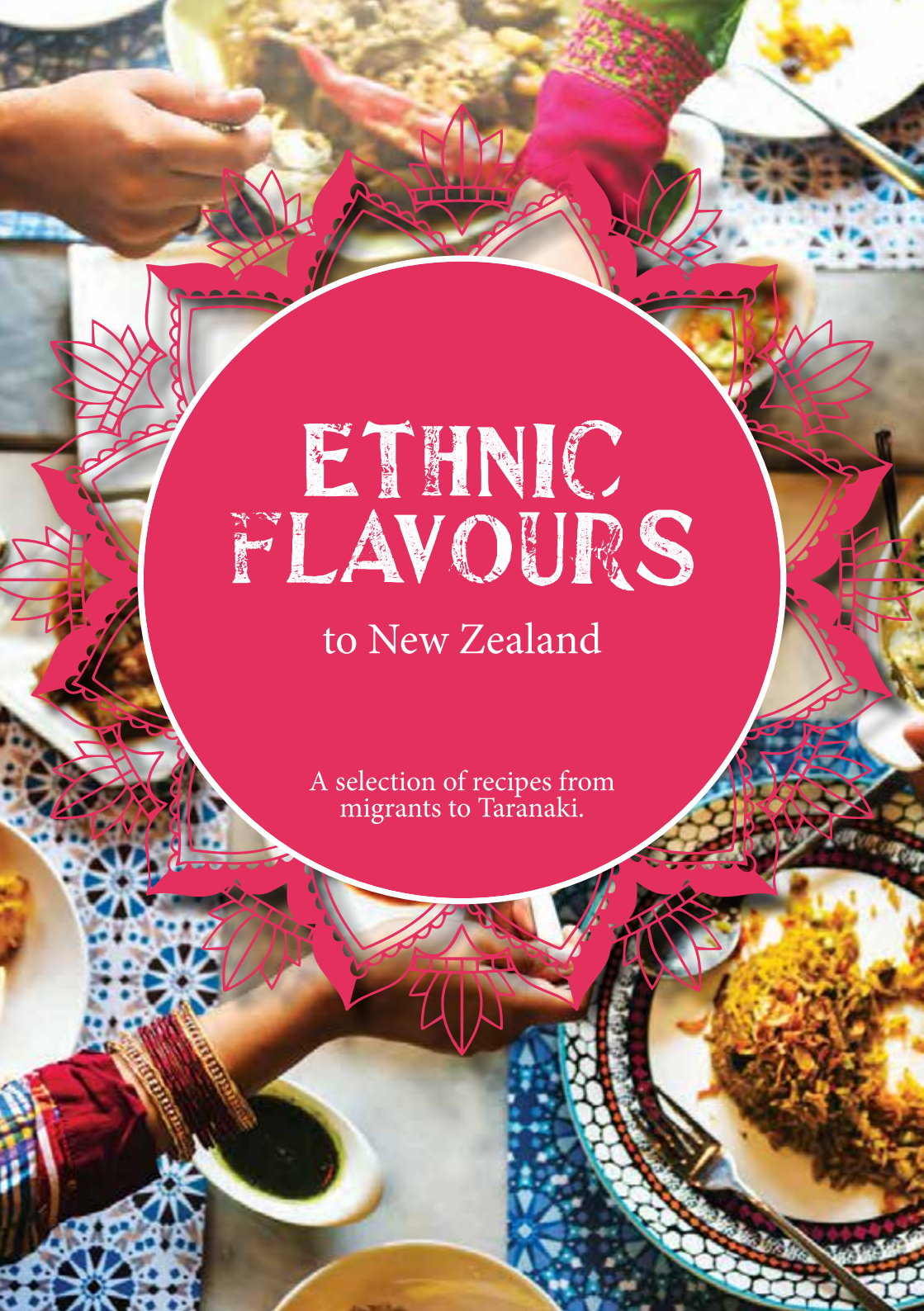


ETHNIC FLAVOURS

to New Zealand

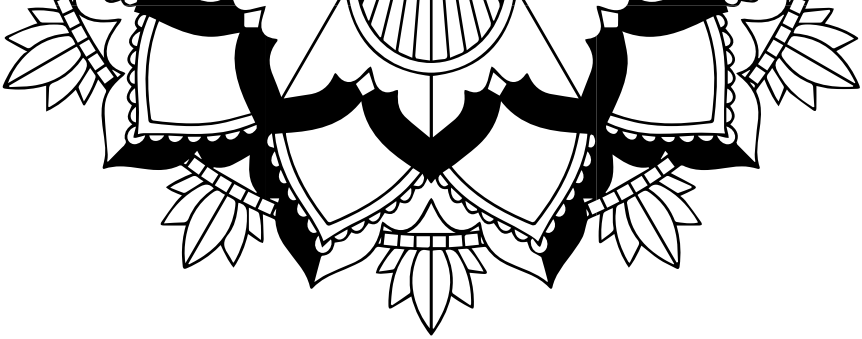
A selection of recipes from migrants to Taranaki.



ETHNIC FLAVOURS

to New Zealand

A selection of recipes from
migrants to Taranaki.



PREFACE

Ethnic Flavours to New Zealand is a book on the art of cooking from various countries of the world; put together for all New Zealanders to experience. The pandemic has encouraged many to have their own cooking experiences and I hope this booklet will motivate you to try ethnic dishes.

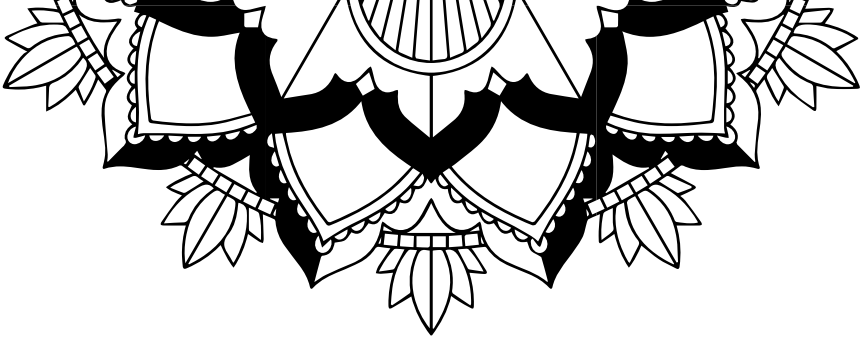
New Zealand is a diverse country where people are open to having diverse culinary experiences. The collection in this book comes from various sources. Each dish is contributed by migrants from various countries, a few from websites, Pinterest and others from my own cookery collections.

India, where I am from, is famous for thousands of various dishes, that are influenced by Mongolian, Persian, and Chinese cuisine, among others. The Indian cuisine reflects a 8000 year history of various groups and cultures that have interacted with the Indian subcontinent.

As the coordinator of Migrant Connections, I would like to acknowledge all the people who have contributed to this booklet, Maria Carcamo for helping me in coordinating, Cherry Jaruwan and Anna Pepperell for editing the booklet. Our thanks to the Annex Group for printing this.

We are very grateful to Ethnic Communities New Zealand for funding this booklet, without their support this would not have happened.

Geetha Kutty
Coordinator
Migrant Connections Taranaki



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BREAD

TURKISH FLAT BREAD - BAZLAMA
(TURKEY)

INGREDIENTS

- 1 ¼ cups warm water (105-110˚F)
- 2 ¼ tsp active dried yeast
- 1 Tbsp sugar
- ¾ cup greek-style yogurt
- 2 Tbsp extra virgin olive oil
- 1 Tbsp kosher salt
- 3 ¾ cups all-purpose flour
- ¼ cup finely chopped flat leaf parsley

INSTRUCTIONS

Combine the yeast, sugar, and water into a medium-large bowl and stir well. Allow to sit in a warm place for 5-10 minutes to activate the yeast to foamy and bubbly.

Whisk in the greek yogurt, olive oil and salt.

Add flour and parsley and stir until the dough comes together. Turn dough out onto a well-floured counter and turn to coat. Knead for 3-4 minutes or until dough is no longer sticky and springs back when lightly pressed. Sprinkle more flour onto the counter if the dough is sticky during kneading.

Divide dough into 10 equal pieces, sprinkle lightly with flour, then cover with a clean kitchen towel. Allow to rest for 15 minutes.

Preheat a medium sauté pan to a medium-low heat. While pan is heating, roll one of the dough portions into an approximately 7-inch circle. Brush the top surface lightly with extra virgin olive oil. When the pan is hot, pick up the first circle with your hand and place in pan, oiled side down. Lightly brush the top surface with oil. Allow to the flat bread to cook for about 1 to 1 ½ minutes, until top surface is covered with bubbles and underside is golden around the edges and in spots.

Flip to opposite side and cook for another 60-90 seconds until a few small golden spots appear. Don't overcook on the second side. Repeat rolling, oiling and cooking with remaining portions of dough. Sprinkle flat breads with a bit more chopped parsley when finished, if desired. Stack flat breads in a clean kitchen towel after cooking to steam a bit and retain softness.

ALOO PARATHA - POTATO STUFFED ROTI
(INDIA)

INGREDIENTS

FOR PARATHA DOUGH

- 1 ½ cups whole wheat flour
- ¾ cup water
- 1 tsp oil
- Salt to taste

FOR ALOO STUFFING

- 2 large potatoes
- 2 green chillies
- ½ inch ginger crushed together
- ½ tsp cumin powder
- ½ tsp garam masala powder
- ¼ tsp chaat masala powder
- 1 tsp lemon juice
- Salt to taste
- 3 Tbsp butter or oil for frying paratha

INSTRUCTIONS

Pressure cook or boil 2 large potatoes. Take wheat flour in a mixing bowl. Add salt and oil. Mix well.

Make a well in the centre and add ¾ cup water.

Mix well slowly and knead to a smooth dough. The dough should be soft, supple and not sticky.

Set the dough aside for 10-15 minutes.

Take the boiled potatoes and peel off the skin. Mash the potatoes very well. Add all the other ingredients for stuffing.

Mix well and make the stuffing.

Heat a heavy cast iron skillet or non-stick pan. Divide the dough into 4-5 equal portions. Divide the filling too.

Take a dough ball and roll into a small circle. Keep one portion of prepared stuffing and close from all the sides. Seal in the centre and press slightly.

Roll into thick circle of about 6 inches.

Place in the hot skillet and cook very well from both sides. Use butter for frying.

Serve aloo paratha piping hot.



TIP: These parathas take a while to cook, be sure to use a thick pan. Cook the edges well by pressing them well.

JAPANESE HOTCAKES - HOTTOKĒKI
(JAPAN)

INGREDIENTS

- 2 large eggs
- ¾ cup buttermilk
- ¼ cup sugar
- ½ tsp pure vanilla extract
- ½ tsp salt
- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda

INSTRUCTIONS

Blend the eggs, buttermilk, sugar, vanilla extract and salt on low until combined.

Add the rest of the ingredients and blend until just combined.

Heat the skillet over medium-low and coat it with non-stick spray.

Coat the inside of the cookie cutter with the non-stick spray too, put it in the skillet and fill it up halfway with batter.

Cook the pancake until bubbles appear all over it, gently flip it and cook until the bottom is golden brown.

They taste even better with extra maple syrup (and ice cream).

You can make these two-inch-thick, light-as-air pancakes at home. For real. Called hotcakes - or hottokēki in Japan - they are best enjoyed with plenty of maple syrup, melted butter, or whipped cream.



TIP: Use a large round cookie cutter, non-stick spray, a non-stick skillet, and a spatula.

EASY HOMEMADE NAAN BREAD
(INDIA)

INGREDIENTS

- 2 tsp dry active yeast
- 375mls water
- 600g plain flour
- 2 tsp sugar
- 2 tsp salt
- ¼ tsp baking soda
- 4 Tbsp canola oil
- 5 Tbsp natural yogurt

INSTRUCTIONS

Place all the ingredients into a stand mixer bowl. Using the dough hook knead on low speed for 30 seconds, then scrape down the sides of the bowl, then knead for up to 5 minutes.

Leave the dough in the bowl, scrape the sides clean and shape the dough into a ball, tightly cover the bowl with plastic food wrap and allow to double in size.

Use a scraper to knock back the dough by scraping down the sides of the bowl and folding the dough in on itself several times before scraping the dough to the a lightly floured bench top.

Use kitchen scales to weigh and divide the dough into 12 even sized balls (about 87g each). Roll out and gently pull each ball into 18 cm rounds – it will stretch a little more as it is moved to the pan. Make sure that the dough is of an even thickness and not rolled out too thin. It needs to be about 3-5mm thick, otherwise it won't puff and be soft.



TIP: The cast iron skillet about 20 cm in diameter works out perfect for that size to cook the naan.

AREPAS
(VENEZUELA)

INGREDIENTS

- 2 cups masarepa cornmeal
- 1 ¼ to 2 cups water *(warm)*
- ½ cup milk *(or buttermilk)*
- 4 Tbsp butter *(melted)*
- 1 tsp salt
- 2 Tbsp flour
- ½ tsp sugar

INSTRUCTIONS

Gather the ingredients.

In a large bowl, mix all of the dry ingredients together.

Add 1 ¼ cups water and the milk. Stir and knead until the mixture is very smooth. Don't worry if the dough appears wet.

Let the mixture rest, covered, for about 5 to 10 minutes, to give the cornmeal time to absorb some of the liquid (you can add a little bit more water or milk).

Knead the dough for several minutes and let it rest again for 5 minutes. (The dough should be moist enough that you can shape it into patties without forming lots of cracks around the edges.

Take pieces of the dough and shape them with your hands into round disks, about ¾-inch-thick and 3 to 3 ½ inches in diameter.

When shaping the arepas, repair any cracks along the edges with your fingers (moistening your fingers with water will help).

Lightly grease the surface of a large heavy skillet (cast iron works well) with vegetable oil and heat the skillet over medium heat.

Place the arepas into the skillet in batches, and turn the heat down to medium-low.

Cook until the arepas are lightly browned on each side - about 3 to 4 minutes per side.

Serve and enjoy! Arepas are best served warm with butter or cheese.

ITALIAN FOCACCIA
(ITALY)

INGREDIENTS

- ¼ cup olive oil
- 5 cups all-purpose flour
- 2 tsp instant yeast
- 2 tsp granulated sugar
- 2 cups warm water
- 1 Tbsp kosher salt

FOCACCIA TOPPINGS

- 2 garlic cloves, minced
- 3 Tbsp herbs such as rosemary, oregano, sage or Italian basil
- Olives can be added to the dough
- Sliced raw or caramelised onion can be used as for topping
- Vegetables such as cherry tomatoes, artichoke and mushrooms can also be used

INSTRUCTIONS

To make foccacia pizza, first you mix all the ingredients to form a sticky dough. You can do it without mixer and by hand.

Transfer the dough into a baking pan and let it rise at room temperature for 60 minutes.

Shape the dough into a large circle or rectangle until that the dough is about ½ inch thick.

Heat oven to 400°F. Transfer the dough to a large parchment-covered baking sheet (or press it into a 9 x 13-inch baking dish). Use your fingers to poke deep dents — like seriously, poke all the way down until you touch the baking sheet — all over the surface of the dough. Then drizzle a tablespoon or two of olive oil evenly all over the top of the dough, and sprinkle evenly with the fresh rosemary needles and sea salt.

Bake for 20 minutes, or until the dough is slightly golden and cooked.

For the toppings - I use sea salt flakes, garlic, fresh rosemary and oregano, yielding the best homemade Foccacia bread.

