef or boneless sirloin steak, cut ½ inch thick
- 1/3 cup olive oil
- 1 cup coarsely chopped onions
- 1 teaspoon finely chopped garlic
- 6 medium tomatoes, peeled, seeded and coarsely chopped (see salsa cruda), or substitute 2 cups chopped, drained, canned Italian plum tomatoes
- ½ teaspoon ground cumin seeds
- 1 teaspoon salt

The rice:

- ¼ cup olive oil
- ½ large peeled onion
- ½ large green pepper, seeded, deribbed and left in 1 piece
- 2 cups raw long-grain rice
- 4 cups boiling water
- 2 teaspoons salt

The plantains:

- ½ cup flavorless vegetable oil

- 2 large ripe plantains, peeled, each cut crosswise in half and lengthwise into 6 or 8 slices

Preparation:

1. The black beans: Combine the black beans and 5 cups of cold water in a heavy 4- to 5-quart flameproof casserole. Bring to a boil over high heat, reduce the heat to low and simmer, uncovered, for 2 hours. In a heavy 8- to 10-inch skillet, heat 2 tablespoons of oil over moderate heat.

2. Add $\frac{1}{2}$ cup of chopped green pepper, 2 tablespoons of onions, $\frac{1}{2}$ teaspoon of garlic and 1 teaspoon of salt. Cook for 3 minutes, stirring constantly, and then, with a rubber spatula, scrape the mixture into the simmering beans.

3. Add the coriander and cook for 15 minutes, or until the beans are tender. Discard the coriander. Cover the casserole and put it aside.

4. The steak and sauce: Heat the broiler to its highest point and broil the steak 4 inches below the heat for about 5 minutes on each side. Watch for any sign of burning and regulate the heat accordingly. When finished, the steak should be medium rare.

5. With a knife or your fingers, cut or pull the meat into pieces $\frac{1}{4}$ inch wide and $\frac{1}{2}$ inch long. In a heavy 12 inch skillet, heat $\frac{1}{3}$ cup of oil over moderate heat. Add 1 cup of onions and 1 teaspoon of garlic and cook about 5 minutes, stirring occasionally.

6. When the onions are soft and transparent but not brown, add the tomatoes, cumin and 1 teaspoon salt. Reduce the heat to low and cook, uncovered, for 30 minutes, stirring frequently, until the tomato juices evaporate and the sauce becomes a thick puree.

7. Drop in the strips of beef, mix them well with the sauce, cover the skillet and put it aside.

8. The rice: Preheat the oven to 250°F. In a heavy 3- to 4-quart casserole, heat $\frac{1}{4}$ cup of oil over moderate heat until a light haze forms above it.

9. Add the onion and pepper halves, and cook them for 5 minutes, turning them frequently, until they color lightly. Add the rice, and stir constantly for 2 or 3 minutes to coat the rice with oil. Do not let the rice burn.

10. Pour 4 cups of boiling water over the rice, add the salt, and bring to a boil. Stir once or twice, then cover the pan and reduce the heat to low. Simmer undisturbed for 20 minutes, or until the rice is tender and has absorbed all the liquid.

11. Remove the cover and discard the onion and pepper. Drape the casserole with a towel and keep the rice warm in the oven.

12. The plantains: Heat $\frac{1}{2}$ cup of oil in a heavy 10- to 12 inch skillet over moderate heat.

13. Drop in the plantain pieces and cook them for 2 or 3 minutes on each side until they are tender and golden brown.

14. Put all together - return the beans and beef to low heat and cook only long enough to heat them through. Spoon the beef into the center of a large heated platter.

15. Surround it with alternating mounds of rice and black beans. Decorate the platter with plantain slices and serve at once.

Cheese With Chicken Stuffing

Ingredients:

- 3-pound to 4-pound Edam cheese
- 2 pounds chicken, preferably breasts and thighs
- 1 onion, finely chopped
- Salt and pepper
- 1 teaspoon poultry seasoning
- 2 tablespoons butter
- 2 onions, sliced

Preparation:

1. Strip the outer wax wrapping from the cheese and cut off about an inch from the top.
2. Scoop out the cheese leaving a shell about 1 inch thick. Put the shell aside, and use scooped out cheese.
3. Rub the chicken pieces with the chopped onion, salt and pepper to taste, and poultry seasoning. Let stand for at least 2 hours at room temperature.
4. Arrange the chicken in a baking dish and broil until brown. Remove from the broiler and bake at 350 degrees Fahrenheit for 1 hour. Remove any skin and bones and shred the meat into fine pieces.
5. Heat the butter in a large skillet and add the sliced onions, tomatoes, green peppers, parsley, and hot pepper sauce.
6. Saute for about 3 minutes, stirring regularly. Stir in tomato paste, olives, capers, raisins, gherkins, and shredded chicken. Reduce the heat and simmer for about 20 minutes. Remove from the heat and cool.
7. Stuff the reserved cheese with the chicken mixture and top with the cheese lid. Place the filled shell in a large greased casserole.
8. Bake in preheated 350 degrees Fahrenheit oven for about 30 minutes, or until the cheese becomes soft. Transfer to a serving dish and cut into wedges to serve.

Shrimp In Curry Sauce

Ingredients:

- 6 tablespoons oil
- 4 cloves garlic, minced
- 1 green pepper, cut into small strips
- 1 onion, chopped
- ¼ teaspoon salt
- Curry powder (1 to 3 teaspoons)
- 1 tomato, peeled and chopped

- 2 tablespoons chopped parsley
- 2 tablespoons chopped celery leaves
- 12 jumbo shrimp, shelled and deveined

Preparation:

1. Put everything except the shrimp into a 1-quart casserole.
2. Cook covered in the microwave oven, stirring occasionally, until the vegetables are tender (about 6 to 7 minutes).
3. Add the shrimp and cook, covered, until the shrimp are pink and done, stirring several times. (This takes about 3 to 5 minutes.)

Curried Fish

Ingredients:

- ¾ cups rice
- 1½ cups water
- 1 tablespoon butter
- 6 tablespoons oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tomato, peeled and chopped
- 1 cup water
- 1 green pepper, cut into pieces
- 1 teaspoon salt
- Curry powder (1 to 3 teaspoons)
- 4 fish fillets (red snapper, cod, or halibut)

Preparation:

1. Put the rice, 1½ cups water, and the butter in a 1-quart casserole and cook, covered, 15 minutes in the microwave oven. Add more water if needed. Set rice aside.
2. Put the oil, onion, garlic, tomato, green pepper, salt, and curry powder in an 8 inch square glass or ceramic baking dish.
3. Cook, covered, with wax paper or plastic wrap, 5 minutes in the microwave oven, stirring once or twice.
4. Add the 1 cup water, stir, and add the fish. Cover and continue cooking until the fish flakes easily (about 5 to 8 minutes).
5. Serve over the rice.

Coconut Chicken

Ingredients:

- 2 whole chicken breasts, cut bite size
- 2 onions, peeled and cut into eighths
- 1 clove garlic, minced
- 4 bay leaves

- black pepper or chili powder
- 1 pinch turmeric
- 1 pinch cumin
- 1 pinch salt
- 1 tablespoon sugar
- 3 roma tomatoes
- 1 tablespoon ginger paste
- 1/3 cup olive oil
- 1 can coconut milk
- 1/2 cup water

Preparation:

1. Sauté the onion in oil until translucent. Put them into blender and add tomatoes, garlic, turmeric, cumin, sugar, ginger paste, coconut milk, water and blend smooth.
2. Put the chicken in the sauté pan, add the blender ingredients and bay leaves. Cook until the chicken is white inside and the liquid is creamy. (45 minutes to an hour). Remove the bay leaves and serve with white rice.

Ham Croissants

Ingredients:

- 4 tablespoons butter
- 4 tablespoons vegetable shortening
- 1 cup milk
- 1 teaspoon salt
- 1/2 cup sugar
- 1 tablespoon instant yeast
- 2 eggs
- 4 cups flour
- 1 pound thinly sliced deli ham

Preparation:

1. Cut butter and shortening into small pieces and place in a heat proof bowl of a standing mixer. Bring the milk just to a boil in a saucepan over medium high heat.
2. Pour hot milk over shortening and butter and stir until melted. Let cool slightly.
3. Add sugar, salt, and 1 cup flour to butter/milk mixture and stir. Add eggs and stir well.
4. Add yeast and mix well. Add rest of flour and mix.
5. Using dough hook attachment, knead dough until smooth and stretchy, adding more flour if necessary. Knead for 5 minutes. Dough should be soft, and slightly sticky.
6. Place dough in a lightly greased bowl and let rise in a warm place until double in size, about 2 hours. (or chill overnight in the refrigerator).
7. Punch down dough and divide into 4 pieces. Roll one piece out into a 10 inch

- circle. Using a pizza cutter, cut dough into 6 equal triangles, or pizza slices.
8. Take 1/4 pound of the sliced ham, and cut it into thin strips. Divide the ham among the 6 triangles, placing it on top of the wide part of the triangle.
 9. Roll the triangles up toward the point, keeping the ham inside, and place the rolls point side down on a baking sheet, curving them slightly to form a crescent shape.
 10. Repeat with remaining dough.
 11. Brush rolls lightly with melted butter, then let rise in a warm place until doubled.
 12. Preheat oven to 375. Mix egg white with 1 teaspoon sugar. Bake rolls for 10 minutes. Remove, brush with egg white mixture, and return to the oven. Bake about 10 minutes more, until golden brown.
 13. Serve warm or at room temperature.