SODA BREAD
(IRELAND)

INGREDIENTS

- 3 ½ cups all-purpose flour
- 1 ¼ tsp baking soda
- ¾ tsp salt
- 2 cups buttermilk (fridge cold)

INSTRUCTIONS

Preheat oven to 375°F.

In a medium bowl mix together the dry ingredients.

Make a well in centre of mixture and add buttermilk.

Using a spoon gently mix together until combined and a wet dough is formed. Turn out onto a well-floured surface and very lightly knead in a small amount of flour just until it is no longer sticky and begins to form a ball.

DO NOT OVER KNEAD or add too much flour, or else you will end up with dry, hard bread.

Gently place onto a greased baking sheet or cast iron skillet and cut about a one-inch cross or "x" into the top of the dough.

Bake for 35 minutes.

MEXICAN BUBBLE BREAD
(MEXICO)

INGREDIENTS

- 12 oz cans of refrigerated biscuit tubes - cut in quarters
- 1 ½ cups of mexican cheese
- 1 ½ cups of mozzarella cheese
- 1 stick of butter, melted
- 1 4.5 oz can of chopped green chilies
- 1 ½ tsp of dried parsley
- Chopped cilantro (*optional)*
- Jar of jalapeños (*optional)*

INSTRUCTIONS

Heat your oven to 350° F.

If you have a non-stick pan there's no need to grease your pan, but if you have a ceramic one (like me), you'll need to grease your pan prior to adding any ingredients.

Melt your butter.

In a large bowl, mix your butter, cheeses, green chilies, cilantro & dried parsley together. Then open your biscuit tubes & cut them in quarters. Once you are done, place your biscuit in the large mixing bowl with the other ingredients & blend together carefully.

Place in your bundt pan & gently pat down your mixture to even it all out.

Bake for 30 minutes or until golden brown. Please check to make sure the centre of your Bubble Bread is cooked thoroughly.

Serve with chilli or soup.

SPANISH SOFT BREAD
(SPAIN)

INGREDIENTS

- 1 cup plus 2 Tbsps water (70° to 80°)
- 3 cups all-purpose flour
- 3 Tbsp brown sugar
- 1-½ tsp active dry yeast
- 1 cup of water to mix the dough
- ½ cup baking soda
- Coarse salt
- 7 cups of water for boiling the pretzels

INSTRUCTIONS

In a bread machine pan, place 1 cup water and next 3 ingredients in order suggested by manufacturer. Select dough setting. Check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed.

When cycle is completed, turn dough onto a lightly floured surface. Divide dough into 8 balls. Roll each into a 20-inch rope; form into pretzel shape.

Preheat oven to 425° F.

In a large saucepan, bring 2 quarts water and the baking soda to a boil. Drop pretzels into boiling water, 2 at a time; boil for 10-15 seconds. Remove with a slotted spoon; drain on paper towels.

Place pretzels on greased baking sheets. Bake until golden brown, 8-10 minutes. Spritz or lightly brush with water. Sprinkle with salt.

MONTREAL BAGELS
(CANADA)

INGREDIENTS

- 350g warm water
- 60g sugar
- 30g oil
- 10g active dry yeast
- 1 egg
- 20g honey
- 8g salt
- Up to 700g flour

FOR FINISHING
- 350g honey
- Sesame seeds
- Poppy seeds

INSTRUCTIONS

Preheat oven to 450° F with a parchment paper-lined baking sheet inside.

Fill a large pot with water. Put to boil over medium-high heat.

In a large bowl, whisk together water, sugar, oil, yeast, egg and honey. Whisk in salt. Gently stir in some of the flour (approx. 550g), one cup at a time, until a soft dough forms.

Turn dough out onto surface and gently knead until it begins to come together. Continue to knead, adding flour as needed to prevent sticking, until you have a soft, dough that bounces back when you press on it - it should take 10 -12 minutes.

When dough is properly kneaded, place in an oiled bowl, making sure to get a thin coat of oil on dough. Cover with a towel and let rest for 30 minutes.

Cut dough into 16 pieces (about 75g each). Keep pieces covered with towel while you work.

SHAPING
Roll each piece into a 10 - 12 inch rope. Do not add flour to the surface, unless to prevent sticking.

Wrap rope around your four fingers, overlapping the ends on the inside of your hand to make a circle. To seal, roll your hand back and forth, pressing gently to complete the circle.

Place on floured surface to rest and cover with a towel as you work. Keep bagels covered as you go. Let bagels rest 30 minutes.

Add 350g of honey to pot of water and bring to a full boil.

Handle rested bagels gently to keep their shape. Boil bagels in batches, 1 ½ - 2 minutes per side. Remove from water using a slotted spoon. Place onto cooling rack and sprinkle heavily with seeds.

Place bagels on heated pan in oven and bake until golden brown, 15 - 20 minutes.

TIJGERBOLLETJES
(NETHERLANDS)

INGREDIENTS

- 1 ½ cups slightly warm water
- 1 cup slightly warm whole milk
- 1 tsp butter melted.
- 1 Tbsp sugar
- 1 1/2 tsp salt
- 3 cups all-purpose flour
- ½ cup whole wheat flour
- 1 packet dry yeast (2 ¼ tsps)

TOPPING

- 1 cup (6 oz, 178g) rice flour
- 1 packet (1/4 oz, 7g, 2 ¼ tsp) dry yeast
- 1 Tbsp granulated sugar
- ½ tsp table salt
- 1 Tbsp vegetable oil
- ¾ cup (6 oz, 180ml) warm water

INSTRUCTIONS

Tip the flour into a large mixing bowl. Stir through the yeast, sugar and salt. Make a well in the middle and gradually pour in the water. Swiftly mix together, then turn out onto a lightly floured surface.

Knead the bread for 8-10 mins or until smooth and elastic. Lightly oil a large mixing bowl, then put the dough in the bowl, cover and leave in a warm place for 1 hr or until doubled in size.

Once the dough has risen, tip it onto a worktop and knead it three times. Shape the dough into an oval as best you can. Lightly flour a baking sheet and sit the loaf on it. Cover loosely with lightly oiled cling film and leave for a further 45 mins-1 hr or until doubled in size again.

Heat oven to 200°C/180°C fan/gas 6. Whisk together all the topping ingredients in a small bowl until you get a spreadable paste, adding more water and/or flour if necessary, then set aside to rest for 5 mins. Gently spread the mixture over the loaf with a palette knife.

Place the baking sheet in the centre of the oven and bake for 35 mins. Once cooked, the loaf should sound hollow when the base is tapped and should feel light for its size. Leave to cool completely before cutting into slices.

CHALLAH BREAD
(ISRAEL)

INGREDIENTS

- 1 package instant yeast
- 4 - 4 ½ cups all-purpose flour
- ¼ cup sugar
- ½ tsp salt
- ¾ cup water
- ¼ cup vegetable oil
- 3 large eggs

INSTRUCTIONS

In a large mixing bowl, combine flour, sugar, salt, and yeast. Add in oil, water, and 2 eggs, mixing well. Using either a dough hook or a well floured surface, knead for about 10 minutes or until smooth.

Transfer to an oiled bowl and cover with plastic wrap. Let rise in a warm place for about 1 hour. It should have doubled in size.

After an hour, punch down the dough and let rise an additional 30 minutes.

Transfer dough to a lightly floured surface and divide into 6 evenly size pieces. Roll each piece into about 12 inch logs. Pinch the tops of all six strands together and then take the furthest right strand and cross it over the next two strands to the left, weaving it under the third, and then back over the remaining two.

Repeat the same process of going over two, under one, and over two for the remaining strands of bread until you run out of space. Tuck the remaining bread strands under to make the loaf look nice and clean. Transfer to a lined sheet pan.

Beat the remaining egg until smooth and then brush on top of the bread. You may sprinkle sesame seeds or poppy seeds on top or leave it plain. Let rise for an additional 20-30 minutes.

Preheat the oven to 375° F. Bake for about 35-40 minutes or until cooked through and the top is a rich brown.

MARAQUETTA BREAD
(CHILE)

INGREDIENTS

- 8 cups flour
- 2 ½ cups water *(at room temperature)*
- 1 Tbsp salt
- 2 Tbsps dry yeast
- 1 tsp sugar

INSTRUCTIONS

In a cup put some warm water, dissolve the yeast along with the sugar. Let the mix rest for 10 minutes. Meanwhile, in a large bowl, add the flour and salt. Add the yeast and water mixture.

Form a uniform and semi-soft dough. Knead the dough for about 8 minutes.

Place the dough into a large bowl, previously sprayed with a little bit of cooking spray (you can alternatively use butter instead). Allow to ferment for 30 minutes. Then, divide the dough into equal portions of 3.5 oz (100g) each. Wind each portion, (which refers to forming evenly-shaped dough balls with the palm of the hand), in a circular motion. Let the dough rest again for 20 minutes.

Join the dough balls by two portions together at a time, and knead slightly to make them more elongated.

Then with an accessory (like a knife sharpener), divide the dough in the middle. Then place the shaped pieces of dough on a baking tray lined with parchment paper. Another way is to place the bread on top of a buttered baking tray. Ideally, let the bread rest for another 20 minutes at least.

Bake for about 18 minutes in a 450° F / 220°C oven, or until the bread is golden brown on top.

FRENCH BREAD
(FRANCE)

INGREDIENTS

- 1 ½ cups warm water
- 1 Tbsp honey
- 1 ½ tsp salt
- 1 Tbsp active dry yeast
- 3½ - 4½ cups flour

INSTRUCTIONS

Combine the water, honey, salt and yeast in a glass bowl. Let sit for 5-10 mins until there's some bubbling, foam stuff on the top.

Next, add a bunch of flour. I used just regular white organic flour. Keep kneading until it is no longer sticky. You want your dough to be sticking to itself, not your fingers. So, keep adding flour and keep kneading until that happens.

Form the dough into a loaf shape. Cover with a towel and let sit on the counter for 20 mins (or on top of the preheating oven if your kitchen is cold). This is the time to set the oven to 400° F.

After 20 mins cut slits in the top of the dough and bake for 16-20 mins.

Variations can be made by adding garlic and oregano, or cinnamon and raisins, or whatever you dream up!

ROTI CANAI
(MALAYSIA)

INGREDIENTS

- 2 cups all-purpose flour
- ¼ Tbsp salt
- 1 cup water
- ½ cup cooking oil

INSTRUCTIONS

Mix the salt in the water.

Put the flour in a mixing bowl. Add the salted water gradually.

Mix the flour into a dough, knead until smooth. Make sure the texture of the dough is not too sticky and gooey.

Oil your hands with cooking oil and then make the dough into palm sized balls.

In a bowl pour some oil so that the dough does not stick to the bowl. Put in the balls, coating it with oil as you put one on top of each other. After it is all in a bowl, totally immerse it in oil. Leave overnight.

Oil your kneading space. Take out one dough ball, flatten it out into with you palms until the size of a dinner plate.

Flip it like a pizza. Flip the dough a couple of times and spread it out until paper thin.

Take the one edge and fold it to the middle. Do these another three times so that it will turn into a square.

Grease a flat pan or skillet with cooking oil and cook until golden brown.

IRISH POTATO BREAD
(IRELAND)

INGREDIENTS

- ¾ cup cooked mashed potatoes (boil potatoes and mash them to a mashed potato consistency)
- ¾ cup raw grated potatoes (peel the skins, then grate, drain grated potatoes of liquid)
- 1 egg
- 1 egg white
- ⅓ cup vegetable oil
- ¾ cup milk
- ½ cup grated Parmesan cheese
- ½ tsp garlic powder
- 3 ¼ cups flour
- 1 ½ Tbsp baking powder
- 1 tsp salt

INSTRUCTIONS

Place the mashed potatoes and raw grated potatoes in a large mixing bowl, whisk together until well combined. Add the egg, egg white, grated parmesan cheese, garlic powder, milk and oil to the bowl, whisk until completely incorporated.

In a separate large bowl, combine the flour, baking powder and salt, stir to combine. Stir the dry ingredients into the wet ingredients until a soft dough is formed.

Lightly flour your counter top, place the soft dough on the floured counter top and knead 6-7 times. Gather the dough up and form a ball, place it in an oiled 8 inch cast iron pan. Using a serrated knife (a steak knife worked well) cut an x on the top of the dough.

Bake at 375° F for 45-55 minutes. It should be golden brown on top. Cool on a wire rack about 10 minutes. Run a butter knife around the edges of the pan to release the bread, remove from pan, place on a cooling rack to cool completely before slicing.

MOROCCAN KHOBZ
(FRANCE)

INGREDIENTS

- 4 cups white flour - preferably high gluten or bread flour
- 2 tsp salt
- 2 tsp sugar
- 1 Tbsp yeast
- 2 Tbsp oil - olive oil or vegetable oil
- 1 ¼ cups water - warm *(not hot)*
- 1 ½ tsp oil, semolina or cornmeal (*optional - for preparing the pan)*

INSTRUCTIONS

Prepare a large baking sheet by lining it with parchment paper OR lightly oiling it OR dusting it with semolina or cornmeal. Set aside.

Combine the flour, salt and sugar in a large bowl. Make a well in the centre and add the yeast.

Add some of the water to the yeast in the well and lightly stir with your fingers to dissolve the yeast. Add the rest of the water and oil to bowl and stir to combine all ingredients.

Knead the dough (in the bowl if it's large enough or on a floured work surface) for 5 to 10 minutes until smooth and elastic. While kneading, work in a little flour or water as needed to ensure the dough is soft and pliable but not sticky.

Divide the dough into two smooth mounds and place well apart on the prepared pan. Cover with a towel and leave to rest for 10 to 15 minutes.

After resting, pat the mounds of dough into flat, round loaves about ¼" thick. Cover again with a towel and leave to rise for about an hour (longer in a cold room), until the dough springs back when pressed lightly.

Preheat your oven to 435°F (225°C). When the oven is hot, lightly score the top of the bread with sharp knife or poke in several places with a fork.

Bake the khobz in the preheated oven, rotating the pan if necessary, for about 20 minutes or golden The loaves should sound hollow when tapped. Transfer the khobz to a rack or towel-lined basket to cool.



RICE

CHINESE FRIED RICE
(CHINA)

INGREDIENTS

- ¾ cup finely chopped onion
- 2 ½ Tbsp oil
- 1 egg, lightly beaten *(or more eggs if you like)*
- 3 drops soy sauce
- 3 drops sesame oil
- 8 oz cooked lean boneless pork or 8 oz chicken, chopped
- ½ cup finely chopped carrot *(very small)*
- ½ cup frozen peas, thawed
- 4 cups cold cooked rice, grains separated *(preferably medium grain)*
- 4 green onions, chopped
- 2 cups bean sprouts
- 2 Tbsp light soy sauce *(add more if you like)*

INSTRUCTIONS

Heat 1 Tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown colour, about 8-10 minutes; remove from wok.

Allow wok to cool slightly.

Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.

Add ½ Tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.

Heat 1 Tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.

Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.

Add 2 Tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.

Set out additional soy sauce on the table, if desired.

MEXICAN RICE
(MEXICO)

INGREDIENTS

- 2 cups long grain brown rice, washed and drained
- 2 Tbsp olive oil, or ¼ cup vegetable broth for sautéing
- ¼ cup onion, chopped
- 3 cloves garlic, minced
- ½ tsp cumin powder
- ½ cup tomato sauce
- 2 cups vegetable broth, or 2 cups water plus 1 vegetable bouillon
- ½ tsp salt

INSTRUCTIONS

PRESSURE COOKER
Plug Instant Pot in power and press sauté to heat. Add oil, once it is heated, add onion, garlic, cumin and cook for 2 minutes stirring. Stir in the rice and sauté for about 4 minutes.

Add tomato sauce and stir to coat. Add vegetable broth and salt Switch Instant Pot to the Keep Warm/Cancel button. Cover Instant Pot with the lid, make sure knob is set on the Sealing position. Now press the Manual button and the display will now say ON. Click the + plus button until it is 22 minutes on High Pressure. You can walk away and let the Instant Pot do its work.

You will hear whistling but do not panic, it's quite normal. At the end of the 22 minutes let the Instant Pot Natural Release pressure for 5 minutes. Then you will turn the knob to Vent and allow it to Quick Release the remaining pressure. I usually put a damp dishcloth over the vent carefully as the final steam releases.

Once the steam releases you can now open the Instant Pot and flurry your rice.

TURMERIC RICE
(INDIA)

INGREDIENTS

- 1 Tbsp butter
- 1 Tbsp olive oil
- ¼ cup onion, finely diced
- 4 cloves garlic, minced
- 1 cup jasmine rice, rinsed
- 1 ½ cups chicken broth *(low sodium)*
- 1 bay leaf dried
- salt to taste
- pepper to taste
- 1 ½ tsp turmeric

INSTRUCTIONS

Rinse rice until water runs clear, drain.

In a medium saucepan over medium heat, add olive oil and butter.

When butter is melted, add onion and garlic, sauté until softened.

Add rice and turmeric. Stir until combined. Add chicken broth and bay leaf, cover pan. Increase heat and bring to a boil.

Reduce heat, allow to simmer 15-20 minutes, or until liquid is absorbed. Remove from heat and allow to sit for 5 minutes. Remove bay leaf, fluff with a fork and serve.

CUBAN RICE
(CUBA)

INGREDIENTS

- 1 ½ cups rice, uncooked
- 1 15 oz can black beans, drained
- 3 cups vegetable broth
- 2 Tbsp red wine vinegar
- 4 cloves garlic, minced
- 3 tsp cumin
- salt, pepper to taste

OPTIONAL ADD ONS

- ¾ cup bell pepper, diced
- ½ cup onions, chopped
- 2 tsp laurel spice
- 2 tsp maple syrup
- ¼ cup cilantro, chopped

INSTRUCTIONS

Heat a bit of oil (or vegetable broth for oil-free cooking) in a large saucepan. Add garlic and the optional onions and bell pepper. Fry all for around 3 minutes. Then add vegetable broth and rice. Cook for around 10 minutes.

Lastly, add the black beans, vinegar, and cumin. Season with salt and pepper plus the optional add on's, such as laurel spice or maple syrup.

Cook for around 5 minutes more, check if the rice is done. Divide onto plates or bowls and serve with the optional cilantro.

The cooking time will depend on your used rice and brand. Mine was ready in 10 minutes, but it might take a bit longer, so check precisely and carefully the package directions.

If you have excess liquid in the rice after the first step, drain it.

SPANISH TOMATO RICE
(MEXICO)

INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- ¼ medium onion, finely chopped
- ½ red bell pepper, finely chopped
- 2 cups long grain white rice
- 2 cups low-sodium chicken broth
- 1 cup tomato sauce
- Juice of ½ lemon
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp ground cumin
- Kosher salt
- Freshly ground black pepper
- 1 Tbsp freshly chopped cilantro, for garnish

INSTRUCTIONS

In a medium saucepan over medium heat, heat oil. Add onion and pepper and cook until softened slightly, 3 to 4 minutes. Add rice and cook, stirring frequently, until toasted and lightly golden, 4 to 6 minutes.

Stir in chicken broth, tomato puree, lemon juice, chili powder, garlic powder, oregano, and cumin. Season liberally with salt and pepper.

Increase heat to high and bring to a boil, then reduce heat to low and bring to a gentle simmer. Cook until all liquid is absorbed, 15 to 18 minutes.

Remove from heat and let rest for 3 to 4 minutes, then remove lid and fluff rice with a fork.

Season to taste with salt and pepper, top with cilantro, and serve immediately.

SPINACH PILAF RICE
(GREECE)

INGREDIENTS

- 2 cups long grain rice *(uncooked)*
- Early Harvest Greek extra virgin olive oil
- 1 medium yellow onion, chopped *(just over 1 cup chopped onions)*
- 1 garlic clove, minced
- ½ cup orzo pasta
- 2 lemons, juice of *(PLUS zest of 1 lemon)*
- 2 cups low sodium broth *(chicken or vegetable broth will work)*
- Pinch salt
- Large handful chopped fresh parsley
- 1 tsp dill weed *(dry dill)*

INSTRUCTIONS

Wash rice well and then soak it for about 15 to 20 minutes in plenty of cold water (enough to cover the rice by 1 inch). You should be able to easily break a grain of rice by simply placing it between your thumb and index finger. Drain well.

Heat about 3 Tbsp extra virgin olive oil in a large sauce pan with a lid (like this one) until oil is shimmering but not smoking. Add onions and cook for about 3 to 4 minutes until translucent. Add garlic and orzo pasta. Toss around for a bit until the orzo has gained some colour then stir in the rice. Toss to coat.

Now add lemon juice and broth. Bring liquid to a rolling boil (it should reduce a little), then turn heat to low. Cover and let cook for about 20 minutes or until rice is done (liquid should be fully absorbed and rice should be tender but not sticky).

Remove rice from heat. For best results, leave it covered and do not disturb rice for about 10 minutes or so.

Uncover and stir in parsley, dill weed and lemon zest. If you like, add a few slices of lemon on top for garnish. Enjoy!

JOLLOF RICE
(NIGERIA)

INGREDIENTS

- 3 cups long grain brown rice
- 2 medium tomatoes, chopped
- 1 red bell pepper, chopped
- 1 large onion, chopped
- 2 cloves garlic
- 1 inch ginger, chopped
- ½ scotch bonnet pepper, or 2 tsp cayenne pepper
- ¼ cup oil
- 2 tsp curry powder
- 1 tsp thyme
- 2 Tbsp tomato paste
- 2 vegetable bouillon
- 2 ½ cups water, or vegetable broth if omitting bouillon
- Salt, to taste

INSTRUCTIONS

Wash rice and set aside. Puree tomato, bell pepper, onion, garlic, ginger, scotch bonnet pepper in a blender until smooth.

Heat oil in large pot over medium-high heat. Add pureed sauce and cook stirring for about 3 minutes. Add curry powder, thyme, tomato paste, vegetable bouillon and stir, cook for another 2 minutes. Add rice and stir to coat.

Add water or vegetable broth and salt to taste. Bring to a full boil. cover and reduce to low and allow to the rice to cook until tender and fluffy, about 50 minutes.



TIP: Brown rice will need about 45 to 50 minutes to be properly cooked.

INDIAN CUMIN RICE
(INDIA)

INGREDIENTS

- 1 cup long grain basmati rice
- 2 cups water + extra for soaking
- 1 tablespoon ghee
- 1 bayleaf
- 1 inch cinnamon stick
- Cloves
- 1 tsp jeera cumin seeds
- 1 green chilli or serrano pepper, chopped fine
- ½ tsp salt
- 2 tbsp coriander, chopped for topping

INSTRUCTIONS

Wash the basmati rice a few times, and then soak it in enough water so that the rice is completely soaked and has an inch of extra water on top. Soak the rice for at least 30 minutes.

When you are ready to cook, drain all the water from the rice and set the rice aside.

Heat ghee in a pot and add the whole spices and cumin seeds to it. Once the cumin seeds start spluttering, add the chopped green chilli and drained rice to it. Sauté the rice in the pan for two minutes on a medium flame. This helps add more flavour to the rice.

Add two cups water and salt to the rice and mix well. Bring the rice to a quick boil, and then reduce the heat to a simmer.

Cover and cook for approximately five to six minutes, until all the water has evaporated and the rice is cooked through. Top with chopped coriander and serve hot.

SPICY FRIED RICE
(PAKISTAN)

INGREDIENTS

- 3 cups basmati rice *(washed well and soak for ½ hour)*
- 2 cups vegetables *(fresh or frozen mixed vegetables)*
- 2 medium onions *(thinly sliced)*
- 2 green chillies *(whole - do not cut)*
- 1 ½ tsp coriander powder
- 1 tsp cumin powder
- ¼ tsp turmeric powder
- ½ tsp red kashmiri chilli powder
- salt *(to taste)*
- 1 tsp ginger paste
- 1 tsp garlic paste
- 4 tbsp tomato sauce
- 4 tbsp soy sauce
- Cooking oil

INSTRUCTIONS

Heat oil in a heavy based pot on medium heat. Add sliced onions and fry onions until they are transparent. Then add to the onions, the garlic paste and ginger paste. Mix for a minute then add the green chillies, coriander powder, turmeric powder, cumin powder, chilli powder and salt. Fry all these spices for a few minutes (by adding a bit of water if needed to prevent from sticking).

Add in the vegetables and sauté by continuously stirring until the vegetables are cooked.

In a separate pan, heat ½ cup oil and add rice, soy sauce, tomato sauce and enough water for the rice to cook. Mix and bring it to a boil. Once the rice comes to a boil, turn heat to low and let rice simmer, covered until rice is well done and the water has totally dried up (but is still a little wet).

Finally, when the water has dried, add the vegetable mixture to the rice and mix. Cover on very low heat for about 5 minutes. Serve hot.

VIETNAMESE FRIED RICE
(VIETNAM)

INGREDIENTS

- 2 bunches scallions
- 3 large carrots
- 2 cups fresh bean sprouts
- 2 large eggs

FOR SEASONING LIQUID

- 2 Tbsp Asian fish sauce
- 1 ½ Tbsp rice vinegar
- 2 Tbsp sugar
- 5 cups chilled Chinese-style white rice
- 2 ½ Tbsp corn or safflower oil
- 2 Tbsp minced garlic
- 1 tsp dried hot red pepper flakes
- ¼ cup chopped fresh cilantro or mint leaves
- ¼ cup chopped dry-roasted peanuts

INSTRUCTIONS

Finely chop enough scallions to measure about 2 cups and coarsely shred enough carrots to measure about 2 cups. Rinse bean sprouts and trim stringy root ends if desired. In a small bowl lightly beat eggs.

MAKE SEASONING LIQUID
In a small bowl stir together seasoning liquid ingredients.

Spread rice in a shallow baking pan and separate grains with a fork.

In a deep 12-inch heavy non-stick skillet heat oil over moderately high heat until hot but not smoking and stir-fry eggs until scrambled, about 30 seconds. Add scallions, garlic, and red pepper flakes and stir-fry about 15 seconds, or until fragrant. Add carrots and bean sprouts and stir-fry until carrots begin to soften, about 1 minute.

Add rice and cook, stirring frequently, 2 to 3 minutes, or until heated through. Stir seasoning liquid and add to fried rice, tossing to coat evenly.

Serve fried rice sprinkled with cilantro or mint and dry-roasted peanuts.

FRIED RICE
(NIGERIA)

INGREDIENTS

- 6 cups cooked rice (I use basmati)
- ¼- ½ cup canola oil
- 1 medium onion sliced
- 2 tsp minced garlic
- ½ lb liver cut bite size
- 1 lb large shrimp peeled and de veined
- 1 tsp pepper sauce chilli sauce
- ½ tsp thyme
- 1 tsp white pepper
- 1 tsp curry powder
- 1-2 tsp Maggie powder or chicken bouillon *(optional)*
- 1 Tbsp Maggie liquid or soy sauce (*optional)*
- Salt to taste
- 12-16 oz vegetables peas, carrots, green beans

INSTRUCTIONS

Break up the clumpy rice before starting.

Heat a large wok or skillet on medium high heat with about a Tbsp of canola or vegetable oil.

Add the rice, stir vigorously for about 2-3 minutes adding Maggie liquid and a Tbsp or more of water or chicken/beef stock as need to moistened rice. Set aside. Quickly wipe the wok or skillet with a clean paper towel or cloth.

Heat 1 tsp of oil in the wok; add shrimp, lightly season with salt. Sauté until just cooked through. Remove and add to the fried rice.

Next add another tablespoon of oil, let it heat up, then add the liver or beef lightly season with salt and pepper, quickly stir fry for about a 2 minutes. Remove and add to the rice. Quickly wipe the wok or skillet with a clean paper towel or cloth.

Then add a Tbsp of oil into the wok, followed by onions, thyme, garlic, peas, carrots, pepper sauce, white pepper, curry powder, and chicken bouillon powder. Stir until fragrant for about 2 minutes.

Finally return the combination of rice, liver, and shrimp to the wok. Stir until everything has been fully combined. Adjust seasoning salt, pepper if necessary.

Garnish with chopped scallion and serve.



VEGETABLES

VEGETABLE PILAU
(INDIA)

INGREDIENTS

- 2 cups long grain basmati rice
- 1 Tbsp butter
- 2 Tbsp oil
- 2 medium onions finely sliced
- 1 clove garlic finely chopped
- 1 tsp garam masala
- 2 carrots cut into matchstick sized *(thin)* pieces
- 12 green beans, thinly sliced
- ½ cup diced capsicums red and green, diced
- 1 cup potato, peeled and cubed
- ½ cup fresh or frozen peas
- 2 tsp salt
- 4 cups water

INSTRUCTIONS

Heat butter and oil in a large saucepan with well-fitting lid. Over low heat cook onion till it becomes soft and pale golden.

Add garlic and sauté for 2 minutes.

Add rice to it. Raise the heat and fry for 2 minutes.

Add hot water, salt and garam masala to it. Bring to boil over high heat and when bubbling turns off the heat to very low.

Cover the pan and leave simmer for 10 minutes.

Add vegetables and sprinkle with little salt.

Put lid on and cook for another 10 minutes till the vegetables are tender but not overcooked.

Leave the pan uncovered for few minutes then fluff up with fork, mixing the vegetables through the rice. Garnish it with fried almonds and sultanas (optional).

Serve with hot curry.

KABULI PULAO
(AFGHANISTAN)

INGREDIENTS

- 150 ml vegetable oil
- ½ large carrot, cut into julienne
- 75 g sultanas
- 1 Tbsp each slivered almonds and pistachios
- ½ tsp caster sugar
- ¾ tsp ground cardamom
- 1 onion, finely chopped
- 500g basmati rice, soaked overnight in cold water, drained
- ½ tsp ground cumin

INSTRUCTIONS

Heat oil in a frying pan over medium-high heat, add carrot and fry, stirring occasionally, until slightly softened (2-3 minutes).

Remove with a slotted spoon and transfer to a sieve to drain.

Add sultanas to oil, fry until they float to the surface (1-2 minutes), remove with a slotted spoon and add to carrot.

Add nuts, sugar and ½ tsp cardamom to pan and fry, stirring, until golden brown (1-2 minutes). Remove with a slotted spoon and add to carrot mixture.

Add onion to pan and fry, stirring occasionally, until golden and tender (6-8 minutes). Set aside separately.

Half-fill a large saucepan with water, add 1½ tsp salt and bring to the boil over high heat. Add rice, cover and boil until rice is twice the size of the original grain (6-8 minutes), then drain in a colander.