Shredded Beef

Ingredients:

- Half a kilo of beef skirt
- 1 small onion
- Half a red pepper
- 3 cloves of garlic
- Worcestershire sauce
- Salt
- Black pepper
- A pinch of cumin
- Two spoons of tomato puree
- Olive oil

Preparation:

1. Boil the Beef: Place the beef in a large saucepan with enough water to cover it.
2. Bring to the boil, cover and simmer for 2 hours.
3. Remove from heat and leave to cool. Set aside the water.
4. Shred the beef into strands with a knife or two forks until all the beef is shredded.
5. Make the Sofrito: Chop and dice the onion and bell pepper.
6. Crush garlic in pestle and mortar or in garlic crusher.
7. Heat two spoons of olive oil in a large frying pan.
8. Add onions and when they start to brown add the garlic and the bell peppers, a pinch of salt, some black pepper and a pinch of cumin.
9. Add the shredded beef and stir, allow to brown a little.
10. Add some of the water the beef was boiled in, tomato puree and a dash of Worcestershire sauce.
11. Stir frequently as you bring to the boil and then lower heat and simmer for 15 minutes.
12. Now it's time to serve with rice and beans.

Vietnam



Vietnamese Fresh Spring Rolls

Ingredients:

- 2 ounces rice vermicelli
- 8 rice wrappers (8.5 inch diameter)
- 8 large cooked shrimp - peeled, deveined and cut in half
- 1 1/3 tablespoons chopped fresh Thai basil
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons chopped fresh cilantro
- 2 leaves lettuce, chopped
- 4 teaspoons fish sauce
- 1/4 cup water
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 2 tablespoons white sugar
- 1/2 teaspoon garlic chili sauce
- 3 tablespoons hoisin sauce
- 1 teaspoon finely chopped peanuts

Preparation:

1. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
3. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.

4. In another small bowl, mix the hoisin sauce and peanuts.
5. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

You can find the fish sauce, rice vermicelli, chili garlic sauce, hoisin sauce and rice wrappers can be found at Asian food markets.

Vietnamese Sandwich

Ingredients:

- 4 boneless pork loin chops, cut 1/4 inch thick
- 4 (7 inch) French bread baguettes, split lengthwise
- 4 teaspoons mayonnaise, or to taste
- 1 ounce chile sauce with garlic
- 1/4 cup fresh lime juice
- 1 small red onion, sliced into rings
- 1 medium cucumber, peeled and sliced lengthwise
- 2 tablespoons chopped fresh cilantro
- salt and pepper to taste

Preparation:

1. Preheat the oven's broiler. Place the pork chops on a broiling pan and set under the broiler.
2. Cook for about 5 minutes, turning once, or until browned on each side.
3. Open the French rolls and spread mayonnaise on the insides. Place one of the cooked pork chops into each roll. Spread chile sauce directly on the meat. Sprinkle with a little lime juice and top with slices of onion, cucumber, cilantro, salt and pepper.
4. Finish with another quick drizzle of lime juice.

Vietnamese Beef Pho

Ingredients:

- 4 quarts beef broth
- 1 large onion, sliced into rings
- 6 slices fresh ginger root
- 1 lemon grass
- 1 cinnamon stick
- 1 teaspoon whole black peppercorns
- 1 pound sirloin tip, cut into thin slices
- 1/2 pound bean sprouts
- 1 cup fresh basil leaves
- 1 cup fresh mint leaves
- 1 cup loosely packed cilantro leaves
- 3 fresh jalapeno peppers, sliced into rings
- 2 limes, cut into wedges

- 2 (8 ounce) packages dried rice noodles
- 1/2 tablespoon hoisin sauce
- 1 dash hot pepper sauce
- 3 tablespoons fish sauce

Preparation:

1. In a large soup pot, combine broth, onion, ginger, lemon grass, cinnamon, and peppercorns. Bring to a boil, reduce heat, and cover. Simmer for 1 hour.
2. Arrange bean sprouts, mint, basil, and cilantro on a platter with chilies and lime.
3. Soak the noodles in hot water to cover for 15 minutes or until soft. Drain. Place equal portions of noodles into 6 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Pass platter with garnishes and sauces.

Vietnamese Beef Noodle Soup

Ingredients:

- 4 ounces dried rice noodles
- 6 cups cold water
- 3 (10.5 ounce) cans condensed beef broth
- 1 teaspoon chopped fresh ginger root
- 1/2 teaspoon kosher salt
- 1 Thai chile, chopped
- 1/2 pound boneless top round steak, sliced very thin
- 1/4 pound fresh basil
- 4 tablespoons snipped fresh cilantro
- 1/4 pound mung bean sprouts
- 4 green onions, thinly sliced
- 4 wedges lime
- hot pepper sauce (optional)
- oyster sauce (optional)

Preparation:

1. Soak noodles in cold water for 30 minutes. Drain. Bring water to a boil in large pot. Add noodles, and boil 3 to 5 minutes - don't overcook. Drain, and rinse with cold water. Set aside.
2. Meanwhile, combine beef broth, ginger, salt, and Thai pepper in a saucepan. Bring to a boil, and simmer for 15 minutes.
3. Place equal portions of noodles into 4 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef.
4. Garnish with lime wedges, basil leaves, cilantro, mung beans, and green onions, and serve with hot pepper sauce and oyster sauce.

Vietnamese Fried Spring Rolls

Ingredients:

For nuoc cham dipping sauce

- 5 1/2 tablespoons sugar
- 3/4 cup warm water
- 1/4 cup plus 1 tablespoon Asian fish sauce (preferably from Phu Quoc)
- 2 tablespoons rice vinegar (not seasoned)
- 2 teaspoons fresh lime juice (optional)
- 2 garlic cloves, minced
- 2 fresh Thai chiles (2 to 3 inches; preferably red; including seeds), thinly sliced crosswise

For spring rolls:

- 7 1/2 ounce very thin bean thread noodles (in small skeins, also known as cellophane or mung bean noodles*)
- 2 ounce dried wood ear mushrooms
- 1 medium shallot
- 2 garlic cloves
- 2 cups grated carrots (4 to 5 carrots)
- 1 pound ground pork shoulder
- 1/4 cup Asian fish sauce (preferably from Phu Quoc)
- 1/4 cup plus 1 teaspoon sugar
- 2 1/2 teaspoons black pepper
- 2 teaspoons salt
- 1 pound shrimp in shell, peeled and deveined
- 25 (8 inch) square frounceen spring roll pastry wrappers made with wheat flour, thawed
- 1 large egg yolk, lightly beaten
- About 6 cups vegetable oil
- Special equipment: a deep-fat thermometer
- Accompany with lettuce leaves and fresh mint and cilantro leaves

Preparation:

Make dipping sauce:

1. Stir together sugar and water until sugar is dissolved. Stir in remaining sauce ingredients, then chill, covered, at least 2 hours.

Prepare filling:

2. Put noodles in a large bowl and cover with hot water by several inches. Soak, pulling noodles apart and stirring occasionally, 10 minutes. Drain noodles and cut into 2- to 3 inch pieces (you should have about 3 cups), then transfer to another large bowl.

3. Put mushrooms in a bowl and cover with hot water by several inches. Soak 15 minutes. Drain and rinse mushrooms thoroughly, then drain again. Trim off and discard any hard parts from mushrooms. Finely chop mushrooms. (You should have about 2 cups.) Add to noodles.

4. Pulse shallot and garlic in a food processor until finely chopped, then add to noodles along with carrots, pork, fish sauce, sugar, pepper, and salt. Pulse shrimp

in processor until coarsely ground. (Do not overprocess or it will become pasty.) Add shrimp to noodle mixture. Mix with your hands until well combined. Chill filling, covered with plastic wrap, until cold.

Assemble rolls:

5. Line 2 trays with wax paper.

6. Transfer one fourth of filling to a small bowl and keep remainder chilled, covered. Place 1 wrapper on a work surface, keeping remaining wrappers covered with a clean kitchen towel (to prevent them from drying out). Cut wrapper diagonally in half to form 2 triangles. With long side of 1 triangle nearest you, put 2 tablespoons filling along middle of long edge of triangle, and shape filling into a thin 5 inch log. Fold left and right corners of wrapper over filling, overlapping slightly and aligning bottom edges. (Wrapper will resemble an open envelope.) Dab top corner with yolk, then roll up wrapper away from you into a long thin roll, making sure ends stay tucked inside. Place on a tray, seam side down. Repeat with remaining triangle. Make more rolls in same manner with remaining wrappers and filling, keeping trays of rolls chilled, loosely covered, until ready to fry.

7. Heat 1 1/2 inches of oil in a 5- to 6-quart pot over moderately high heat until it registers 365°F on thermometer. Fry rolls in batches of 5 or 6, keeping rolls apart during first minute of frying to prevent sticking, until golden brown and cooked through, 4 to 5 minutes. (Return oil to 365°F between batches.) Transfer as fried to a colander lined with paper towels and drain rolls upright 2 to 3 minutes. To eat, wrap hot or warm rolls in lettuce leaves and tuck in mint and cilantro leaves. Serve with dipping sauce.

Vietnamese Spring Rolls with Dipping Sauce

Ingredients

- 1/4 cup white vinegar
- 1/4 cup fish sauce
- 2 tablespoons white sugar
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 1/4 teaspoon red pepper flakes
- 2 ounces rice vermicelli
- 8 large shrimp, peeled and deveined
- 4 rice wrappers (8.5 inch diameter)
- 2 leaves lettuce, chopped
- 3 tablespoons finely chopped fresh mint leaves
- 3 tablespoons finely chopped cilantro
- 4 teaspoons finely chopped Thai basil

Preparation:

1. Whisk vinegar, fish sauce, sugar, lime juice, garlic, and red pepper flakes together in a small bowl. Set the dipping sauce aside.

2. Fill a large bowl with room temperature water. Add rice vermicelli and soak for 1

hour.

3. Bring a large pot of water to a boil. Drop in shrimp and cook until curled and pink, about 1 minute. Remove the shrimp and drain. Slice each shrimp in half lengthwise. Transfer rice vermicelli noodles to the pot of boiling water and cook for 1 minute. Remove and drain in a colander. Immediately rinse the vermicelli with cold water, stirring to separate the noodles.