Return rice to saucepan, add fried onion, cumin, remaining cardamom and 2 tsp salt. Add 125ml boiling water, cover with a lid and place over high heat. Cook until steam can be seen coming from beneath the lid, reduce heat to low and cook for 20 minutes. Season to taste and serve hot scattered with carrot mixture.

AUBERGINE & CHICKPEA STEW
(MIDDLE EAST)

INGREDIENTS

- 3 aubergines
- 1 large onion
- 3 cloves garlic
- 4 large tomatoes or 3 tins of chopped tomatoes
- 1 tin of chickpeas
- ¾ tsp salt *(or as required)*
- ½ tsp pepper
- 1 tsp ground coriander
- ¾ tsp chilli flakes
- A pinch of cinnamon

INSTRUCTIONS

Gently heat 2-3 Tbsp of olive oil in a large pan. Peel and slice 1 large onion into big chunks and add to your pan.

Peel and crush 3 cloves of garlic and add that to the pan also and give it a stir. Sauté the contents of your pan until the onions soften.

Add salt, pepper, a good pinch of ground cumin, a sprinkling of ground coriander and chilli flakes. For a more Middle Eastern flavour, you can also add a tiny bit of cinnamon. We do this in winter.

Now chop 3 aubergines into bite-sized chunks and add to the pan. Stir it all up so the aubergine pieces become coated with the oil and spices and let them cook for a few minutes.

Roughly chop 4 large summer Turkish tomatoes (or use 3 tins of chopped tomatoes) and add them to the pan.

Drain the juices from a tin of chickpeas, add to the pan, stir everything up, cover and simmer for about 20 minutes, until your aubergine goes soft.

FOR THE GARNISH
This topping for your stew is optional but it really does make a difference. It's about the contrast in texture and flavour.

Add a little olive oil to a frying pan and get it really hot.

Slice a medium size onion into as thinly as possible.

Take 2 cloves of garlic, peel and slice those thinly, too. Add to the pan and fry till dark and crispy.

TO SERVE
Serve the spicy chickpea and aubergine stew on a bed of rice or Turkish bread. Sprinkle freshly chopped parsley over the dish and then top it all off with your crispy onion and garlic garnish. This can be served with good a quality yoghurt.

SWEET & SOUR VEGETABLES
(CAMBODIA)

INGREDIENTS

- 1 20 oz can pineapple chunks in juice
- 1 cup sliced carrots
- 4 cups chopped broccoli
- 1 onion, cut in wedges
- 1 cup water
- 1 bunch scallions, cut into 1 inch pieces
- 2 cloves garlic, crushed
- 1 tsp grated fresh ginger
- 1 large green pepper, cut into 1 inch pieces

SAUCE

- 1 cup unsweetened pineapple juice
- ¼ cup cider vinegar
- 2 ½ tablespoons soy sauce
- ⅓ cup brown sugar
- 2 Tbsp corn-starch

INSTRUCTIONS

Drain the pineapple, reserve the juice and set aside.

Place the vegetables, except the broccoli, in a large pot or wok with ½ cup of the water and the garlic and ginger.

Sauté for 5 minutes. Add the broccoli and the remaining ½ cup water. Stir, then cover and cook over low heat for 5 minutes.

Combine the sauce ingredients in a separate bowl. Stir in the pineapple chunks and the sauce mixture. Cook, stirring until thickened.

COCONUT CHICKPEA CURRY *Vegan and Gluten free*
(INDIA)

INGREDIENTS

- 1 Tbsp coconut oil
- 1 large red onion thinly sliced.
- 3 cloves garlic minced
- 1 inch fresh ginger, peeled and minced or grated
- 1 Tbsp garam masala
- ¼ tsp ground turmeric
- ¼ tsp ground black pepper
- ¼ tsp cayenne pepper
- ¼ tsp salt (plus more to taste)
- 1 ½ cups diced tomatoes (equal to 1 14-oz can; drain before using)
- 1 ½ cups full-fat coconut milk (equal to 1 14-oz can)
- 1 ¾ cups cooked chickpeas (equal to 1 16-oz can; drain and rinse before using)
- 2 Tbsp lime juice
- Chopped fresh cilantro (coriander) for serving

INSTRUCTIONS

In a large pan, heat the coconut oil over medium-high heat. Add the red onion with a pinch of salt. Cook, stirring frequently, until the onion is softened and starting to brown.

Reduce the heat to medium. Add the garlic and ginger; stir and cook for 60 seconds or until fragrant. Stir in the garam masala, turmeric, black pepper, cayenne pepper, and salt. Cook for 30 seconds more to toast the spices.

Add the tomatoes to the pan and stir well. Continue to cook, stirring occasionally, for about 3-5 minutes or until the tomatoes are starting to break down and dry up a little bit. Stir in the coconut milk and chickpeas. Bring the mixture to a boil, then reduce the heat to medium-low.

Simmer the coconut chickpea curry for about 10 minutes or until reduced slightly. Stir in the fresh lime juice. Season to taste with additional salt (I used about another ½ teaspoon at this point).

Serve hot, over rice or other accompaniments of choice.

BORSHCH *Vegan and Gluten free*
(RUSSIA)

INGREDIENTS

- 2L of meat or vegetable stock
- 1 bay leaf
- 3 Tbsp of animal fat or olive oil
- 1 large diced onion
- 2 large diced carrots
- 1 small diced beetroot
- 200g or chopped tomatoes or a can of tomatoes
- 300g of cubed potatoes
- 200g of thinly sliced fresh cabbage
- Salt and pepper
- 3 cloves of garlic
- Parsley or any of your favourite herb
- Sour cream to serve

INSTRUCTIONS

Heat the stock with bay leaf until boiling.

Heat fat or olive oil in fry pan, add onion, keep stirring until it is transparent and golden.

Add carrot, keep stirring until soft.

Add beetroot, fry for 5 min.

Add tomatoes and stir fry for another 5-10 minutes until all ingredients interchange the colour and become soft.

Add potatoes and cabbage to the pot with stock and boil together for 3-5 minutes.

Add the content of fry pan into the pot, stir. Let it boil altogether for 5-10 minutes. Taste. Add salt and pepper to your taste. Switch off the element.

Add chopped garlic and herbs. Eat hot or store for later. Serve hot with a dollop of sour cream.

STUFFED CABBAGE ROLLS *Vegan and Gluten free*
(INDIA)

INGREDIENTS

- 1 large cabbage (with leaves carefully separated and notches removed)
- 1 cup rice, washed and soaked
- 4 Tbsp coriander seeds
- 2 Tbsp cumin seeds
- 10-12 dry kashmiri chilli
- Juice from a small lemon
- Juice from a small lemon sized ball of tamarind(look at Asian shop)
- ⅓ cup dry desiccated coconut or fresh grated
- Salt to taste
- 4 Tbsp oil

INSTRUCTIONS

Grind the rice, the roasted spices, coconut and tamarind, and salt, to a thick paste. After grinding, pour some water in the blender and retain this residue liquids masala for sprinkling over the rolls while cooking.

Arrange two cabbage leaves at a time, in a row, overlapping each other. Apply some masala paste over the leaves evenly. Repeat this process till you get 3 layers of leaves and 3 of the masala with the masala layer being the last.

Carefully roll up the cabbage layers and then cut into 1 cm- 1 ½ cms. Rounds. Repeat this process with the rest of the cabbage leaves. You should get about 3 big rolls from one big cabbage.

Heat a griddle and smear it with little oil. Place the sliced rolls on the griddle and pour a little oil on top. Sprinkle a little of the liquid masala. When one side is done and gets crisp, turn over once till the other side gets cooked.

Serve hot as a side dish.

CORN PATTIES *Vegan and Gluten free*
(INDIA)

INGREDIENTS

FOR THE POTATO MIXTURE

- 450g boiled and mashed potatoes
- 2 heaped Tbsp corn flour *(add more if required)*
- ½ tsp salt

FOR THE FILLING

- 250g corn kernels
- 4 cloves crushed garlic
- 5 chillies finely chopped
- 1 tsp chopped root ginger
- 2 Tbsp chopped coriander leaves
- ¼ Tbsp turmeric
- Salt to taste
- 1 tsp garam masala
- 2 Tbsp oil
- Juice of half lemon
- Oil for frying
- ¾ Tbsp coriander

INSTRUCTIONS

Add the corn flour to the prepared potatoes, mix in salt and let it cool. Grate the corn, (if on cob), chop the garlic, chillies, coriander leaves and ginger.

Heat the oil in a pan and add chillies, garlic and corn. Add the turmeric, salt, coriander cumin powder and garam masala. Cook it for a few minutes and add the lemon juice.

Garnish with coriander leaves and let it cool. To make the patties, take a Tbsp of potato on the palm of your hand and flatten it. Put the corn mixture in the centre and cover it from all sides.

Deep fry until golden brown.

VEGETARIAN CAKE *Vegan and Gluten free*
(INDIA)

INGREDIENTS

- ½ kg potatoes
- ¼ kg carrots
- ¼ kg green peas
- 200g breadcrumbs *(to be ground into paste for green chutney)*
- 1 bunch of fresh coriander leaves
- 4 green chillies
- 2 Tbsp grated fresh coconut
- ¾ tsp sugar
- Juice of half lemon
- Salt to taste

FOR SWEET CHUTNEY

- ½ pkt tamarind
- 200g ripe dates
- 100g sugar
- Salt to taste
- Chilli powder to taste
- 2 cups water

INSTRUCTIONS

Boil potatoes and mash them. Add salt to taste. Boil peas, mash them and add salt to taste. Grate carrots and add salt to taste and boil.

SWEET CHUTNEY
Boil the tamarind and dates, sugar salt to taste and water till it is a thick paste. Cool it and strain it with a strainer.

Now take a round dish and make a thin layer of mashed potatoes in a round shape, then top it with a layer of carrot, then green peas, then spread green chutney and sweet chutney.

Repeat another layer of potatoes, carrots and peas – finally cover the cake with mashed potatoes. Cover with bread crumbs – you can decorate vegetable cake with tomato, grated carrot or with chillies cut into decorative shapes.

Serve both chutneys. Before serving put the cake in the oven for five minutes.



TIP: Tamarind is available in Asian shops.

SOBA NOODLES WITH SWEET GINGER SAUCE
(CHINA)

INGREDIENTS

- (9 oz) packet soba noodles, cooked per instructions
- Salt and pepper
- 3 Tbsp sesame seeds, lightly toasted
- cucumber, thinly julienne *(optional)*
- lime wedge *(optional)*

FOR SWEET GINGER SCALLION SAUCE

- 1 cup scallions, finely sliced
- 2 Tbsps minced ginger
- ¼ cup chopped cilantro
- 2 Tbsps sesame oil or 2 - 3 Tbsps grapeseed oil
- 2 tsp chili oil
- 2 Tbsp soy sauce
- 2 Tbsp rice wine vinegar
- 2 Tbsp honey

INSTRUCTIONS

Whisk together the ingredients for Sweet Ginger Sauce in the bowl. Set aside for 10 -15 minutes for the flavours to develop.

To the cooked noodles, add the sweet scallion sauce, sesame seeds and toss the noodles to coat, checking the seasoning. Sprinkle lime juice, if desired, and topping with julienned cucumber, giving one final toss.

You can stir fry and add broccoli, cauliflower and spring onions to this dish.

CAULIFLOWER TIKKA MASALA *Vegan and Gluten free*
(INDIA)

INGREDIENTS

- 1 medium head of cauliflower chopped into florets
- 2 tsp oil
- 1 tsp lemon juice
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp garam masala
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp or more salt
- 1 bottle Patak's Tikka Masala *(available in the Supermarkets)*, use ⅔ of the sauce recipe if using a small head of cauliflower
- ¼ cup (2.1 oz) non dairy cream *(such as cashew - blend ¼ cup cashews with ¼ cup water until smooth), soy or coconut (optional)*

INSTRUCTIONS

The sauce usually includes tomatoes (frequently as purée), cream, coconut cream or thick coconut milk and spices like many versions of spice mix (as to left) and 1 onion, finely chopped · 4 cloves garlic, minced,1 tsp cumin powder , 1tsp turmeric, 1 tsp kashmiri chilli powder and 1 tablespoon vegetable oil. Juice of ½ lemon (optional), salt - to taste, sugar - to taste.

In a large bowl, add the chopped cauliflower florets, drizzle oil and lemon juice and toss well to coat. In a small bowl mix all the spices and salt. Sprinkle the spices all over the cauliflower and toss to coat. Spread the florets on a parchment lined baking sheet or baking dish. Bake at 400° F (205°C) for 25 mins.

In a saucepan over medium heat or instant pot on sauté mode, combine the tikka masala sauce and baked cauliflower. Add 1/4 cup of non-dairy cream if needed. Mix well. Bring to a boil. At this point you can also add in a cup or more chickpeas for added protein. Cook for about 3-4 mins. Taste and adjust salt and flavour.

Garnish with fenugreek leaves or cilantro. Sprinkle some smoked paprika or cayenne (really important for a smoky flavour).

Take off heat, then let the mixture sit for another few mins before serving.

Serve with naan, flat breads or rice.

KOREAN CAULIFLOWER RECIPE *Vegan and Gluten free*
(KOREA)

INGREDIENTS

- 1 large head of cauliflower, chopped
- 2 scallions, diced
- 1 tsp of sesame seeds
- 2 Tbsp of well stirred tahini paste
- 3 Tbsp of Korean red pepper paste
- 2 Tbsp of brown or white rice vinegar or a few squeezes of lime juice
- 1 Tbsp of maple syrup or your preferred sweetener
- Drizzle of toasted sesame oil or asian sesame oil
- Oil for cooking *(I use a teaspoon of light olive oil for steam-frying)*
- Sea salt to taste

INSTRUCTIONS

Make the sauce by combining the tahini paste, Korean red pepper paste, rice vinegar (or lime juice) and maple syrup. Stir in a tiny drizzle of sesame oil. If the sauce seems to thick, you can stir in a little water. Set aside.

Put some oil in a large fry pan. Heat the pan on medium to medium-high heat. Sauté the cauliflower until tender. I often use a non-stick pan to steam-fry it.

Once the cauliflower is tender, add the sesame seeds and a drizzle of sesame oil. Stir to combine. Serve the cauliflower with the scallions and the sauce. Enjoy!

ROASTED CHICKPEA SALAD *Vegan and Gluten free*
(MIDDLE EAST)

INGREDIENTS

- 1 medium zucchini
- 1 medium yellow squash
- 1 medium red onion
- 1 medium eggplant
- 8 oz white button mushrooms
- 2 Tbsp olive oil
- 1 clove garlic
- ½ tsp dried oregano
- ½ tsp salt (plus more to taste)
- Freshly cracked pepper
- 2 (15 oz) cans chickpeas
- ¼ bunch fresh parsley
- 2 oz feta cheese
- 1 ½ Tbsp lemon juice

INSTRUCTIONS

Preheat the oven to 400° F. Line two baking sheets with foil and give them a light coat of non-stick spray. Dice the zucchini, squash, onion, eggplant, and mushrooms into 1-inch pieces. Place them in a large bowl.

Mince the garlic and stir it together with the olive oil, dried oregano, about ½ tsp of salt, and a healthy dose of freshly cracked pepper. Pour the oil mixture over the diced vegetables and toss to coat. Spread the seasoned vegetables out onto the baking sheets, making sure they are not piled on top of one another.

Roast the vegetables in the preheated oven for about 45 minutes, or until golden brown on the edges. Stir once half way through.