4. To assemble the rolls, dip 1 rice wrapper in a large bowl of room temperature water for a few seconds to soften. Place wrapper on a work surface and top with 4 shrimp halves, 1/4 of the chopped lettuce, 1/2 ounce vermicelli, and 1/4 each of the mint, cilantro, and Thai basil. Fold right and left edges of the wrapper over the ends of the filling and roll up the spring roll. Repeat with remaining wrappers and ingredients. Cut each roll in half and serve with dipping sauce.

Vietnamese Style Vegetarian Curry Soup

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, coarsely chopped
- 2 shallots, thinly sliced
- 2 cloves garlic, chopped
- 2 inch piece fresh ginger root, thinly sliced
- 1 stalk lemon grass, cut into 2 inch pieces
- 4 tablespoons curry powder
- 1 green bell pepper, coarsely chopped
- 2 carrots, peeled and diagonally sliced
- 8 mushrooms, sliced
- 1 pound fried tofu, cut into bite-size pieces
- 4 cups vegetable broth
- 4 cups water
- 2 tablespoons vegetarian fish sauce (optional)
- 2 teaspoons red pepper flakes
- 1 bay leaf
- 2 kaffir lime leaves
- 8 small potatoes, quartered
- 1 (14 ounce) can coconut milk
- 2 cups fresh bean sprouts, for garnish
- 8 sprigs fresh chopped cilantro, for garnish

Preparation:

1. Heat oil in a large stock pot over medium heat. Saute onion and shallots until soft and translucent. Stir in garlic, ginger, lemon grass and curry powder.
2. Cook for about 5 minutes, to release the flavors of the curry. Stir in green pepper, carrots, mushrooms and tofu. Pour in vegetable stock and water.
3. Season with fish sauce and red pepper flakes. Bring to a boil, then stir in potatoes and coconut milk. When soup returns to a boil, reduce heat and simmer

for 40 to 60 minutes, or until potatoes are tender.

4. Garnish each bowl with a pile of bean sprouts and cilantro.

Vietnamese Grilled Pork and Rice Noodles

Ingredients:

- 1.5 pounds pork, sliced
- 1 package rice vermicelli (small or medium thickness)
- 4-6 egg rolls if you wish

Marinade:

- 2 cloves garlic, minced
- 1.5 shallots, minced
- ¼ cup sugar
- 1 table spoon fish sauce
- ½ table spoon thick soy sauce
- ½ table spoon pepper
- 3 table spoons neutral cooking oil

Vegetables:

- mint
- Vietnamese perilla
- Vietnamese balm
- cucumbers, sliced

Garnish

- 1 Lemon or vinegar
- 2 table spoons of olive oil in a pan and about 3 minutes stir fried with chopped scallion.
- crushed peanuts

Dipping Sauce

- Fish sauce

Preparation:

1. Freeze the pork slightly so you can slice it thinly. About ½ inch or slightly thicker works well.
2. Mince garlic and shallots. Mix in a bowl with sugar, fish sauce, thick soy sauce, pepper, and oil until sugar dissolves.
3. Marinate the meat for at least 1 hour, or overnight for better results.
4. Bake the pork at 375 degree for 10-15 minutes or until about 80% cooked.
5. Finish cooking by broiling in the oven until a nice golden brown color develops, flipping the pieces midway.

Vietnamese Caramelized Chicken

Ingredients:

Marinade:

- 2 tablespoons fish sauce

- 1 tablespoons brown sugar

Meat:

- 1.5 pounds chicken drumsticks (you can use any cut desired)

Sauce:

- ½ cup brown sugar
- ¼ cup fish sauce
- ¼ cup rice vinegar
- ¼ cup water
- 1 tablespoon ginger, minced
- 1 shallot, minced
- 3 cloves garlic, minced
- vegetable oil for frying

Garnish:

- 2 sprigs of scallion, roughly chopped ½ inch - ¾ inch long
- 1 jalapeno, thinly sliced
- 1 thai chili, thinly sliced
- Make Slow-Cooker Beef and Potato Stew

Preparation:

1. Marinade in about 2 tablespoons fish sauce and 1 tablespoons brown sugar for a least 1 hour.
2. Rotate and redistribute marinade after the first 30 minutes.
3. Combine for the sauce: ½ cup brown sugar, ¼ cup fish sauce, ¼ cup rice vinegar, ¼ cup water
4. Then add to the sauce 1 tablespoon minced ginger, 1 minced shallot, and 3 cloves minced garlic.
5. Heat a pan on high heat, then add some vegetable oil. Add the chicken and rotate as it browns. This should only take a 1-2 minutes.
6. Turn down the heat to about medium so the chicken can cook through.
7. Add some of the sauce, just enough to color and kind of baste the meat as it cooks. You could add the rest of the sauce now too, but I find it makes more sense to cook them separately so you can control the doneness of the chicken and thickness of the sauce independently. Remove the chicken. Add the rest of the sauce and cook on medium high heat until it just reaches desired consistency.
8. Add the sliced jalapeno and scallion to cook just slightly as the sauce finishes. If you want more bite to the jalapeno, slice it thicker and don't let it cook too much (same with the scallion).

Chicken - Vegetable Salad

Ingredients:

- 1 medium-sized head celery (Chinese) cabbage, washed, dried, torn into bite-size pieces, and chilled
- 3 cups diced cold, cooked chicken
- ½ cup diced bean curd

- 2 medium-sized carrots, scraped and thinly sliced
- 1 medium-sized cucumber, peeled, seeded, and diced
- 1 medium-sized red or green pepper, cleaned and cut into strips
- 8 scallions, cleaned and sliced, with some tops
- ½ cup peanut or salad oil
- 3 tablespoons fresh lime or lemon juice
- 1 tablespoon anchovy paste
- ¼ cup chopped fresh mint

Preparation:

1. Combine cabbage, chicken, bean curd, carrots, cucumber, peppers, and scallions in a salad bowl; toss.
2. Mix remaining ingredients, except mint, and pour over salad; toss.
3. Sprinkle with mint and serve.

Chicken Noodle Soup

Ingredients:

- 2 ounces cellophane noodles
- 4 dried Chinese mushrooms, about 1 to 1½ inches in diameter
- 6 cups chicken stock, fresh or canned lone-pound chicken breast
- 1 tablespoon vegetable oil
- 1 small onion, peeled, cut in half lengthwise, then sliced lengthwise into ¼ inch-wides livers
- 1 tablespoon fish's gravy (see Glossary)
- ¼ teaspoon white pepper
- ¼ cup finely chopped scallions, including the green tops
- 6 fresh coriander leaves

Preparation:

1. In a deep bowl combine the cellophane noodles with 2 cups of cold water. Cover the mushrooms with 2 cups of warm water in a separate bowl. Let them soak for 30 minutes; drain and discard the water. With a cleaver or sharp knife, cut the noodles into 2 inch lengths. Cut away and discard the tough stems of the mushrooms and slice the caps crosswise into ¼ inch-wide strips.
2. Combine the chicken stock and chicken breast in a 4- to 5-quart casserole and bring to a boil over high heat, meanwhile skimming off the foam and scum as they rise to the surface. Reduce the heat to low, cover partially and simmer for 5 to 8 minutes, or until the chicken is almost tender but still somewhat resistant to the touch.
3. Transfer the chicken breast to a plate and set the stock aside. Remove the skin of the chicken with a small knife or your fingers. Cut or pull the chicken meat away from the bones. Discard the skin and bones and cut the meat into strips about ¼ inch wide and 1 to 1½ inches long.
4. In a heavy 6- to 8 inch skillet, heat the oil over moderate heat until it is very hot but not smoking. Drop in the onion slivers and, stirring frequently, cook for 1 or 2

minutes. Do not let them brown. Add the chicken and mushrooms and stir for a minute or so longer.

5. Transfer the entire contents of the skillet to the casserole and bring the soup to a boil over high heat. Stir in the fish's gravy and white pepper, and then add the noodles. Reduce the heat to low and simmer uncovered for 5 minutes, or until the noodles are tender. Taste for seasoning.

6. Serve at once from a heated tureen or in individual soup plates. Just before serving, sprinkle the soup with the scallions and coriander leaves.

Lemongrass Chicken

Ingredients:

- 1 3-pound frying chicken
- 4 stalks lemongrass (see Glossary), minced, about ½ cup
- 3 scallions (green and white part)
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper, plus more to taste
- 2 tablespoons peanut oil
- 2 small fresh red chili peppers, seeded, cored, and chopped
- 2 teaspoons sugar
- ½ cup Chicken Stock or use canned

Garnish:

- ½ cup chopped dry-roasted peanuts
- 2 tablespoons fish sauce
- Chopped fresh coriander leaves

Preparation:

1. Hack the chicken into small serving pieces, chopping through the bones with a sharp cleaver. Remove the outer leaves of the lemongrass and finely slice the tender white part at the base of the stalks.

2. Bruise with a mortar and pestle or the handle of a cleaver. Finely slice the scallions, including the green tops. Mix the chicken with the salt, ¼ teaspoon pepper, the lemongrass, and scallions and set aside for 30 minutes.

3. Heat a wok, add the oil, and when oil is hot add the chicken mixture and stir-fry for 3 minutes. Add chili peppers, and stir-fry on medium heat for 10 more minutes or until chicken no longer looks pink.

4. Season with sugar and pepper and add the Chicken Stock. Chow or stir for a few minutes. Garnish with the peanuts, fish sauce, and coriander. Serve with rice!

Meatball on a Stick

Ingredients:

- 1½ pounds lean ground beef
- 1 egg white

- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- ½ teaspoon salt
- ½ teaspoon ground white pepper
- 1 tablespoon sesame oil
- 2 cloves garlic, peeled and crushed
- 2 tablespoons dry sherry
- ½ teaspoons liquid smoke
- 1 teaspoon sugar
- 1 tablespoon cornstarch

Preparation:

1. Place all of the ingredients in an electric mixer and blend until very smooth.
2. Mold all of the meat mixture into walnut-size meatballs and place on metal or bamboo skewers.
3. Broil in the oven, turning once, or on the charcoal grill, much preferred.
4. Serve with chopped fresh coriander or mint, lettuce leaves, and moistened rice paper wrappers, and Vietnamese Dipping Sauce.

Rare Beef with Lime

Ingredients:

- 1 pound sirloin-tip roast, sliced paper thin

Marinade:

- ½ teaspoon peanut oil
- 2 tablespoons dried minced onion flakes
- 2 tablespoons oyster sauce
- 3 tablespoons freshly squeezed lime juice
- ½ cup peeled and thinly sliced yellow onion
- 1 jalapeno pepper, seeded and thinly sliced

Garnish:

- Chopped scallions
- Chopped dry-roasted peanuts
- Fried onion flakes
- Fresh coriander leaves
- Lime wedges

Preparation:

1. Slice the meat very thin. For easy slicing, just freeze a boneless roast until it is very firm but not hard. Or have your butcher do it.
2. First, prepare the fried onion flakes for the marinade and the garnish. Heat a small frying pan and add ½ tablespoon peanut oil.
3. Put in 2 tablespoons of dried onion flakes and toast over medium heat until the onions are a light brown.
4. Drain on paper towels and place in a sealed jar. They will keep in the

refrigerator for several days and they make a great garnish.

5. Combine the ingredients for the marinade in a large bowl. Mix well and add the meat. Toss a couple of times, cover, and place in the refrigerator to chill for 2 hours.

6. Arrange the meat on a cold platter and top with the garnishes. The dish can be eaten with rice paper wrappers or with rice.

Stuffed Bean Curd

Ingredients:

- 6 dried Chinese mushrooms, 1 to 1½ inches in diameter
- ½ cup warm water
- ½ pound lean ground pork
- ½ cup finely chopped onions
- 1 tablespoon finely chopped scallions, including 2 inches of the green tops
- ¼ teaspoon white pepper
- 3 teaspoons fish's gravy (see Glossary)
- ½ cup plus 3 tablespoons vegetable oil
- 6 fresh Chinese bean-curd cakes, each about 3 inches square
- 2 small firm ripe tomatoes, stemmed, cut crosswise into 1- inch slices and then cut into 1 inch cubes

Preparation:

1. First prepare the stuffing in the following way: Cover the dried mushrooms with the ½ cup of warm water and let them soak for 30 minutes. Drain them and save the water. With a cleaver or sharp knife, cut away and discard the tough stems, then finely chop the caps.

2. In a deep bowl, combine the mushrooms, pork, onions, scallions, white pepper and 1 teaspoon of the fish's gravy. Knead with your hands, then beat with a large spoon until the stuffing is smooth and fluffy. Set the stuffing aside.

3. In a heavy 10- to 12 inch skillet, heat ½ cup of the vegetable oil until it is very hot but not smoking. Pat the bean-curd cakes completely dry with paper towels and fry 3 pieces at a time, turning them carefully with a slotted spatula, for about 5 minutes, or until they are golden brown and crisp on both sides.

4. Watch carefully for any sign of burning and regulate the heat accordingly. As they brown, transfer the bean-curd cakes to paper towels to drain.

5. With a cleaver or large, sharp knife, cut each bean-curd cake into 4 small equal squares. Using a small spoon, scoop out as much white curd from the center of each square as you can, but be careful not to break the crisp outer shell. Gently press about 2 teaspoons of the stuffing mixture into each hollowed square.

6. Discard the fat remaining in the skillet, pour in the remaining 3 tablespoons of oil, and heat the oil over moderate heat until a light haze forms above it. Add the tomatoes and the remaining 2 teaspoons of fish's gravy and, stirring constantly, cook for 2 or 3 minutes.

7. Then stir in the reserved mushroom water, place the stuffed bean curds in one

layer on top of the tomato sauce, reduce the heat to low, and cover tightly. Simmer for 8 to 10 minutes, or until the pork stuffing shows no trace of pink when pierced with the point of a small, sharp knife.

8. Transfer the stuffed bean-curd cakes to a heated platter, pour the sauce over them, and serve,

Vietnamese Dipping Sauce

Ingredients:

- ½ cup fish sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons sugar
- 1 cup water
- ¼ cup grated carrots
- ¼ cup grated daikon radish
- 1 clove garlic, peeled and crushed
- Juice of ½ lime
- Chili oil to taste

Preparation:

1. Mix all the ingredients together well and chill a bit before serving.

Curried Vegetable Salad

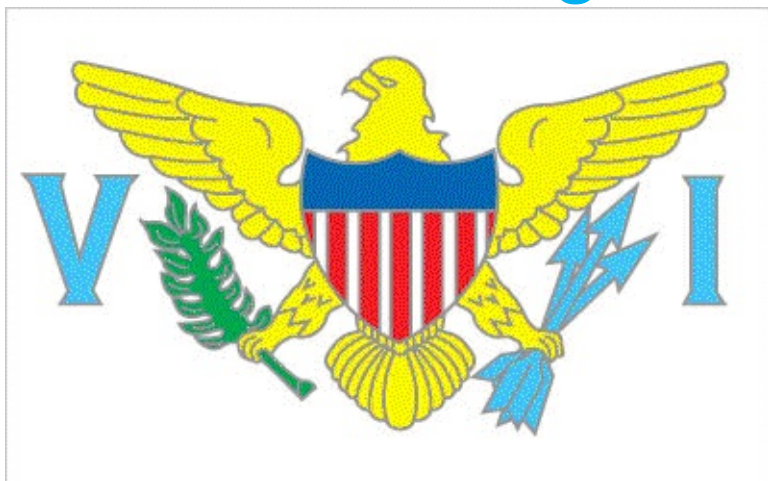
Ingredients:

- ½ pound fresh mushrooms, cleaned and sliced
- ½ pound fresh green beans, stemmed and cut up
- ½ pound fresh broccoli, cut up
- 1 large onion, peeled and sliced
- 2 garlic cloves, crushed
- 1/3 cup peanut or salad oil
- 1 tablespoon turmeric powder
- 1 teaspoon ground cumin
- ½ teaspoon ground red pepper
- Salt, pepper to taste
- Juice of 1 large lime or lemon

Preparation:

1. Wash and dry mushrooms, green beans, and broccoli.
 2. Saute onion and garlic in oil in a medium skillet until tender.
 3. Add turmeric, cumin, red pepper, salt, and pepper; cool 1 minute.
 4. Add vegetables and cook slowly, covered, until just tender and preferably a little crisp, about 10 minutes.
 5. Remove from heat; cool.
 6. Add lime or lemon juice and mix well.
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Virgin Islands



Stuffed Eggplant

Ingredients:

- 1 Eggplant
- ½ cup cooked rice
- ¾ cup cooked meat or fish (options: tofu, cauliflower or chunks)
- 2 Tablespoons butter
- 1 chopped tomato
- ½ chopped onion
- ½ bell pepper
- 1 t thyme
- 1 tablespoons oregano
- 2 Tablespoons water
- Salt and pepper
- 1 cup bread crumbs
- ¼ parmesan cheese

Preparation:

1. Cut clean eggplant in half lengthwise. Scoop out the inside pulp and put into separate bowl. Melt butter in frying pan and sauté tomato, onion and bell pepper until onion is translucent. Add water meat, rice, eggplant pulp, thyme and oregano and continue to sauté for several more minutes.
2. Add salt and pepper to taste. Scoop the mixture into eggplant shells.
3. Mix bread crumbs and parmesan cheese together and sprinkle over the eggplant and bake at 400 degrees for 45 minutes or until brown.

Fish Soup

Ingredients:

- 3 pounds of fish (cleaned)
- 1 tablespoon black pepper
- 2 tablespoons salt

- 2 Tablespoons recaito
- 2 Tablespoons oil
- 1 large diced onion
- 1 small diced green bell pepper
- 1/2 sm all diced red bell pepper
- 1 diced celery stalk
- 3 sprigs fresh thyme
- 3 minced garlic cloves
- 1 diced scallion
- 1/2 gallon vegetable stock
- 3 large Tania
- 3 large potatoes
- 2 large carrots
- 1 pound pumpkin
- 2 green bananas
- 1/2 white cabbage
- 1 Teaspoon chopped fresh parsley leaves
- 10-12 cups water
- 1 scotch bonnet
- Salt and pepper to taste

Preparation:

1. Mix first 4 ingredients and set aside for several hours or overnight. Heat oil in large stock pot. Sauté the next 7 listed ingredients until translucent. Add vegetable stock and stir. Add remaining ingredients except for scotch bonnet pepper. Add salt and pepper to taste. Bring to a boil and simmer for 10 minutes. Add fish, dumplings, desired amount of scotch bonnet* and stir. Cover, reduce heat and boil for about 30-40 minutes. Serve with lime slices.

2. Be sure to not pop or pierce the pepper while boiling. When the skin of the pepper looks soft about 25 minutes, scoop it out whole and place in a small bowl. With separate utensils, pierce the pepper to release the juices. Use the juices similar to a pepper bottle. With this method, each individual can adjust the heat of their own bowl.

Curry Fish

Ingredients:

- 3 pounds of Fish
- 1 tablespoons oregano
- 1 tablespoon thyme
- 1 medium onion – chopped
- 1 celery stalk – chopped
- 1/2 green bell pepper – chopped
- 1/2 red bell pepper – – chopped

- 2 cloves garlic – crushed or minced
- 1 medium tomato – chopped
- 2 Tablespoons curry powder
- 3 small potatoes
- 3 medium carrots
- 2 Tablespoons Canola oil
- 1- 2 cups water
- 1 tablespoons butter
- 1/2 Coconut milk
- 1 1/4 cup Water
- Salt and pepper

Preparation:

1. Clean and season the fish with salt, pepper, thyme and oregano. Heat oil and butter in stock pot. Add onions, celery, bell peppers and saute until translucent.
2. Add garlic, tomato and curry to pot and saute for about 1 minute. Add fish to pot and stir everything together to coat well.
3. Add coconut milk and water, bring to a boil, cover and reduce heat. Simmer for about 20 minutes, stir and adjust seasonings if necessary. Simmer for about 10 additional minutes or until vegetables are tender.