Meanwhile, drain and rinse the chickpeas in a colander. Roughly chop the parsley and crumble the feta.

Once the vegetables are done cooking, allow them to cool for about 5 minutes. Combine the drained chickpeas, roasted vegetables, parsley, and feta in a large bowl. Sprinkle with lemon juice and gently stir the ingredients to combine. Taste and add more salt if needed.

ITALIAN RAVIOLI
(ITALY)

INGREDIENTS

- Store-bought ravioli (cheese ravioli, or pesto ravioli)
- Olive oil
- Sun-dried tomatoes
- Artichoke hearts
- Capers
- Italian seasoning
- Spinach *(fresh)*
- Parmesan cheese, shredded

INSTRUCTIONS

Cook store-purchased ravioli until al dente. Drain.

Heat 2 tablespoons of olive oil on a medium heat in a large skillet. Add chopped sun-dried tomatoes, chopped artichokes, capers, Italian seasoning and cook for 2 minutes. Add fresh spinach, and continue cooking and stirring until the spinach wilts.

To the skillet with sautéed vegetables, on medium-low heat, add cooked ravioli, 1 tablespoon of olive oil, and stir. The dish should be salty enough from capers. Sprinkle with shredded Parmesan cheese when serving.

CRISPY VEGETABLE PAKORAS
(INDIA)

INGREDIENTS

- 1 cup chickpea flour
- ½ tsp ground coriander
- 1 tsp salt
- ½ tsp ground turmeric
- ½ tsp chilli powder
- ½ tsp garam masala
- 2 cloves garlic, crushed
- ¾ cup water
- 2 onions, sliced into rings
- ½ head cauliflower florets
- Oil for deep frying

INSTRUCTIONS

Sift the chickpea flour into a medium bowl. Mix in the coriander, salt, turmeric, chili powder, garam masala and garlic.

Make a well in the centre of the flour. Gradually pour the water into the well and mix to form a thick, smooth batter.

Over medium high heat in a large, heavy saucepan, heat the oil to 375° F (190°C).

Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4 to 5 minutes. Drain on paper towels before serving.

CARROT SOUFFLE
(FRANCE)

INGREDIENTS

- ¼ cup salted butter
- ¼ cup unbleached all-purpose flour
- 325 ml milk
- 4 cups finely shredded or pureed carrots in a processor
- 6 eggs, white separated.
- ½ tsp onion powder
- 1 Tbsp parsley
- ⅛ tsp thyme
- 1 tsp salt
- ¼ tsp ground white pepper
- Pinch cream of tartar

INSTRUCTIONS

Melt butter in a small saucepan over medium heat. Whisk in flour until smooth, then add in milk and chicken broth. Heat, stirring until thickened (5-7 min).

Beat the egg yolks in a small bowl. Add a little of the warm custard mixture slowly to the yolks, stirring constantly. Stir the tempered yolks into the saucepan. Heat and stir 1-2 minutes over low heat.

Remove the custard from the heat and stir in pureed carrots, onion, parsley, thyme, salt, and white pepper. Set mixture in the refrigerator to cool to room temperature, stirring often.

Preheat your oven to 350° F.

In a large bowl, beat egg whites until frothy. Add cream of tartar and beat until the mixture just barely forms stiff peaks. Fold the egg whites into the vegetable mixture, gently, by making S-shaped scooping and pressing motions (it is ok if some streaks of white remain).

Spoon mixture into an ungreased 5c soufflé dish, or into smaller ramekins.

Bake, uncovered on the centre rack for 35-45 min for a large dish, or 25-35 min for the smaller dishes. When the soufflé is done it will be puffy and browned.

Serve immediately.

QUINOA ZUCCHINI PATTIE
(USA)

INGREDIENTS

- ⅔ cup quinoa, dry
- 1 cup zucchini, grated
- ⅓ cup whole grain breadcrumbs
- 2 garlic cloves, minced
- 2 Tbsp asiago cheese, fresh grated
- 1 Tbsp fresh basil, chopped, or 1 tsp dry
- 1 Tbsp fresh chives, chopped, or 1 tsp dry
- ¼ tsp salt
- ⅛ tsp ground black pepper
- 2 eggs, beaten slightly
- 1 - 2 Tbsp butter

INSTRUCTIONS

Mix the quinoa with 1⅓ cup water in a medium saucepan and bring to a boil. Simmer, covered over low heat for 15 minutes, or until the water has been absorbed and the quinoa is fluffy. Uncover, and let the quinoa cool slightly.

Press the grated zucchini between two paper towels to remove some of the extra moisture.

In a large bowl, mix the quinoa, grated zucchini, breadcrumbs, garlic, cheese, basil, chives, salt and pepper. Taste the mixture and adjust the seasonings if desired. Add the egg and mix until the mixture is moist.

Heat 1 Tbsp of butter in a large cast iron skillet over medium high heat. Shape the quinoa mixture into ¼ cup patties. Place the patties on the skillet. Cook for 2-3 minutes, flip, and continue cooking for an additional 1-2 minutes, until the patties are golden.

Repeat with any additional mixture, adding butter if the skillet seems dry. Keep the finished patties warm in a low oven until everything has been cooked.

Serve with your favourite dipping sauce and a salad.

SESAME HONEY CHILLI POTATOES *Indo-Chinese Dish*
(INDIA)

INGREDIENTS

- 3 potatoes, peeled and cut into fingers like for french fries
- 2 crushed garlic cloves
- 1 tsp red chilli powder
- 2 tsp tomato sauce
- salt to taste
- 1 ½ Tbsp oil

FOR SAUCE

- 1 Tbsp tomato sauce
- 1 tsp red chilli sauce
- 2 tsp vinegar
- 2 crushed garlic cloves
- 1 ½ Tbsp honey
- 1 tsp chopped coriander leaves *(optional)* or spring onion greens
- ½ Tbsp oil

INSTRUCTIONS

Combine potato fingers, oil, red chilli powder, tomato sauce, crushed garlic and salt and place in a zip lock bag and shake well.

Grease a baking tray and spread the potato fingers on the tray and bake at 200°C for 35-40 mins. You need to turn the potato fingers once during the baking process, or you can deep fry the potato fingers to a golden brown shade.

If deep frying add one tablespoon of cornflour instead of oil to the potatoes and then deep fry. Remove onto absorbent paper and keep aside.

Heat a heavy bottomed vessel, add oil, add the crushed garlic and sauté on high flame for few secs. Add the red chilli paste, tomato sauce and vinegar and combine.

Add the baked potatoes and toss for a minute on medium-high flame. Add the honey and toss the contents till well combined. Turn off heat. Adjust salt if required.

Sprinkle toasted sesame seeds and garnish with spring onion greens or coriander leaves and combine. Serve warm as a starter/ appetizer.

VEGETABLE KORMA
(INDIA)

INGREDIENTS

- 6 cups mixed vegetables *(I used cauliflower, beans, and carrots)*
- ¼ cup water
- 15 whole cashew nuts
- 1 Tbsp raisins
- 2 Tbsp oil
- 1 tsp cumin seeds
- ½ cup chopped onions
- 1 cup tomato puree *(grind ripe tomatoes in a blender and then measure)*
- 1 ½ cups water
- 1 Tbsp ginger garlic paste *(freshly ground or pounded in a pestle and mortar)*
- ¼ tsp turmeric powder
- 1 tsp Kashmiri chilli powder
- 1 tsp coriander powder
- 2 Tbsp canned tomato paste *(or 1 more cup tomato puree)*
- 2 tsp dried fenugreek leaves *(optional)*
- 1 tsp garam masala
- ¼ cup cream
- 3 Tbsp chopped coriander leaves for garnish
- Salt to taste

INSTRUCTIONS

Soak the cashew nuts and raisins together in some warm water for 15-30 minutes Grind the cashew nuts and raisins together with water to a smooth paste. Set aside.

Add the chopped vegetables to a pan with ¼ cup water and cook on low flame until they are tender. Do not cook the vegetables to a mush, just until they turn soft.

In a separate pan, heat the oil and add cumin seeds. When they sizzle and turn brown, add the chopped onions.

Once the onions turn brown, add the ginger garlic paste and fry until fragrant (about 1 minute). Then add the chilli powder, coriander powder, and turmeric powder.

Fry for 30 seconds taking care not to burn the masala. Keep flame low to prevent this. Now add the tomato puree. If you are not using tomato paste, add all the tomato puree at this time. Mix well and cook for 2 mins.

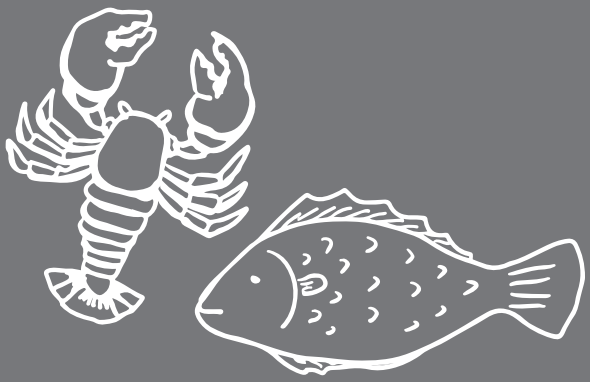
Now add the ground cashew nut and raisins paste along with tomato paste (if using). Top up with 1 ½ cups of water and add some salt. Mix well and let it simmer for 4-5 minutes.

Finally, add the cooked vegetables and mix well.

Top up with the cream and mix gently. Turn off heat.

Add chopped coriander leaves.

Serve hot with roti, naan or rice.



FISH & SEAFOOD

CAJUN BUTTER GARLIC GRILLED SHRIMP WITH CILANTRO LIME AVOCADO SAUCE
(USA)

INGREDIENTS

FOR THE SHRIMP

- 2 Tbsp butter
- 2 cloves garlic, chopped
- 1 lb shrimp, shelled and de veined
- 1 Tbsp Cajun seasoning
- 1 Tbsp lemon juice
- Cajun spice powder
- 2 ½ tsp paprika
- 2 tsp salt
- 1 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp onion powder
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- ¼ tsp dried thyme

CILANTRO LIME AVOCADO SAUCE

- 1 large avocado, mashed
- 2 Tbsp cilantro,
- 1 Tbsp lime juice
- Salt to taste

INSTRUCTIONS

Melt the butter in a pan over medium heat, add the garlic and cook until fragrant, about a minute, before removing from heat.

Season the shrimp with the cajun spice blend, skewer, and grill over medium-high heat until cooked, about 2-3 minutes per side.

Brush the cooked shrimp with the garlic butter and lemon juice and enjoy dipping them in the avocado sauce.

Blend them all and store in a airtight container.

Mix everything well and enjoy!

OPTION
Add one finely sliced green onion to the avocado sauce and puree in a food processor.

Serve with lemon wedges for a hit of citrus freshness!

FISH CUTLETS
(INDIA)

INGREDIENTS

- 350g Tuna or Snapper
- ¼ tsp turmeric
- ½ tsp pepper powder
- 1 tsp vinegar
- ½ tsp salt
- 2 Tbsp oil
- 3-4 Tbsp water
- 3 boiled potatoes *(medium)*
- 1 onion chopped finely *(medium)*
- 1 green chilli chopped finely
- ½ inch ginger chopped finely
- 1 sprig curry leaf chopped
- Breadcrumbs
- 1 egg beaten
- Oil *(coconut)* for frying

INSTRUCTIONS

In a pan, add in the cleaned fish, turmeric powder, pepper powder, vinegar, salt, and water. Mix well and cover to cook (allow the water to dry up with medium heat).

Once the fish is cooked, remove the fish from its bones and keep aside.

Heat oil in the pan, add in finely sliced onions, green chillies, ginger, and curry leaves. Mix well and cook to lightly brown.

On low heat, add in the fish, pepper powder, potatoes, lightly crumbling with your fingers (mash them if there are lumps). Add salt and mix well. Leave on low flame for 2-3 minutes for the fish to absorb the moisture.

Add vinegar and pepper powder. Mix well, once the mix is dry, allow it to cool down completely.

Once the mix is cooled down; pinch off small balls and make into oval or round shape.

Dip each cutlet into beaten egg and then in breadcrumbs. Deep fry them in hot oil and serve with tomato sauce.



TIP: To save time, you can mince all this in the food processor. You can increase or decrease pepper and green chilies according to your taste.

FISH ROLL (FISH PIE)
(AFRICA)

INGREDIENTS

FILLING

- 1 can sardines in chilli tomato sauce 15oz or 425g
- ½ medium onion chopped
- ½ tsp parsley
- ¼ tsp curry powder (mild)
- ¼ tsp pepper Powder

DOUGH

- 1 cup plus 2 Tbsp water
- 1 ¼ tsp yeast
- 2 ½ Tbsp or 30g sugar
- ½ Tbsp salt
- 4 cups or 500g of all purpose flour
- 5 oz or 142g unsalted butter/ margarine

INSTRUCTIONS

Drain half of the tomato sauce from the mackerel and place in a medium saucepan. Add onion, curry powder. Simmer for 10-15 minutes until almost all the liquid has evaporated, add parsley. Stir and simmer for 2 more minutes and set aside to let it cool

In a large bowl, add the warm water and yeast. Set aside for 5 minutes.

Using a stand mixer or by hand, mix well the flour, sugar, salt, and margarine. Add the yeast mixture to the flour mixture and mix for about a minute.

Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.

Cover and let it sit for 30-45 minutes.

Divide dough into 25 -35 small ball sized pieces.

On a lightly floured work surface, using a rolling pin, roll out each piece until ½ inch larger in diameter

Then place a teaspoon of fish mixture on each and roll up. Repeat the process. Set aside the fish pie.

Heat up a large skillet or cast iron with oil up to ½ inch at medium-high heat.

Scoop up the batter with a spoon, fry in batches, turning once, until golden brown, about 5 minutes.

Using a slotted spoon, remove the fish pie and place them on paper towels. Serve warm at room temperature.

FISH MACHBOOS
(MIDDLE EAST)

INGREDIENTS

- ½ pounds white fish fillet *(snapper, grouper or blue cod)*
- 1 pinch of salt
- 1 pinch of turmeric
- 1 pinch of pepper
- 1 ½ cups white basmati rice
- 3 small red onions, sliced
- 1 ½ tsp fresh garlic paste
- 1 ½ tsp fresh ginger paste
- 1 medium tomato, diced
- 2 green chillies *(optional)*
- ¼ cup chopped coriander
- 1 cup hot water

FOR DRIED SPICE MIXTURE

- 3 cardamom pods
- 5 pepper corns
- 3 bay leaves
- 2 cloves
- 1 sliver of cinnamon stick
- 1 dried lime

FOR POWDERED SPICES

- 1 ½ tsp salt
- ¾ tsp cayenne pepper
- 1 tsp cumin
- ½ tsp ground ginger
- ¼ tsp ground cilantro
- ¼ tsp cinnamon
- ½ tsp garam masala
- ¼ tsp cardamom
- ¼ tsp turmeric

INSTRUCTIONS

Cut fish into big pieces and rub it with a little sea salt and powdered spices then brown it gently on both sides with some butter. Keep aside.

Take a cook pot, add some butter or oil, fry the garlic, ginger, tomato, green chilli, dry lime, cinnamon, cardamom, and coriander. (You can use fresh lime instead of a dry one).

Rinse the white basmati rice until the water runs clear. Add rice to the pot and stir gently, then add the water until it covers the rice and bring to a boil.