Ducana

Ingredients:

- 2 cups shredded coconut
- 2 cups finely grated sweet potatoes
- 1 1/2 cups water
- 1 cup sugar (or to taste)
- 1 teaspoon cinnamon
- 1 tablespoon ground nutmeg
- 1 1/2 cups flour

Preparation:

1. Combine all ingredients. Adjust seasonings to your desired taste. Traditionally, Ducana is wrapped in banana leaves. If you don't have banana leaves, use heavy duty foil paper. A 10 × 12 piece of foil should work perfectly. Place a scoop of Ducana mixture into the center of the foil and begin to wrap the foil 1/3 of the loose piece at a time to form a secure seal.
2. Add the wrapped Ducana to boiling water to cover and boil for 30-45 minutes. Remove one, carefully open to check if the Ducana is fully cooked.

Coconut Sugar Cake

Ingredients:

- 2 cups Sugar
- ½ cup water
- 1 ¼ cup shredded coconut
- ½ tablespoon vanilla essence

Preparation:

1. Mix first three ingredients together in a pot. Cook slowly while stirring constantly to avoid sticking, until mixture forms a soft ball.
2. Remove from heat and stir in vanilla essence well. Drop by spoonful on cookie sheet that has been lined with parchment paper. Let cool to form sugar cakes.

Saltfish Fritters

Ingredients:

- ½ pound saltfish
- 2 cups flour
- 2 tablespoons baking powder
- 1 tablespoon salt
- ½ tablespoon thyme
- 1 tablebsoon minced onions
- 1 clove minced garlic
- ¼ tablespoon pepper
- 2 cup water
- Oil

Preparation:

1. Soak salt fish for several hours to remove most of the salt. Pick saltfish apart with fingers into shreds. Combine dry ingredients in large bowl.
2. Add fish and garlic to dry ingredients and mix well. Add water gradually to create a batter . You may not need to use the full 2 cups. Drop spoonfuls of the batter into hot oil and cook until golden brown.

SALTFISH PATE

Ingredients:

- Flour, 4 cups
- _ Unsalted butter, 4 tablespoons
- Salt, 1/2 teasppon
- 2 tablespoons Baking powder
- 1 tablespoon sugar
- 1 Cup of water

Filling Ingredients:

- 1 pound Saltfish

- ½ Sweet green pepper (finely chopped)
- 1 Onion (finely chopped)
- ½ Celery stalk (finely chopped)
- 1 Garlic clove (minced)
- 1 Tablespoon Parsley
- 1 teaspoon Thyme
- 1 teaspoon Oregano
- Butter, 2 tablespoons
- 1 Hot pepper (finely chopped)
- 1/24 cup of tomato paste
- Canola Oil for frying

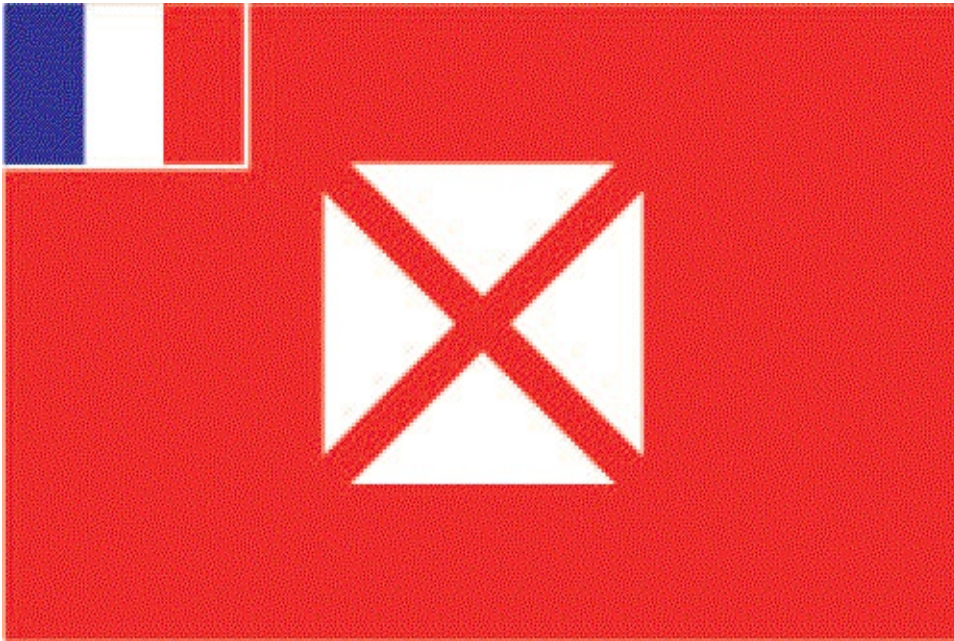
Preparation:

- 1 . Mix dry ingredients in large bowl. Cut in shortening with knives or pastry blender.
2. Add water slowly to form a soft dough. Knead gently on a floured board for a few minutes. Cover and let rest for about 10 minutes.
3. Shape into small balls, roll out and cut into circles desired for the pate. You may need to add a couple additional Tablespoons of water depending on the humidity.

Preparation for the filling:

1. Soak saltfish overnight. Boil saltfish until, drain and mince with a fork. Sauté the vegetables in the butter until brown.
2. Add remaining ingredients and saltfish and cook for a few minutes longer. If the filling seems dry add a little water. Let cool down before using.
3. Place filling on each circle of dough, leaving edge bare, moisten edge with water.
4. Turn over and seal meat inside dough by pressing moist edges together with fork.
5. Fry in oil or bake, until dough is golden brown.

Wallis and Futuna



Stuffed Bananas

Ingredients:

- 6 green bananas
- 9 ounce ground beef
- 1 onion, chopped fine
- 1 egg
- Salt and pepper

Preparation:

1. Brown the meat and set aside. In a small bowl, beat the egg.
2. Slice the bananas in half lengthwise and remove the flesh, taking care not to damage the peels.
3. Mash with a potato masher and then mix in the meat, egg and onion.
4. Stuff the banana peels with the mixture and wrap up in banana leaves. Bake for 45 minutes.

Spicy Fried Fish

Ingredients:

- 2 pounds fish fillets (I used barramundi, which is fished there locally)
- 1/2 cup flour
- 2 tea spoons to 1 tablespoon curry powder (I used a hot madras variety)
- 1 1/2 cups coconut milk
- Oil
- salt and pepper to taste

Preparation:

1. Start by mixing the flour with the curry powder, salt and pepper. Now rinse the

fish and cut it up into bite sized pieces.

2. Dip them in the coconut milk and dredge in the flour mixture.

3. Now pan fry them in a splash of oil until golden.

4. Pour in the rest of the coconut milk and simmer over a low flame until cooked through. Sprinkle with a little lemon juice and serve.

Sweet Potatoes

Ingredients:

- 5 or 6 sweet potatoes
- 1 large onion (or 5 small green onions), sliced
- 1 clove garlic
- 1 to 2 tea spoons chopped ginger
- 3 hard boiled eggs, chopped
- 1 cup coconut milk

Preparation:

1. Peel the sweet potatoes and cut into chunks. Boil for 15 or 20 minutes or until easily pierced by a fork, but not over-soft. Drain and set aside.

2. Sauté the onions with the garlic in a little oil. Add the coconut milk, sweet potatoes and boiled eggs.

Stuffed Zucchini

Ingredients

- 1/2 kg savory minced beef
- 1 kilogram small zucchini
- 10 grams garlic cloves
- 2 cups yogurt
- 1-2 cups meat stock
- 6-8 slices toast
- Core zucchini
- salt and pepper
- 2 tablespoons pine nuts

Preparation:

1. Core zucchini, and wash and set aside till needed

2. Mix pine nuts with savory minced beef and stuff zucchini loosely.

3. Arrange in pot after adding stock and seasoning and cook for 10-15 minutes.

4. Chop garlic with salt and stir into the yogurt.

5. Line the bottom of the serving dish with one layer of toast.

6. Bring the zucchini to a boil and pour hot juice over the toast.

7. Arrange cooked zucchini on toast and top with yogurt.

8. Just remember that this dish should be served immediately since it is difficult to reheat.

Wallis' Apple Tartin Cake

Ingredients:

- 6 cooking apples (about 1 kilo)
- 150 grams butter
- 150 grams white sugar
- 1/2-2 teaspoon cinnamon (to suit your taste)

cake batte:

- 150 gramsram self raising flour
- 150 gramsram plain flour
- 7 teaspoons water
- 1 teaspoon vanilla
- 150 gramsram butter, room temp
- 3 tablespoons sugar

Preparation:

1. Apple mix:.
2. Peel, core and slice the apples and set aside.
3. In a large, heavy based frypan, melt the butter then add the sugar. When golden (almost brown) add the cinnamon. Remember to stir constantly as caramel burns fast!
4. Add the apples and cook for 60 seconds.
5. Pour mix evenly into a well greased and well lined 20cm round cake tin.
6. Let cool while making the cake mix.
7. Cake:
8. In a medium sized bowl, add the flour, sugar, butter and vanilla, beat.
9. Add the water a little at a time. It will be quite thick, this is correct.
10. Gently add "blobs" of the mix all over and pat the cake mix over the apples (Wallis used a fork).
11. Place into a pre-heated 200oC oven for 50 -55 minutes.
12. Once cooked, cool in the tin for 10 mins and then turn onto a plate.
13. Traditionally enjoyed at room temperature with a blob of cream and a cup of tea for afternoon tea.

West Bank



Musakhan

Ingredients:

- 1 chicken cut into 8 pieces
- 4 large pita bread loaves (pocketless is best)
- 3 tablespoons of ground sumac
- 1 lemon, juiced
- 1 tablespoon of mixed spices (salt, black pepper, nutmeg, cinnamon, allspice)
- 2 large onions, sliced thin
- 1/2 cup roasted almonds
- 2 tablespoons of pine nuts
- 3/4 cup of olive oil
- 1/2 cup of water

Preparation:

1. Preheat the oven to 350.
2. Mix the onion slices with 1/2 cup of olive oil, lemon juice, the sumac and the spices.
3. Spread a thin layer of the onion on the bottom of a large baking dish.
4. Arrange the chicken pieces on top of the onion layer.
5. Cover the chicken with the remaining onions.
6. Add water and bake for 45 minutes, until chicken is golden.
7. Grease a separate baking dish with the remaining olive oil
8. Place the pita loaves on the bottom of the new baking dish
9. Top the pita loaves with the baked chicken, onions, and 2 tablespoons of chicken juice
10. Bake for additional 20 minutes.
11. Garnish with roasted almonds and pine nuts.
12. Must serve hot.

Maqloobeh

Ingredients:

- 1 chicken cut into 8 pieces (best if a free-range chicken)
- 1 head cauliflower cut into medium-size spears (organic or locally grown will greatly enhance the taste and the nutritional value)
- 4 cups of basmati rice
- 2 cloves of garlic
- 1 sliced tomato
- 1 onion
- 3 tablespoons of mixed spices (cumin, garlic powder, ground cardamom, black peppers, cinnamon, curry powder).
- 1 cup of toasted pine nuts and almonds
- 4 tablespoon extra virgin olive oil
- 8 cups of water

Preparation:

1. Mince the garlic and chop up the onion
2. In a deep pan, heat the olive oil and sauté both the onion and garlic until golden
3. Add the chicken, then the spices, and add water to cover the chicken and bring to boil
4. Cover the pot and cook on medium heat until chicken is fully cooked (50 minutes).
5. While the chicken is cooking, brush the cauliflower with olive oil and bake them until slightly tender (you can deep fry the vegetable if you prefer).
6. Separate the cooked chicken from the spicy broth. You will use this tasty broth to cook the rice.
7. Layer the tomato slices in an empty pot first (these slices will prevent the rice from sticking to the pot, and when it is turned upside down, the tomato slices will be on top)
8. Now layer the cauliflower, chicken and the rice – alternating vegetables and chicken within the rice so that the final product will have a balanced mix of the ingredients.
9. Add the chicken broth; bring to a boil, then let all simmer until the rice is cooked.
10. Open the pot, letting out the steam for 2 to 3 minutes.
11. Cover the pot with a serving tray much larger than the size of the pot (a pizza pan might be best) and while holding the pan tightly in place with a thick glove, turn the pot upside down. Lift the pot up carefully and slowly. Now the maqloobeh will sit in one mound on the serving tray.
12. Top with roasted nuts
13. Serve with a vegetable salad or with plain yogurt on the side.

Mujadarah

Ingredients:

- 5 cups of onions

- 1 1/2 cups of burgoul (cracked wheat) or (rice)
- 1 1/2 cups of olive oil
- 3 Cups of Lentils
- Water
- 1 teaspoon of cumin

Preparation:

1. Wash the lentils good and boil them until they soften.
2. Chop the onions to medium cubes and put it in a pan with olive oil – (olive should cover half of the quantity) and let it cook until it becomes brown and crunchy. (Take away the extra olive oil and add some fresh after browning)
3. You can over cook the onions until they become brown if you want a red mujadarah but then you will want to replace the burned olive oil with new olive oil.
4. Add the burgoul to the mixture after the lentils have become soft. Let the mixture cook down on a low fire. (If there is too much water take away some before you add the burgoul).
5. When the burgoul softens add the onions and stir carefully with a wooden spoon.
6. Turn the fire off and cover the pan for 15 minutes.
7. You can add a pinch of cumin to the mujadarah if you like its taste.
8. Yes, the mujadarah is ready to be served. You can add a little bit of fresh olive oil before you serve the dish.

Za'tar

Ingredients:

- 1/4 cup sesame seeds
- 1 cup dried oregano leaves
- 1/2 cup dried thyme leaves
- 3 Tablespoons ground sumac (available in Middle Eastern stores)
- 2 1/2 Tablespoons coarse salt
- 1/2 teaspoon ground allspice
- 1/4 teaspoon caraway seeds

Preparation:

1. Place sesame seeds in skillet over medium or high heat.
2. Cook, stirring constantly, until they start to crackle and pop. As seeds begin to brown lightly, remove skillet from heat and continue stirring. As soon as all of the seeds are uniformly light brown, transfer them to a plate to cool.
3. Place a fine mesh sieve over a bowl. Rub the oregano and thyme leaves through the sieve into the bowl. Mix in sumac, salt, allspice, and caraway seeds.
4. Add the cooled sesame seeds. Taste, and adjust flavors by adding more sumac (to make it more tart) or allspice (to make it more aromatic).

Mansaf

Ingredients:

- 2 pounds lean lamb (1-1/2 inch cubes, beef can be substituted)
- 1/2 cup clarified butter (use samna or ghee if available, or make your clarified butter, see clarified butter note)
- salt
- pepper
- 1 medium onion, finely chopped
- 4 cups plain Greek yogurt
- 1 egg white
- 1 teaspoon pepper
- 1/2 teaspoon coriander
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cardamom
- 1/2 cup whole blanched almond
- 1/2 cup pine nuts
- 4 -6 loaves pita bread
- 3 cups rice, raw measure, cooked (Jasmine med grain or Basmati is good)
- parsley or chives, chopped for garnish

Preparation:

1. Wash meat cubes and place in tray with lid. Cover meat with water, cover tray and place in refrigerator for 4-8 hours.
2. Melt 1/4 cup of the clarified butter in heavy skillet over medium-high heat. Drain and pat dry meat cubes. Place in skillet and cook for 20 minutes until browned on all sides. Season meat with salt and pepper, to taste, and add enough water to cover meat. Reduce heat, cover and cook for 1 hour. Add onion and simmer uncovered for 30 minutes.
3. While meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg white and 1/2 teaspoon of salt. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency. Reduce heat to low and allow yogurt to softly simmer uncovered for 10 minutes.
4. Stir yogurt into meat and add seasonings as desired. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed.
5. In a small skillet, melt 2 tablespoons of the remaining 4 tablespoons of clarified butter. Add almonds and cook for 5 minutes. Stir in pine nuts and cook for 3 minutes. Remove from heat and set aside.
6. Split the khubz loaves open and arrange, overlapping on a large serving tray. Melt the last remaining 2 tablespoons of butter and brush over the khubz to soften. Arrange rice over the khubz leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the butter and nuts over the meat. Sprinkle parsley or chives over top.
7. One stick (or 1/2 cup of butter) will yield about 6 tablespoons of clarified butter. So for this recipe, you will need to clarify approximately 3/4 cup of butter. Slowly

melt a stick of butter. Remove from heat and allow butter to cool undisturbed for 10 minutes to separate.

8. You will notice a white foam on the top, the clarified butter in the center, and milk solids at the bottom. Carefully, skim the foam off the top and discard. Slowly pour the clarified butter off the milk solids into a measuring cup. Discard, the separated solids.

Western Sahara



Beef Tagine

Ingredients:

- 3 tablespoons Olive Oil
- 2 pound Beef Round, cut into 2inch chunks
- 4 cloves Garlic, peeled and smashed
- 1 cup Fresh Cilantro, loosely packed, roughly chopped
- 1 teaspoon Chili Powder
- 1 teaspoon Paprika
- 2 teaspoons Cumin
- 2 teaspoons Ginger
- 2 teaspoon Tumeric
- 2 teaspoons Cinnamon
- 1/2 teaspoon Pepper
- 1/2 teaspoon Salt
- 1 lg Onion, thinly sliced
- 1 Red Pepper, seeded and thinly sliced
- 1 Yellow Pepper, seeded and thinly sliced
- 2 lg Sweet Potatoes, peeled, quartered and sliced into chunks
- 2 cup Beef Stock
- 1 cup Water
- 1 can Chopped Tomatoes, 14ounce size
- 1 cup Golden Raisins

- 1 cup Cooked Garbanzo Beans (chick peas), rinsed and drained
- 2 Preserved Lemons
- Cooking Equipment
- 1 Tagine, a two part cooking vessel, often ceramic, with a wide circular bowl shaped base for cooking a tall conical top

Preparation:

1. Place garlic, 3/4 cup of the cilantro, chili powder, paprika, cumin, turmeric, cinnamon, salt and paper on a cutting board and finely chop everything together. Place the mixture in a sealable bag and add beef. Shake the bag to coat the beef with the mixture.
2. Pour olive oil into the bottom of the tagine and heat over medium high heat until oil is hot. Place beef into the hot oil and sear it for about 5 minutes per side. Pour any extra spice mixture from the bag over the beef after you've turned it once.
3. Remove the beef from the tagine and set it aside. Add the onions, green peppers and red pepper and sauté for about minutes, stirring occasionally.
4. Place the beef over the onions and peppers. Arrange the sweet potatoes over the beef and top with the chopped tomatoes.
5. Pour the beef stock over the mixture and add enough water to cover the beef (the potatoes may be partially above the water). Bring the liquid to a simmer and reduce the heat to low. Place the top on the tagine and cook for 1 hour.
6. Peel the lemon and separate the skin from the flesh. Discard the flesh chop half. Slice the other half in narrow strips. After an hour, add the garbanzo beans, golden raisins, the chopped preserved lemon and half of the stops of preserved lemon. Cook for an additional 30 minutes. Add the remaining preserved lemon and 1/4 cup of Cilantro and serve over couscous.

Basic Couscous

Ingredients:

- 2 1/2 cup Water
- 1/4 teaspoon Salt
- 1 1/2 cup Couscous

Preparation:

1. Bring water and salt to a boil. Remove from heat and stir in couscous.
2. Cover and let sit for 5 minutes. Fluff up the couscous and serve.