Sprinkle the saffron mix, cover the pot and reduce heat, after 5 minutes add the fish on top of the rice then cook again for another 10-12 minutes. Let it stand covered for some time after turning the heat off.

Meanwhile fry slices of onion in the remaining butter until soft and browned, remove from heat and add raisins to the onions.

Let stand for 10 minutes before serving. Serve hot on a platter with the onion/raisin mixture as garnish on top of the rice. You can also add boiled eggs for decoration.

FISH STEW (OR SEAFOOD STEW)
(BRAZIL)

INGREDIENTS

FISH

- 500g firm white fish fillet, no skin, cut into 1"/2.5cm cubes
- 1 Tbsp lime juice
- ¼ tsp salt
- Black pepper
- 1 Tbsp olive oil

BROTH

- 1 ½ Tbsp olive oil or coconut oil
- 2 garlic cloves, minced
- 1 small onion, finely diced
- 1 large red capsicum, halved and sliced
- 1 ½ tsp sugar
- 1 Tbsp cumin powder
- 1 Tbsp paprika
- 1 tsp cayenne pepper *(optional)*
- 1 tsp salt
- 14 oz / 400ml coconut milk
- 14 oz / 400ml canned crushed tomatoes
- 1 cup fish broth/stock *(or vegetable)*

FINISHES

- 1-2 Tbsp lime juice, plus more for serving
- 3 Tbsp roughly chopped fresh cilantro / coriander, plus more for garnishing

INSTRUCTIONS

Combine the fish, lime juice, oil, salt and pepper in a bowl. Cover with cling wrap and refrigerate for 20 minutes.

Heat the 1 Tbsp olive oil in a large skillet over high heat. Add the fish and cook until just cooked through and light golden brown. Remove from the skillet and set aside.

Reduce the stove to medium high and heat 1 ½ Tbsp olive oil in the same skillet.

Add the garlic and onion and cook for 1 ½ minutes or until the onion is starting to become translucent.

Add the bell peppers and cook for 2 minutes.

Add the remaining broth ingredients.

Bring to simmer, then turn down to medium. Cook for 15 to 20 minutes or until it thickens. Adjust salt and pepper to taste.

Return the fish to the broth to reheat - about 2 minutes.

Stir through lime juice. Garnish with cilantro/coriander and serve with rice.

FISH CURRY
(INDIA)

INGREDIENTS

- 500g fish *(snapper or gurnard)*
- 1 ½ Tbsp tamarind *(can be substituted with 2 Tbsp lime juice)*
- 1 tbsp coriander
- ¼ tsp cumin seeds
- ½ coconut, grated or ½ cup thick coconut milk *(tin)*
- Garlic
- ½ inch ginger
- 1 sprig curry leaves
- 2 Tbsp oil
- 2 dry chillies
- ½ tsp pepper *(reduce to your taste)*
- 1 tsp turmeric powder

INSTRUCTIONS

Soak the tamarind in 2 cups of water and extract the juice. Grind together the chillies, coriander, pepper, cumin seeds and turmeric together and the coconuts separately.

Crush the ginger, green chillies and garlic. Dilute the masala in the tamarind water.

Splutter the mustard, fenugreek and the curry leaves in oil and salute the crushed ingredients. Add the masala and tamarind water and salt. When it boils add the fish, put the lid on and let the curry simmer for some time. Remove when the gravy thickens. Serve with rice.



TIP: Tamarind is available in Asian shops.

RICE NOODLE WITH PRAWNS
(SINGAPORE)

INGREDIENTS

- 225g vermicelli rice noodles
- 2 eggs
- ¼ kg cooked shrimps
- 2 tsp canola oil, divided
- 1 onion, chopped
- 1 red bell pepper, thinly sliced
- ½ tsp salt
- 100 grams trimmed and halved snow peas
- 2 cloves garlic, minced
- 2 tsp curry powder
- 1 tsp turmeric
- 2 Tbsp water
- 3 Tbsp soy sauce
- 1 tsp sesame oil
- 1 cup bean sprouts

INSTRUCTIONS

In a large bowl, cover vermicelli noodles with boiling water, cook for 2 minutes or according to package directions. Drain, roughly cut into smaller pieces with scissors. Set aside.

Heat 1 tsp of canola oil in a large non-stick pan or wok over medium-high heat. Add eggs, scramble until fully cooked and lightly brown, about 1-2 minutes. Remove to a plate and set aside. Wipe pan clean.

Return pan to stove top over high heat, add remaining oil, onion, bell pepper and salt. Cook until softened, and lightly browned, about 2-3 minutes. Add shrimps, snow peas, garlic, curry powder and turmeric, cook for another 2 minutes till it is slightly dry.

Add reserve noodles and egg (if using), using tongs, toss to coat rice noodles in the spices. Remove from heat, toss with soy sauce, sesame oil and bean sprouts, until each noodle is coated and bright yellow and serve hot.

QUICK PRAWN PAELLA
(SPAIN)

INGREDIENTS

- Olive oil
- 1 onion, finely chopped
- 1 red pepper, sliced
- 1 clove garlic, chopped
- 150g paella rice, or long grain rice
- Saffron - a large pinch
- Smoked paprika - a large pinch
- 400ml chicken stock
- 150g large cooked prawns, shell on or off
- 100g frozen peas, defrosted
- Parsley a small bunch, chopped
- Lemon wedges to serve

INSTRUCTIONS

Heat 1 Tbsp oil in a pan and cook the onion, pepper, and garlic until soft. Stir in the paella rice, saffron and paprika until well mixed.

Pour in the stock and simmer for 15 minutes until just tender (add a splash more water if you need to).

Add the prawns and peas for the last few minutes until heated through. Season, stir through the parsley and serve with the lemon wedges.

SEAFOOD SUMMER SALAD ROLL
(VIETNAM)

INGREDIENTS

- 8 ounces, weight bean thread noodles
- 1 Tbsp coconut oil
- 2 whole shallots, thinly sliced
- ½ lb shrimp *(shells, veins and tails removed)*
- ¾ cups fish sauce
- ¾ cups rice vinegar
- 2 Tbsps ginger, grated
- 2 whole small red chilies, diced
- 2 Tbsp honey
- 1 whole medium cucumber, julienned
- 2 whole carrots, peeled and julienned
- 1 cup bean sprouts
- ⅓ cup fresh basil, chopped
- ⅓ cup fresh cilantro, chopped
- ⅓ cup fresh mint, chopped
- ⅓ cup roasted peanuts, smashed
- 3 whole lime wedges

INSTRUCTIONS

Bring a pot of water to a boil and add noodles. Cook 3-5 minutes making sure not to overcook (refer to the package instructions for the specific timing for your noodles). Put the noodles into a colander to drain and rinse with cold water to stop the cooking process.

In a pan heat coconut oil over medium-high heat and add shallots. Cook until shallots are starting to get golden brown. Remove them from the pan and drain on a paper towel. Add shrimp to the pan and cook until cooked through, roughly 3-4 minutes. Then remove the shrimp from the pan.

TO MAKE THE DRESSING
In a small bowl whisk together the fish sauce, rice vinegar, ginger, red chilli pepper and honey.

TO ASSEMBLE THE SALAD
In a large bowl add cucumber, carrot, bean sprouts and noodles, toss to combine. Add all of the herbs, shallots and peanuts, and top with shrimp. Squeeze lime wedges over the salad. Pour the dressing over the salad when ready to eat, otherwise noodles will get soggy. Serve with additional lime wedges.

FISH CAKE SALAD
(BURMA)

INGREDIENTS

- 1 Asian red shallot (*see tip)*, thinly sliced, soaked in water for 10 minutes, drained
- 2 tomatoes, seeded, chopped
- 2 tsp finely crushed roasted peanuts
- 1 tsp chickpea flour
- ½ cup coriander sprigs
- 2 tsp fried Asian red shallots
- 2 tsp tamarind dipping sauce

FOR FISH CAKES

- 250g firm white fish fillet, finely chopped
- 2 tsp finely chopped ginger
- 1 garlic clove, crushed
- ¼ tsp ground turmeric
- 1 Asian red shallot *(see tip)*, chopped
- Vegetable oil, to deep-fry

INSTRUCTIONS

To make fish cakes, place fish, ginger, garlic, turmeric and shallot in a food processor and process to a smooth paste. Season with salt. Shape mixture into 8 x 5 cm-diameter rounds.

Fill a deep-fryer or large saucepan one-third full with oil and heat over medium heat to 180°C (or until a cube of bread turns golden in 10 seconds). Working in batches, fry fish cakes, turning halfway, for 6 minutes or until crisp and golden. Remove with a slotted spoon and drain on paper towel.

Slice fish cakes in half horizontally, and place rounds in a bowl. Add remaining ingredients; tomato, peanut, chickpea flour, coriander, fried shallots, and using your hands gently toss to combine before serving.



TIP: Asian red shallots are available in the Supermarkets. Chickpea flour is from health food shops, Asian food shops and select supermarkets.

SALMON PATTIES
(INDIA)

INGREDIENTS

- 2 14.75oz cans pink salmon drained and flaked
- 2 eggs
- 1 ¼ cups breadcrumbs
- 3 green onions sliced
- ½ cup celery chopped
- 2 cloves garlic chopped
- 1 Tbsp lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- 4 Tbsp butter or olive oil
- lemon wedges, optional
- 1 ½ tsp garam masala powder *(optional)*

INSTRUCTIONS

Open the cans of salmon and remove the skins and most of the bones and drain off the juice.

In a large bowl combine salmon, eggs, 1 cup of the breadcrumbs, green onions, celery, lemon juice, salt, and pepper.

Sprinkle ¼ cup of breadcrumbs onto a parchment lined sheet pan.

Scoop up ½ cup of the fish mixture and form into a patty, place patty on the pan and turn to coat both sides with breadcrumbs.

Repeat until 8 patties are made.

In a large skillet over medium-high heat cook 4 of the patties in 2 tablespoons butter or olive oil for 8-10 minutes until golden brown, turning once.

Serve garnished with lemon wedges and parsley or thyme, optional.



TIP: Tuna fish (canned) can be used instead of Salmon.

THAI SWEET CHILLI AND ORANGE SCALLOPS
(THAILAND)

INGREDIENTS

- ¼ lb dry sea scallops
- 2 Tbsp coconut *(or vegetable)* oil, divided
- 1 Tbsp garlic, very finely chopped
- 1 Tbsp fresh ginger, very finely chopped
- Zest of 1 orange
- 3 Tbsp orange juice
- Juice of ½ lime
- ¼ cup Thai sweet chili sauce
- ¼ cup scallions, sliced
- ¼ cup fresh cilantro, chopped

INSTRUCTIONS

Drain the scallops of any liquid and pat dry with paper towels. Set aside.

Heat 1 tablespoon of the coconut oil in a non-stick skillet over medium-high heat. Add the garlic and ginger and sauté until barely golden 1-½ to 2 minutes.

Add the orange zest, orange juice, lime juice, thai chilli sauce and scallions. Cook until the scallions are slightly softened, 1 ½ minutes longer. Transfer to a small bowl and set aside.

Heat the remaining tablespoon of coconut oil in the same skillet over medium-high heat. Add the scallops in a single layer and sear for 1-½ minutes on the first side. Turn with tongs and cook for 1 additional minute.

Add the reserved sauce to the pan along with the cilantro. Using tongs, turn the scallops to coat them with the sauce and quickly remove the pan from the heat. Do not overcook.

To serve, plate individual portions of steamed rice and scallops, then spoon the pan sauce over both.

SHRIMP AND RICE WITH HERBS
(MEYGOO POLO)

INGREDIENTS

- 1 cup rice *(white basmati, brown basmati)*
- 1 cup quinoa *(can substitute with rice)*
- 500g Shrimp *(jumbo variety will work well)*
- 1 large onion
- 4 garlic cloves
- 1 red bell pepper, thinly sliced
- Spices - 1 tsp curry powder *(mixed spices)*
- 1 tsp red pepper flakes
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp black pepper,
- Few strands of saffron dissolved in 2 tsp water
- ¼ tsp each herbs - cilantro, dill, green onions, fenugreek leaves
- Lemon juice
- Oil
- Salt

INSTRUCTIONS

Cook the rice and quinoa together in lightly salted water with some oil.

Sauté onions, garlic, sliced bell pepper. Add shrimp and sauté.

Add all spices, herbs and some salt.

Pick out the shrimp and set aside.

Layer the rice-quinoa with sautéed vegetables. Sprinkle oil, saffron water, lemon juice and steam it all together.

Serve the rice with shrimp arranged on the top.



PRO TIPS AND VARIATIONS

Cook the white rice, brown rice and quinoa separately · Quick cooking or parboiled brown basmati rice usually cooks at the same time as white basmati. So, they can be cooked together for a quicker recipe.

Shrimp in the market is most often previously frozen, except in certain coastal areas. It is safer to buy frozen shrimp than thawed in store.

Be sure to weigh the shrimp after peeling. If buying raw shrimp with heads-on, then about 35% of weight is lost after removing the heads. Removing the shell, lowers the weight further by 15%.

You may use cayenne pepper instead of red pepper flakes. For milder rice use paprika.

Frozen or dried fenugreek leaves are available at Indian grocery stores.

Add some fresh ginger or dry ginger powder for a flavour twist.

COCONUT FISH CURRY
(FIJI)

INGREDIENTS

- 1 stalk lemongrass
- 1 red chilli optional
- ½ red onion
- 4 ripe tomatoes or 1 can crushed tomatoes
- 1 can coconut milk
- 2-3 Tbsp lemon juice
- 2 Tbsp fish sauce
- 1 tsp sugar
- ¼ cup basil leaves roughly chopped
- 600g white fish fillets eg. tarakihi, gurnard, snapper etc

TO SERVE

- 300g baby spinach
- ¼ cup basil leaves roughly chopped
- steamed rice

INSTRUCTIONS

Remove outer leaf and finely chop lemongrass; slice chilli 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 chilli 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.

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 sauté spinach until just wilted.

To serve, spoon some rice, fish and coconut sauce, and spinach onto each plate. Garnish with basil leaves.

BAKED FISH
(INDIA)

INGREDIENTS

- 2 large fillets of fish *(snapper or any white fish)*
- 1 cup of basmati rice, boiled

TO MAKE PASTE

- ½ tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 10-12 cloves of garlic
- 2 Tbsp dry red chilli paste
- ¼ tsp turmeric powder
- 4 tsp ghee
- 100g hung curd
- Juice of 1 lime
- Salt to taste
- A handful of fresh coriander leaves

INSTRUCTIONS

Clean and pat dry the cleaned fish using a kitchen tissue.

Make a paste with all the ingredients listed to left "To Make Paste" by adding a little oil or water.

Apply the masala paste on the fish fillets one by one and keep the marinated fish pieces for ½ hour to 1 hour in refrigerator.

Preheat oven to 400° F /200°C.

Line a baking pan with aluminium foil and spray or brush lightly with some olive oil.

Place the fish fillets in a single layer an inch apart on the baking tray and bake uncovered for around 15 minutes.

Turn the fillets carefully and bake for another 15 minutes depending on how crisp you want your fish to be. If you want a nice crispy crust, broil it during the last 2 mins.

Serve with lime, onion wedges and hot steamed rice or on its own and enjoy.

MASALA CRAB
(SOUTH INDIA)

INGREDIENTS

- 1 kg crab
- 3 tablespoons oil
- ¼ tsp mustard seed
- ½ tsp fennel seeds
- 2 onions large finely chopped
- 1 Tbsp ginger, finely chopped
- 2 tsp garlic, finely chopped
- 2 large tomatoes, finely chopped
- 2 green chillies, slit into halves
- 20 curry leaves
- ¼ tsp turmeric
- 1 ½ tsp coriander powder
- 1 tsp chilli powder
- 100 ml coconut milk
- Salt to taste

INSTRUCTIONS

In a pan heat oil and add mustard seeds. When the mustard seeds start crackling add fennel seeds.

When the fennel seeds get lightly roasted, add onions and stir.

When the onions are translucent add ginger, garlic, curry leaves and green chilli and continue to fry.

When the onions become golden brown add tomato and stir.

When tomatoes become soft add turmeric, red chilli powder and coriander powder and continue to fry, remembering to stir.

Once the oil starts separating from the gravy and you can see it on the edges of the vessel add a tablespoon of coconut milk and stir.

Add crabs and mix well with the gravy. Cover the pan and cook for 30 minutes or till crabs are cooked, turn the crabs every two three minutes. Crabs will be cooked when the colour starts changing and there will be aroma of fried crab.

CRISPY FISH FILLETS
(PHILIPPINES)

INGREDIENTS

- 1 kg fish fillets *(any white fish of your choice)*
- 2 medium size onions thinly sliced
- 1 inch ginger julienne
- 4-5 garlic flakes
- 3-4 green chilli paste
- ½ tsp red chilli powder
- ¼ tsp turmeric powder
- 2 tsp coriander powder
- 1 tsp white sesame seeds
- 1 tsp poppy seeds *(khus-khus)*
- ½ tsp cumin powder
- ¼ tsp dry mango powder
- Salt to taste
- 2 Tbsp ghee

INSTRUCTIONS

Clean the fish fillets and wash thoroughly in normal running water.

Pat dry with clean kitchen cloth and cut into small pieces.

Apply salt on the pieces of fish fillets, cover and keep aside for 8-10 minutes.

Heat the ghee in a non-stick pan and fry the slices of onion until browned. Allow the onion to cool completely.

Combine the fried onion, sesame and poppy seeds, grind to make a smooth paste.

In the same pan fry the ginger julienne and garlic until turns into golden colour.

Add onion paste along with the paste of green chillies. Sauté for 3-4 minutes, adjust with salt and all the spices. Sauté just for 1 more minute and turn the gas off. Leave the mixture to cool for sometime and marinate the fish fillets thoroughly in the prepared mixture.

CAMBODIAN FISH CURRY
(CAMBODIA)

INGREDIENTS

- 1 Tbsp coconut oil
- 400ml can coconut milk
- 800g firm white fish fillets, cut into 7cm pieces
- 175g baby green beans, trimmed
- 1 lime, rind finely grated, juiced
- Fresh coriander leaves, to serve
- Steamed rice, to serve *(optional)*

FOR PASTE

- 3 *(about 100g)* French shallots, peeled, coarsely chopped
- 2 lemongrass stems, white part only, finely chopped
- 5cm piece fresh ginger, peeled, chopped
- 4 garlic cloves, chopped
- 4 large kaffir lime leaves, finely chopped
- 1 long fresh red chilli, chopped
- 15g palm sugar, chopped
- 10g roasted belacan shrimp paste
- 3 tsp fish sauce
- 2 tsp ground turmeric
- 1-2 tsp water

INSTRUCTIONS

For the paste, place all the paste ingredients in a food processor and process until finely chopped and well combined, adding water if necessary. Transfer to a bowl.

Heat oil in a wok or saucepan over medium-low heat. Add paste. Cook, stirring, for 4 minutes or until aromatic. Add coconut milk. Simmer for 2 minutes. Add fish. Reduce heat to low.

Cook, covered, stirring once, for 5 minutes. Add beans. Cook, covered, for 3-4 minutes or until beans are tender crisp and fish is just cooked through.

Stir in lime juice. Sprinkle with rind and coriander.

Serve with rice.

HONEY BAKED FISH
(AUSTRALIA)

INGREDIENTS

- ¼ cup honey
- ¼ cup soy sauce
- ¼ cup balsamic vinegar
- 1 Tbsp minced garlic
- 2 (90g) fillets snapper
- Cooking spray
- 1 tsp freshly cracked black pepper

INSTRUCTIONS

Mix the honey, soy sauce, balsamic vinegar and garlic together in a bowl. Place the snapper fillets in the mixture; allow to marinate in refrigerator at least 30 minutes.

Preheat an oven to 180°C. Spray a baking dish with cooking spray.

Remove snapper from marinade then discard the marinade. Place fillets into the prepared baking dish then sprinkle the black pepper over the fish.

Bake in the preheated oven until the fish flakes easily with a fork, 15 to 20 minutes. Any local fish hoki, gurnard or tarakihi can be used.

THAI COCONUT FISH
(THAILAND)

INGREDIENTS

TOPPING
- ½ cup sweetened flaked coconut, toasted
- 1 Tbsp chopped fresh cilantro leaves
- 1 tsp freshly grated lime zest

THAI FISH
- 2 Tbsp ¼ cup finely chopped shallots
- 2 Tbsp red curry paste
- 2 Tbsp fish sauce
- 1 (13 oz) can coconut milk
- 2 Tbsp finely chopped fresh lemongrass
- 2 tsp finely chopped ginger root
- 1 lb fresh or frozen cod fillets, thawed if frozen, cut into 1-inch chunks
- 3 cups hot cooked rice

INSTRUCTIONS

Combine all topping ingredients in bowl; set aside.

Melt butter in 12-inch skillet until sizzling. Add shallots; cook over medium heat 3-5 minutes or until tender.

Add curry paste; continue cooking, stirring, 1 minute or until heated through.

Stir in fish sauce, coconut milk, lemongrass and ginger root. Bring to a boil.

Reduce heat to medium-low; cook 4-6 minutes or until slightly thickened.

Add cod; continue cooking 5-7 minutes or until fish is opaque and flakes easily.

Divide rice evenly among serving bowls. Spoon fish mixture over rice. Top with coconut mixture.



TIP: *Substitute other firm-fleshed white fish fillets or pieces, such as, red snapper or Chilean sea bass.



POULTRY

ROASTED CHICKEN
(JAPAN)

INGREDIENTS

- 4 lbs whole roasting chicken
- 12 Tbsp Japanese 7 spice mix
- 1 large seedless navel orange, cut lengthwise into 8 wedges
- 1 lb baby carrots with tops
- 1 lb baby bok choy, halved lengthwise
- 1 Tbsp olive oil
- 1 Tbsp butter
- Japanese 7 spice mix
- 1 tsp toasted sesame oil
- Snipped fresh herbs
- 1 cup reduced-sodium chicken broth

INSTRUCTIONS

Preheat oven to 500°F. Pat skin and cavity of chicken dry with paper towels.

Sprinkle 2 Tbsp Japanese 7-spice all over outside and inside cavity of chicken.

Place on a small rack in a roasting pan, breast side down. Insert 2 orange wedges ino cavity. Roast for 20 minutes.

Turn chicken breast side up. Arrange carrots and bok choy around rack in roasting pan.

Drizzle vegetables with olive oil and season with salt.

GRILLED JERK CHICKEN
(JAMAICA)

INGREDIENTS

- 4 lbs chicken wings, broken down into drumettes and flats
- 4 cloves garlic, minced
- 1 small white onion, chopped *(about 1 cup)*
- 1 tsp grated fresh ginger *(about one ½-inch knob)*
- 1 medium jalapeño, seeded and diced
- 1 Tbsp soy sauce
- 2 Tbsp honey
- Juice of 3 limes *(about ⅓ cup)*
- ¼ cup orange juice
- 2 tsp salt
- 2 tsp freshly ground black pepper
- 2 tsp smoked paprika
- 2 tsp dried thyme
- 1 tsp ground allspice
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- ½ tsp cayenne pepper
- 2 bay leaves
- ½ cup olive oil

INSTRUCTIONS

Add chicken to a large resealable plastic bag.

Add garlic, onion, ginger, jalapeño, soy sauce, lime juice, honey, orange juice, salt, pepper, paprika, thyme, allspice, nutmeg, cayenne, cinnamon, bay leaves, and oil to a medium-sized bowl. Stir to combine. Transfer marinade to the bag.

Seal the bag and place in the refrigerator for at least 2 hours, up to overnight.

When ready to cook, preheat grill to 400˚F.

Remove wings from marinade and discard the excess. Transfer chicken to the grill and cook for 30-40 minutes, flipping every 10-15 minutes, until skin is crispy, and chicken is well cooked.

SHREDDED CHICKEN DELIGHT
(INDIA)

INGREDIENTS

- 2 cups shredded chicken
- 1 medium onion minced
- 2 tsp ginger paste
- 2 capsicums de seeded and sliced lengthwise
- 4 tsp oil (*coconut or rice bran)*
- Pinch of sugar

MARINADE

- 2 ½ Tbsp soy sauce
- 2 tsp oil
- 1 tsp sherry *(optional)*
- 1 ½ tsp salt *(add more to your taste)*
- 1 ½ tsp black pepper powder

INSTRUCTIONS

Marinate chicken in the marinade for 3 hours. Heat 1 ½ Tbsp oil in a frying pan and add shredded chicken. Stir fry for 2-3 minutes till dry. Keep aside

Heat another 1 ½ Tbsp oil in a pan. Add onion and ginger paste and fry for 2 minutes. Then add sliced capsicum and fry for another minute on a high flame. Lower the flame and add the sugar ad fried chicken. Mix well and serve hot.



VARIATION: Use sliced button mushrooms which have been sautéed in little garlic butter instead of capsicum.

SPINACH (PALAK) CHICKEN
(INDIA)

INGREDIENTS

- ½ chicken (500gms or ½ kg)
- 1 big bunch spinach
- 1 cup onion, chopped
- 1 bunch coriander leaves
- 1 tomato, finely chopped
- 1 bay Leaf
- 2 Tbsp oil
- 1 tsp fennel seeds
- 1 tsp coriander powder
- 1 tsp sundried fenugreek
- 1 whole dried red chilli
- salt - to taste

TO MARINATE CHICKEN

- 1 ½ tsp ginger & garlic paste
- 1 Tbsp yogurt
- 1 tsp red chilli powder *(adjust according to your spice level)*
- Salt *(a pinch)*

TO GRIND:

- 2 green chillies
- 2-3 cloves garlic
- 1 inch ginger
- 1 small stick cinnamon
- 2-3 green cardamom
- 2 cloves

INSTRUCTIONS

Wash and drain the chicken. Then marinate it with the ingredients listed under 'To Marinate'. Grind all the ingredients listed under (to grind) into smooth paste.

Heat oil in a wide pan and add bay leaves, fennel seeds and whole red chili after that add chopped onions and fry them till they become golden brown.

Add the ground paste and fry them until the raw smell goes.

Add the chopped tomato and fry for 3-4 minutes in medium heat or until it becomes mushy.

Then add the marinated chicken and fry them for 3-4 minutes.

Add coriander powder, sun dried fenugreek powder and some salt.

Add ¼ cup of water (adjust the water quantity according to the consistency you want) and close it with lid, let the mixture boil until the chicken is fully cooked and tender.

In the meanwhile, boil the spinach and once its cooked fully drain the water and grind with coriander leaves into smooth paste.

Once the chicken is tender add the spinach puree from above step and let it cook for 4-5 minutes in medium heat. If you want, you can add 2 Tbsp of cream on top and remove from heat. Serve with Naan or rice.

CHICKEN CURRY
(INDIA)

INGREDIENTS

- 2 lbs skinless, boneless chicken breast halves
- 2 tsp salt
- ½ cup cooking oil
- 1 ½ cups chopped onion
- 1 Tbsp minced garlic
- 1 ½ tsp minced fresh ginger root
- 1 Tbsp curry powder
- 1 tsp ground cumin
- 1 tsp Turmeric powder
- 1 tsp ground coriander
- 1 tsp cayenne pepper
- 1(15 oz) can crushed tomatoes
- 1 cup plain yogurt
- 1 Tbsp chopped fresh cilantro
- 1 tsp salt
- 1 Tbsp chopped fresh cilantro
- ½ cup water
- 1 tsp garam masala powder
- 1 Tbsp fresh lemon juice

INSTRUCTIONS

Sprinkle the chicken breasts with 2 tsp salt.

Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken breasts to a plate and set aside.

Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 Tbsp of water into the onion mixture; allow to heat together for about 1 minute while stirring. Mix the tomatoes, yogurt, 1 Tbsp chopped cilantro, and 1 tsp salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate. Pour ½ cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce. Sprinkle the garam masala and 1 Tbsp cilantro over the chicken.

Cover the skillet and simmer until the chicken breasts are no longer pink in the centre and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the centre should read at least 165° F (74°C).

Sprinkle with lemon juice to serve.

BAKED CHICKEN ORZO
(GREECE)

INGREDIENTS

- 2 tsp dried oregano
- 1 tsp sweet paprika
- 1 tsp coriander powder
- 1 tsp kosher salt
- 1 tsp black pepper
- 1.5 lbs boneless, skinless chicken thighs
- ½ tsp lemon juice
- 1½ Tbsp greek extra virgin olive oil

FOR ORZO
- 2 Tbsp extra virgin olive oil
- 1 green bell pepper, cored and sliced into rounds
- 2 cups chopped yellow onion
- 1 red bell pepper, cored and chopped
- 6 garlic cloves, chopped
- 2 cups canned peeled plum tomatoes
- 2 cups chicken broth
- 1 tsp dried oregano
- 1 tsp sweet paprika
- Kosher salt and black pepper
- 2 cups dry uncooked orzo pasta *(can use any pasta)*

INSTRUCTIONS

Heat oven to 350° F. In a small bowl, combine oregano, paprika, coriander, salt and pepper.

Pat chicken dry and season well with the spice. Place seasoned chicken in a large bowl and add lemon juice. Set aside for 20 minutes or so while you prepare the remaining ingredients.

In a large oven-safe pot, heat 2 Tbsp extra virgin olive oil over medium-high until shimmering but not smoking.

Add chicken and brown the chicken on both sides (about 8 to 10 minutes). Remove chicken pieces to a plate for now.

In the same pot, add green bell pepper slices and sear on either side. Remove and place with the chicken.

Add chopped onions and red peppers, cook for 5 minutes, stirring regularly, until soft.

Add garlic, and cook another 30 seconds, then add plum tomatoes, broth, spices, and a dash of kosher salt and pepper. Bring to a boil, then add the orzo pasta.

Nestle the chicken pieces, and top with the green bell pepper slices.

Transfer the pot to heated oven. Bake, uncovered for 20 minutes. Remove from oven, cover and let sit 5 minutes undisturbed.

Before serving, drizzle a little extra virgin olive oil, and garnish with fresh parsley and feta, if you like. Serve with roasted garlic hummus and Mediterranean salad.