Wafer Crepes

Ingredients:

- 500 gramsram strong flour
- 6 eggs
- 70 gramsram melted salted butter
- 1/4l milk mixed with 1/4 water
- 2 packets of vanilla sugar (2 teaspoons)

- Compote, sugar, golden syrup, jam, chocolate spread

Preparation:

1. Place your flour into a bowl and make a well in the middle. Pour the beaten eggs and vanilla sugar and the butter in and start mixing the lot making sure not to make any lumps. Then, start incorporating the milk until it gets to the right consistency (not too thick, not too thin).
2. Cover the batter and allow to rest for, at least, one hour.
3. Cook your crepes onto a hot, slightly oiled pan by rapidly spreading a small amount of the batter onto the whole surface of your pan.
4. Cook for 10 seconds, then flip over and cook for another 10 more seconds and clear it onto a plate. Repeat this operation until all the batter has been used up.

Chicklen Pastilla

Ingredients:

- 1 chicken, jointed into serving pieces
- 1 medium onion, finely chopped
- 2 teaspoon ground ginger generous pinch of saffron, crumbled
- 1/2 bunch coriander (leaves and stems), finely chopped
- 1 teaspoon ground cinnamon
- 2 tablespoons parsley, finely chopped salt and freshly-ground black pepper, to taste
- 4 eggs, beaten
- 4 tablespoons butter, melted and cooled
- 400 gramsram warka dough
- 3 tablespoons chopped almonds, toasted in a dry pan cinnamon and icing sugar for dusting olive oil for brushing

Preparation:

1. Combine the chicken pieces, onion, ginger, saffron, coriander, cinnamon and parsley in a flame-proof casserole dish.
2. Season to taste with salt and black pepper then pour over just enough water to cover. Bring to a simmer, cover and cook gently for about 45 minutes, or until the chicken is completely tender. At this point remove the chicken pieces and set aside to cool. Pour the cooking juices into a saucepan, bring to a boil and cook until reduced to a thick sauce.
3. When the chicken has cooled sufficiently to be handled, strip the meat off the bones. Beat together the eggs and butter in a bowl. Add half the sauce and beat until the eggs are scrambled. Grease a baking tray. Overlap several sheets of the brik pastry (brush each one with oil) until you have a rough square about 50cm per side. Use the remaining sauce to make a crible about 18 cm in diameter in the centre of the pastry. Within this mound the chicken and scrambled eggs.
4. Top with the chopped almonds and dust a little cinnamon and sugar over the

top. Fold over the pastry to completely enclose the filling (if you do not have enough, add a few more sheets on top. Brush the top with oil then transfer to an oven pre-heated to 180 degree and bake for about 25 minutes, or until the filling is piping hot and the pastry is crisp and golden brown.

5. Sprinkle a little cinnamon and icing sugar over the top and serve.

Golden Potato and Lemon Soup

Ingredients:

- 1 large carrot, sliced 3 celery sticks (with leaves), sliced
- 1 liter water
- 1 tablespoon corn oil
- 2 garlic cloves, finely chopped
- 900 grams ram potatoes, peeled and sliced
- 2 teaspoons salt (or to taste)
- 60 milliliter lemon juice
- 500 milliliter chicken stock
- 1/4 teaspoon ground turmeric cooked rice, to serve

Preparation:

1. Combine the carrot and celery in a food processor with 750ml of the water.
2. Process until smooth then pour into a pan and mix with the remaining 250 milliliter water. Heat the oil in a frying pan over low heat, add the garlic and stir-fry for 2 minutes then transfer the garlic to the soup pan. Bring the contents of the pan to a boil over medium heat (skim the surface to remove any skim) then add the potatoes. Return to a boil, reduce to a simmer then cook over low heat for about 45 minutes (by this time the potatoes will begin to disintegrate).
3. Take the pan off the heat and mash the potatoes with a masher. Return the soup to the heat and bring back to a boil then add the salt, chicken stock, lemon juice and turmeric.
4. Bring back to a simmer and continue cooking over low heat for 30 minutes longer, stirring frequently to prevent sticking and burning. By this time the soup should have turned a rich golden colour.
5. Ladle into warmed soup bowls, add cooked rice to the centre and serve.

Whole-wheat Flat Bread

Ingredients:

- 350 grams ram whole-wheat flour
- 1 teaspoon sugar
- 1 teaspoon salt 1 sachet active, dried, yeast (about 8 gram)
- 300 milliliter tepid water (about 40 degree C)
- 1/2 teaspoon paprika

- 45 gram cornmeal
- 1 tablespoon oil 1 egg, lightly beaten
- 2 tablespoons sesame seeds

Preparation:

1. Combine 70 gramsram flour with the sugar, salt, yeast and warm water in a bowl.
2. Cover with a clean cloth or tea towel and set aside to stand in a warm place until the yeast has activated and the mixture is foaming (about 10 minutes). Meanwhile, sift the remaining flour, paprika and cornmeal into a separate bowl then stir-in the oil. When the yeast mixture is ready add this and mix to a firm dough.
3. Turn onto a lightly-floured work surface and knead until smooth and elastic then turn into a lightly-greased bowl, cover and allow to stand in a warm place for 30 minutes. At the end of this time, knock the dough back then divide into 16 balls and flatten into rounds.
4. Transfer to a greased baking sheet, brush with the beaten egg then sprinkle the tops with the sesame seeds.
5. Cover with a tea cloth then allow to stand for about 40 minutes, or until nicely puffed up.
5. Transfer to an oven pre-heated to 200 degree C and bake for about 12 minutes, or until nicely browned.

Yemen



Stewed Beef Shank

Ingredients:

- 1.5kilogram beef fore-shanks (with the bones)
- 3 medium onions, quartered

- 8 garlic cloves
- 300 grams ram tomatoes, blanched, peeled and chopped
- 2 teaspoon Hawayij (Yemeni spice mix)
- 1 hot chili salt and freshly-ground black pepper, to taste

Preparation:

1. Cut the meat, whilst still on the bones, into thick slices.
2. Place the meat in a large stock pot and cover with cold water.
3. Bring slowly to a boil, skimming any scum from the surface as it does so. When the pan is at a brisk rolling boil and the surface is clean add the onions, tomatoes and garlic then season with salt to taste before adding the hawayij. 4. Add the whole chili then reduce to a simmer, cover the pan and cook gently for about 4 hours, or until the meat is tender and the liquid in the pan has reduced to a thick sauce.
4. Best serve hot with rice.

Yemeni Spice Mix

Ingredients:

- 3 teaspoon black peppercorns
- 1 1/2 teaspoon caraway seeds
- 1/2 teaspoon saffron threads
- 1/2 teaspoon green cardamom seeds
- 1 teaspoon ground turmeric

Preparation:

1. Combine the black peppercorns, caraway seeds, saffron threads and cardamom seeds in a mortar or a coffee grinder and process to a fine powder.
2. Stir in the turmeric then store in an air-tight jar in a dark cupboard until needed.

Yemeni Fenugreek Dip

Ingredients:

- 3 tablespoons fenugreek seeds, ground
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly-ground black pepper
- 1 teaspoon freshly-squeezed lemon juice
- 1 tablespoon freshly-made schug water, as needed

Preparation:

1. Take whole fenugreek seeds and grind to a powder in a coffee (or spice) grinder.
2. Combine the freshly-ground fenugreek and salt in a small bowl. Pour in water so that the water level is 1cm above the fenugreek.
3. Cover and set aside for 12 hours. After this time, carefully pour out the water

then scrape the fenugreek mixture into a blender along with 120 milliliter water, the lemon juice, schug and black pepper.

4. Blend thoroughly (add more water if too stiff). Continue processing until the mixture is foamy. Scrape into a bowl and serve as a dip. Hipoundeh can be stored in the refrigerator for up to 2 days.

Spice Blends Zhoug

Ingredients:

- 24 small green chilies
- 6 tablespoons chopped fresh parsley
- 12 tablespoon chopped fresh coriander leaves
- 1 teaspoon ground coriander seeds 6 cloves garlic salt, to taste
- 1/2 teaspoon black pepper
- 2 teaspoon ground cumin
- 1/2 teaspoon cardamom seeds
- 1 tablespoon vegetable oil

Preparation:

1. Add the chilies to a blender and purée to a smooth paste.
2. Blend the spices to a smooth powder in a coffee grinder then transfer to the blender along with the parsley, the coriander leaves and the oil. Blend to a smooth paste, adding a dash of water. If needed add a little more oil then transfer the chilies back to the blender and combine all the ingredients together.
3. This will last for a few days in a sealed jar in the fridge, but is best used fresh.

Zambia



Nshima

Ingredients:

- 4 cups cornmeal (one cup per serving is sufficient)
- 2 teaspoons salt (to taste)
- 16 cups water (more as or if as needed)

Preparation:

1. Pour cold water (two and 1/2 cups for each cup of cornmeal) into a large pot. Over high heat, begin to bring to a boil.
2. After a few minutes, when the water is warm, slowly add the about half the cornmeal to the water one spoonful at a time, stirring continuously with a sturdy wooden spoon. Continue cooking (and stirring) until the mixture begins to boil and bubble. Reduce heat to medium and cook for a few minutes.
3. Cooking the mixture over medium heat, add the remaining cornmeal, as before, sprinkling it spoonful by spoonful as you continue to stir. It is essential to keep stirring — if making a large quantity, it may take one person to hold the pot and another to use two hands to stir.
4. The nshima should be very thick (no liquid remaining) and smooth (no lumps). It may reach this point before all of the remaining cornmeal is added to the pot — or it may be necessary to add even more cornmeal than this recipe indicates.
5. Once the desired consistency is reached, turn off heat, cover the pot, and allow the nshima to stand for a few minutes before serving. Serve nshima immediately, hot, with the ndiwo of your choice.
6. With clean hands, tear bits of nshima off and use them to scoop up the ndiwo.

Beans with Tomatoes, Onions and Green Bell Pepper

Ingredients:

- 300 gramsram dried beans (black-eyed peas typically, but any white beans will do)
- 1/2 teaspoon of baking soda
- 1 onion, chopped
- 4 tomatoes, chopped
- 1 green bell pepper, diced salt, to taste

Preparation:

1. Wash the beans, place in a large bowl, cover with plenty of water, add the baking soda and set aside to soak over night. The following day drain and wash the beans, place in a pot, cover with water and bring to a boil.
2. Reduce to a simmer and cook for about 90 minutes or until the beans are tender. Drain the beans, place in a clean pot and add the onion. Just cover with water and season to taste with salt.
3. Bring to a boil then add the chopped tomato. Reduce to a simmer, cover and

cook for about 12 minutes or until the tomatoes have broken down to form a sauce.

4. Add the bell pepper, bring back to a simmer and cook for about 10 minutes more (uncovered), until the sauce is thick and all the ingredients are tender.

5. Best serve hot with rice and accompanied by hot sauce,

Tongabezi Chicken Curry

Ingredients:

- 2 sweet potatoes
- 1 butternut squash, peeled and diced
- 4 large chicken pieces, halved vegetable oil for frying
- 2 onions, finely chopped
- 2 tomatoes, blanched, skinned and diced
- 2 garlic cloves, finely chopped
- 3 tablespoons grated ginger
- 6 cardamom seeds, crushed
- 1 teaspoon curry powder
- 450 milliliter chicken stock
- 2 stalks lemongrass, bruised
- 2 small red chilies, finely chopped
- 300 milliliter yoghurt salt and black pepper, to taste
- 1 tablespoon finely-chopped coriander

Preparation:

1. Add the sweet potatoes to salted boiling water and parboil in their skins for 10 minutes. Allow to cook then cut into thick slices.

2. Season the chicken pieces with salt and pepper and fry in vegetable oil for about 15 minutes, or until golden brown all over. Remove the meat from the pan and fry the onions in the remaining oil until golden before adding the tomatoes, garlic, ginger, cardamom and curry powder.

3. Cook for a few minutes then return the chicken to the pan and add the stock and lemongrass. Cover and allow to simmer for 10 minutes, or until the chicken has cooked through.

4. Meanwhile fry the sweet potato and squash in a separate pan over medium heat until they are browned and crisp on the outside. When the chicken is tender add the chilies to the pan and cook for 2 more minutes before stirring-in the yoghurt and heating through (but do not allow to boil).

5. Add to a bowl, garnish with chopped coriander and serve with the fried vegetables.

Sweet Potato Cakes

Ingredients:

- 120 milliliter milk
- 500 gramsram sweet potatoes
- 100 gramsram wheat flour
- 80 gramsram sugar
- 2 sticks cinnamon, ground oil for frying

Preparation:

1. Peel the sweet potatoes, cut into cubes and boil in the milk until soft and tender.
2. Mash the sweet potatoes into the milk at this point then add the cinnamon and flour.
3. Knead into a dough and shape into balls.
4. Deep fry in oil until golden brown then drain on kitchen paper and serve.

Cape Pigeons in Coconut Milk

Ingredients:

- 3 cape pigeons
- 2 onions, chopped
- 1 tablespoon fresh ginger, grated
- 1/2 teaspoon dried, crushed, chilies
- 400 milliliter coconut milk oil for frying

Preparation:

1. Wash the pigeons, halve them and pat dry. Heat oil in a large pot or casserole and fry the pigeon pieces until browned all over.
2. Add the onions, ginger and chilies and fry for about 8 minutes, or until the onions have browned. Return the pigeons to the pan and pour in the coconut milk.
3. Bring to a boil, reduce to a simmer, cover and cook for about 45 minutes or until the pigeons are tender.
4. Best serve hot accompanied with rice.

Zimbabwe



Chicken and Vegetable Soup

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 4 cups vegetable stock, divided
- 1/2 cup peanut butter
- 2 cups canned diced tomatoes, with juices
- 1/4 teaspoon crushed red pepper flakes, or more to taste
- 1 cup finely chopped cabbage
- 1 cup chopped sweet potato
- 1 cup peeled and chopped carrot
- 1 cup peeled and chopped turnip
- 1 cup chopped okra
- 1 cup chopped cooked chicken, or to taste

Preparation:

1. Heat the olive oil over medium heat in a large soup pot; cook and stir the onion in the hot oil until translucent, about 5 minutes.
2. Whisk 1/2 cup of vegetable stock and the peanut butter into the onions until the mixture is smooth.
3. Beat in remaining vegetable stock, diced tomatoes with their liquid, and crushed red pepper flakes; bring to a boil, reduce heat to medium low, and cook at a simmer for 30 minutes, stirring occasionally.
4. Stir in the cabbage, sweet potato, carrot, and turnip; simmer, stirring occasionally, until the vegetables are tender, about 30 more minutes.
5. Stir in the okra and chicken and simmer until the okra is tender, about 30 additional minutes.

Sorpotel

Ingredients:

- 500 grams beef tongue (substitute shin of beef if not available)
- 500 grams pig's liver 500 grams pork
- 1 tea spoon cumin seeds
- 1 tea spoon whole black peppercorns
- 1 tea spoon ground cinnamon 4 whole cloves
- 1 tea spoon coriander seeds
- 1 tea spoon ground turmeric
- 10 dried hot chilies (piri-piris are typical)

- 3 medium onions, finely chopped
- 5cm length of fresh ginger, finely grated
- 1 whole head of garlic, cloves peeled and minced
- 1 table spoon tamarind paste 60ml vinegar oil for frying

Preparation:

1. Place the meat, whole in a pan and cover with water.
2. Bring to a boil and cook for about 40 minutes, or until the meat is cooked through.
3. Drain the meat but reserve the meat broth. Once the meat is cool enough to handle cut into 1cm squares. In the meantime, combine the cumin, black pepper, cinnamon, cloves, coriander seeds, turmeric and chilies in a spice grinder or mortar and grind or pound to a fine paste.
4. Work in the tamarind paste and vinegar until you have a smooth paste-like mixture.
5. Heat a little oil in a large pan, add the garlic and ginger and fry gently for about 4 minutes, or until softened but not coloured.
6. Now stir in the spice paste and the grated ginger.
7. Cook for a few minutes, stirring constantly, then add the meat. Thin down with a little water if needed. Bring the mixture to a simmer, cover and cook for 60 minutes.
8. Serve hot, accompanied by rice or sadza.

Beef Biltong in Peanut Butter Sauce

Ingredients:

- 800 gramsram beef Biltong
- 50 gramsram onions
- 100 gramsram tomatoes
- 5 Table spoons Peanut Butter
- 5 Gram Salt
- 100 Milliliter Cooking Oil

Preparation:

1. In a pan put the biltong chunks and cover with water
2. Simmer for 1 hour or until the biltong is tender
3. Heat the oil in a separate pot
4. Add the onions, tomatoes and cook for 10 minutes
5. Add the peanut butter and simmer for 20 minutes
6. Add the meat, correct the consistency and cook for a few minutes
7. Serve with sadza and pumpkin leaf relish or any traditional side vegetables.

Pork Trotter Casserole

Ingredients:

- 8 pieces Pork Trotters
- 100 gramsram onions
- 400 gramsram chopped tomatoes
- 2 Cloves garlic
- 1 Table spoon tomato soup powder
- 5 Gram Salt
- 1/2 Bunch shallots

Preparation:

1. Put pork trotters in a pan and cpver with water
2. Bring to boil for half an hour and then simmer for another half hour
3. Add the onions, tomatoes and seasoning.
4. Continue cooking for 15 minutes and then add the soup powder mixed with a little water.
5. Add the shallots and mix into the casserole
6. Cook for about five minutes and serve with sadza and vegetables.

Chicken Stew Marange

Ingredients:

- 1 Free range chicken (cut up)
- 2 Cloves garlic (crushed)
- 1 tea spoon curry powder
- 1 Large onion (chopped)
- 1/2 tea spoon white pepper
- 50 milliliter cooking oil
- 1 bunch shallots (chopped)
- 400 gramsram tomatoes (chopped)
- 50 gramsram tomato soup powder

Preparation:

1. Put cooking oil in a pan and heat the oil
2. Fry the chicken pieces until well browned with the addition of curry powder
3. Add the onions and cook without colour for a few minutes
4. Add the tomatoes, garlic and cook for 10 minutes
5. Dissolve the soup powder ina little stock and add to the chicken
6. Add some of the stock and continue cooking for a futher 35 minutes on slow heat
7. Add the chopped shallots, salt, pepper and cook for a few minutes
8. Serve with peanut butter riscotto or rapoko sadza and fried shredded rape.

Stewed okra with Chilies

Ingredients:

- 250 fresh Okra
- 4 Shallots (finely chopped)
- 200 grams ripe tomatoes (chopped)
- 1 bird eye chilies (sliced)
- 1/2 tea spoon salt
- 1/2 tea spoon soda
- 3 pumpkin leaves (shredded)

Preparation:

1. Wash and cut the okra into 1 cm chunks
2. Put ½ litre of water in a pot and bring to boil
3. Add the soda and quickly add the okra and pumpkin leaves
4. Cook until it starts foaming then add the rest of the ingredients.
5. Reduce the heat and let it cook for 10 minutes, whisking occasionally
6. Serve at once with sadza

Baked Kariba Bream

Ingredients:

- 4 Medium whole bream
- 1 whole lemon
- 4 Cloves garlic (Crushed)
- 400 grams tomatoes (chopped)
- 150 grams onions (sliced)
- 100 Milliliter cooking oil
- 20 grams plain white flour
- 1 bunch shallots
- 1 tea spoon salt
- 1 tea spoon white pepper

Preparation:

1. Clean and scale the fish
 2. Remove the head, tail and cut into two pieces
 3. Season with salt and pepper and lemon juices
 4. Put 50 milliliter cooking oil in a frying pan and cook the fish for 5 minutes on each side
 5. Make a rough or chunky tomato sauce with garlic and shallots. Adjust the seasoning.
 6. Put on top of the fish, cover with foil and bake in the oven for 30 minutes.
 7. Serve with sadza timbale and fried green vegetables.
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