TERIYAKI CHICKEN BAKE
(JAPAN)

INGREDIENTS

FOR THE SAUCE
- ½ cup low-sodium soy sauce
- ¼ cup honey *(add ¼ more honey for a sweeter sauce)*
- ¾ cup cold water
- ¾ tsp ground ginger
- ½ tsp garlic powder
- 2 Tbsp corn starch

FOR THE BAKE
- 1 Tbsp sesame oil
- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- ½ cup yellow onion, diced large
- 3 cloves garlic, minced
- 2 tsp fresh ginger, minced
- 1 cup small broccoli florets
- ½ cup shredded carrot
- 1 cup snow peas, cut in half
- 3 cups cooked brown rice

INSTRUCTIONS

FOR THE SAUCE:
In a small sauce pot, combing the soy sauce, honey, ½ cup of the water, ginger, and garlic powder. Bring to a boil. While the sauce is boiling, combine the last ¼ cup of water and corn starch in a small bowl. Whisk well and gradually pour into the boiling sauce, stirring the sauce constantly. Reduce to a simmer, and continue to stir the sauce until thickened. Remove from heat and set aside.

FOR THE BAKE:
Preheat oven to 400° F. Spray a 9 x 13 inch casserole dish with non-stick spray and set aside.

In a large skillet, heat the sesame oil on medium heat. Once hot add the chicken, and cook until golden on the outside. Add onion and garlic then sauté until onions soften, about 5 minutes.

Add the rice and remaining ingredients. Stir in the sauce, until all ingredients are coated, then pour into prepared baking dish. Bake for 30 minutes or until chicken is cooked through and veggies tender, but not mushy. Serve immediately.

CHICKEN STUFFED PEPPER
(ITALY)

INGREDIENTS

- 4 large red bell peppers
- 2 tsp extra virgin olive oil
- 1 lb ground of chicken - or turkey
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- ½ tsp kosher salt
- ¼ tsp red pepper flakes - or up to ½ tsp if you like more spicy
- 1 can no salt added diced tomatoes - with juices, 15 ounces
- 1 ½ cups cooked brown rice - farro, quinoa, cauliflower rice, or orzo *(if using orzo, under cook it slightly)*
- 1 cup shredded mozzarella - provolone *(or a mix)*
- ½ cup Parmesan - divided
- 2 Tbsp chopped fresh basil

INSTRUCTIONS

Preheat your oven to 375° F. Lightly coat a 9 x 13-inch baking dish with non-stick spray. Slice the bell peppers in half from top to bottom. Remove the seeds and membranes then arrange cut side up in the prepared baking dish.

Heat the olive oil in a large, non-stick skillet over medium high heat. Add the chicken, Italian seasoning, garlic powder, salt, and red pepper flakes. Cook, breaking apart the meat, until the chicken is browned and cooked through, about 4 minutes. Drain off any excess liquid, then pour in the can of diced tomatoes and their juices. Let simmer for 1 minute.

Remove the pan from the heat. Stir in the rice (or farro) and ½ cup of the Mozzarella and ¼ cup of the parmesan. Mound the filling inside of the peppers, then top with the remaining cheeses.

Pour a bit of water into the pan with the peppers—just enough to barely cover the bottom of the pan. Bake uncovered for 30 to 35 minutes, until the peppers are tender and the cheese is melted. Top with fresh basil. Serve hot.

Keep overnight in the refrigerator. Reheat gently in the microwave or oven.

Keep leftovers in the refrigerator for up to 4 days or freeze for up to 3 months.

KABULI PULAO
(AFGHANISTAN)

INGREDIENTS

- 150 ml vegetable oil
- ½ large carrot, cut into julienne
- 75 g sultanas
- 1 Tbsp each slivered almonds and pistachios
- ½ tsp caster sugar
- ¾ tsp ground cardamom
- 1 onion, finely chopped
- 500g basmati rice, soaked overnight in cold water, drained
- ½ tsp ground cumin

INSTRUCTIONS

Heat oil in a frying pan over medium-high heat, add carrot and fry, stirring occasionally, until slightly softened (2-3 minutes).

Remove with a slotted spoon and transfer to a sieve to drain.

Add sultanas to oil, fry until they float to the surface (1-2 minutes), remove with a slotted spoon and add to carrot.

Add nuts, sugar and ½ tsp cardamom to pan and fry, stirring, until golden brown (1-2 minutes). Remove with a slotted spoon and add to carrot mixture.

Add onion to pan and fry, stirring occasionally, until golden and tender (6-8 minutes). Set aside separately.

Half-fill a large saucepan with water, add 1½ tsp salt and bring to the boil over high heat. Add rice, cover and boil until rice is twice the size of the original grain (6-8 minutes), then drain in a colander.

Return rice to saucepan, add fried onion, cumin, remaining cardamom and 2 tsp salt, add 125ml boiling water, cover with a lid and place over high heat. Cook until steam can be seen coming from beneath the lid, reduce heat to low and cook for 20 minutes. Season to taste and serve hot scattered with carrot mixture.

PUERTO RICAN CHICKEN & RICE
(PUERTO RICO)

INGREDIENTS

FOR THE CHICKEN
- 2 Tbsp olive oil, divided
- 1 ½ lbs boneless skinless chicken thighs

FOR THE SEASONING:
- 1 tsp cumin
- ¾ tsp paprika
- ½ tsp chili powder
- ½ tsp red cayenne pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp coriander
- ½ tsp salt
- Freshly ground black pepper

FOR THE SOFRITO & RICE
- 3 cloves garlic, minced
- ¼ cup finely diced green pepper
- ¼ cup finely diced white onion
- ¼ cup finely diced cilantro
- 1 jalapeño, diced *(optional)*
- ¼ tsp ground coriander
- ¼ tsp cumin
- ¼ tsp ground turmeric
- ¼ tsp garlic powder
- ¼ tsp oregano
- ¼ tsp salt
- ¼ tsp black pepper
- 1 cup tomato sauce
- 1 ¼ cups water
- 1 cup basmati white rice *(don't use brown, it will take too long to cook)*
- ⅔ cup frozen peas *(or rinsed and drained pigeon peas)*
- OPTIONAL:
  ½ cup pitted green olives

INSTRUCTIONS

Add chicken to a large bowl with 1 Tbsp olive oil and seasoning: cumin, paprika, chili powder, cayenne pepper, onion powder, garlic powder, coriander, salt and pepper.

Use clean hands to toss the chicken in the mixture. Cover and allow chicken to marinate for 30 minutes

Add remaining Tbsp olive oil to a large deep 10 inch skillet and place over heat. Once oil is hot, add in chicken and season with a little more salt and pepper. Cook until browned 4-5 minutes, then flip and cook an additional 4-5 minutes.

Remove from pan and transfer to a plate. In the same skillet, make sofrito by adding in garlic, jalapeño, diced green pepper, diced onion and cilantro.

Sauté for 2-3 minutes, then add in spices: cumin, turmeric, coriander, garlic powder, oregano, salt and pepper and cook for 30 seconds.

Add in tomato sauce and water and stir well to combine.

Bring to a simmer then fold in the rice and peas, making sure it is evenly distributed. Add browned chicken on top. Reduce to low heat and cover the skillet immediately and cook for 20-25 minutes.

After 20-25 minutes, most of the liquid should be absorbed and rice should be cooked. Serve immediately. Garnish with cilantro and serve with a squeeze of fresh lime juice.

CHICKEN MACHBOOS
(BAHRAIN)

INGREDIENTS

- 1 kg chicken, cut into 4 pieces
- 1 kg white basmati rice
- 2 onions, chopped
- 2 fresh tomatoes chopped
- 3 garlic cloves, minced
- 2 Tbsp chopped coriander
- 1 potato chopped into square pieces
- 2 ¼ cups water

SPICES

- 1 Tbsp bezar *(mixed spice)**
- sea salt *(as desired)*
- 1 whole dried lime *(pierced a few times with a skewer - called loomi)*
- 1 small cinnamon stick
- 3-4 Tbsp Ghee
- ½ tsp of turmeric
- ½ tsp of cumin
- 2 Tbsp raisins
- 4 whole cardamom pods, bruised
- 2 tsp saffron, soaked in lemon juice

INSTRUCTIONS

Rinse the chicken and rub it with sea salt and bezar*, then brown it gently on both sides with some ghee.

Transfer to a pot, add some ghee, fry the garlic, tomato, dry lime, cinnamon, cardamom and coriander.

Add the potato, cover and simmer in low heat for 15 minutes.

Remove chicken pieces from the pot.

Rinse the white Basmati rice until the water runs clear.

Add rice to the pot and stir gently, then set the chicken on top of the rice.

Add the water until it covers the chicken and bring to a boil.

Sprinkle the saffron mix, cover the pot and reduce heat to low for 15 minutes.

Meanwhile fry slices of onion in the remaining ghee until soft and browned, remove from heat and add raisins to the onions.

Let stand for 10 minutes before serving. Serve hot on a platter with the onion/raisin mixture as garnish on top of the rice. You can also add boiled eggs for decoration.

LEMON CHICKEN
(CHINA)

INGREDIENTS

- 2 - 3 tsp chinese rice wine
- ½ tsp crushed ginger
- 1 tsp salt
- ½ tsp ground white pepper
- 500g chicken breast fillets, trimmed and halved
- 1 egg beaten
- ½ cup (75 g) cornflour
- 2 cups (500ml) vegetable oil
- 1 lemon, thinly sliced

LEMON SAUCE

- ⅓ cup (90 ml) lemon juice
- 1 ½ tsp white vinegar
- ¾ cup (175 ml) chicken stock
- ⅓ cup (90 g) sugar
- 3 tsp cornflour
- A few drops yellow food colouring *(optional)*
- 1 lemon, thinly sliced

INSTRUCTIONS

In a large shallow bowl whisk egg, soy sauce and rice wine. Add in chicken, mix well and allow to marinate for 20 minutes, covered.

Place corn starch into a large baking tray. Pour chicken and marinade into the corn starch and coat chicken pieces evenly, lightly pressing the corn starch around the chicken.

Heat oil in a large wok, pan or skillet over medium-high heat. When oil is hot (325°F or 165°C), shake off excess corn starch and fry chicken in batches in a single layer for about 5-6 minutes, turning half way during cooking, until golden and cooked through.

Drain on a plate lined with paper towel. Discard oil and wipe wok/pan over with paper towel.

FOR THE SAUCE

Heat oil over medium-high heat. Sauté the garlic and ginger until fragrant (about 30 seconds). Add stock, soy sauce, lemon juice, sugar, honey, and a pinch of salt. Whisk, bring to a simmer until the sugar dissolves.

Whisk corn starch mixture into the simmering sauce and stir until thickened. Toss chicken in the sauce until evenly coated (about 2 minutes).

Garnish with sesame seeds, green onions, cilantro and lemon slices.

CHICKEN KORMA
(PAKISTAN)

INGREDIENTS

- 1 ½ kg chicken meat
- 3-4 big onions, chopped
- 3 Tbsp ginger garlic paste
- 1 -1 ½ Tbsp red chilli powder
- 1 Tbsp coriander powder
- ¼ tsp nutmeg mace powder
- 3 green cardamoms
- 10 whole black peppers
- 6 cloves
- 1 tsp garam masala powder
- ½ cup yogurt
- Kewra or rose/ essence
- 3 Tbsp oil

INSTRUCTIONS

Heat oil and sauté the chopped onions golden brown them and drain it out and keep aside.

Then in the same oil put the cardamom, cloves and black pepper and stir it for a minute.

Immediately add ginger-garlic paste, until the colour changes lightly. Then add red chilli powder, coriander powder, garam masala powder, nutmeg mace powder and salt. Add a little water and let it cook till the oil separates.

Now add the chicken and cook for some time.

Grind the brown onions to a paste and add to the chicken.

Beat the yogurt and add to the chicken by pouring in along the corners of the pot.

Let the water dry up and if the chicken is still not tender add a little water.

Add kewra and a little water, cover it and let it simmer for 10 minutes on very slow flame till the oil separates.

Serve with rice or naan.

BUTTER CHICKEN
(INDIA)

INGREDIENTS

- 1 lb boneless chicken breast, cut into 1 ½ inch cubes
- 2 Tbsp tandoori masala
- 1 tsp each of: ginger paste and garlic paste *(I use Gourmet Garden)*
- ½ cup yogurt
- 1 Tbsp oil

BUTTER CHICKEN SAUCE
- 2 Tbsp ghee
- 1 large onion, thinly sliced
- 1 ½ tsp each of: ginger paste and garlic paste *(I use Gourmet Garden)*
- 1 (14.5 ounce) can crushed tomatoes
- 1 tsp chilli powder
- 1 ½ tsp coriander powder
- 1 ½ tsp cumin powder
- ½ cup heavy whipping cream
- ½ tsp garam masala
- ¼ tsp dried fenugreek leaves *(crushed between fingers)*

INSTRUCTIONS

In a medium bowl, combine the tandoori masala, ginger, garlic, and yogurt. Whisk until smooth, adjust seasonings to preference. Add the chicken and allow to marinate for at least 20 minutes and ideally for 12-24 hours, covered in the refrigerator.

Heat the ghee in an oven or heavy bottom pot over medium heat. Add the onions and sauté until they turn translucent and start to sweat, about 5-7 minutes, don't allow the onions to brown.

Add ginger and garlic paste and let cook for 30 seconds, stirring so it doesn't burn. Add the can of crushed tomatoes along with the chilli powder, coriander powder, and cumin powder and continue to cook for 5 minutes, if the mixture starts bubbling rapidly, add about ¼ cup of water and continue to cook.

Remove from heat, add the mixture to a blender and blend until smooth, you may need to add some water to help it blend (up to ¼ cup). Depending on how powerful your blender is, you may want to blend the mixture in two batches. Remember to hold the lid of the blender down with a kitchen towel when blending, to avoid accidents.

MAKE AHEAD OPTION:
At this point you can cool and refrigerate the sauce for 24-48 hours (or freeze it for up to 3 months), it will help blend the flavours even more, just remember to bring the sauce back to room temperature (use the microwave) before proceeding with the recipe OR you can continue on with the recipe immediately.

ASSEMBLY:
Heat the remaining tablespoon of oil in the oven over medium heat. Add the marinated chicken (discard any excess marinade) and cook for about 5-6 minutes, stirring as required to brown all sides. Add the butter chicken sauce to the pot and heat everything through. Once it starts to bubble, add the cream and garam masala. When the sauce regains a simmer, add the crushed fenugreek leaves. Serve over basmati rice or with naan.

CHICKEN ENCHILADA
(MEXICO)

INGREDIENTS

- 2 chicken breasts, cut into thin slices
- 2 tsp vegetable oil
- 1 red onion, finely sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 3 garlic cloves, thinly sliced
- 1 green chilli, finely chopped
- 2 Tbsp, plus 2 tsp fajita spice mix *(we used Gran Luchito Smoky Chipotle Fajita & Taco Mix)*
- 80g spinach
- 400g tin black beans, rinsed and drained
- Small bunch coriander, finely chopped
- 680g jar passata
- 4 large white tortillas
- 75g mature cheddar, grated
- 100g Lite sour cream

INSTRUCTIONS

Heat the oven to 200C/fan 180C/gas 6. Fry the chicken in the vegetable oil in a frying pan over a high heat for 5 minutes until golden all over, then scoop out onto a plate.

Add in the onion and peppers, and fry for 5 minutes until charred.

Add in the garlic and ½ of the chopped chillies and fry for 1 minute before adding 2 Tbsp of the fajita spice mix and the spinach. Cook for a minute to wilt, then stir in the beans, coriander, 100ml of passata, the cooked chicken and some seasoning.

Put ¼ of the chicken mixture along the middle of one tortilla, then roll up and put into a baking dish, and repeat with the remaining chicken and tortillas.

Pour the passata into a bowl and add 2 tsp of fajita spice mix and lots of seasoning. Pour this all around the wraps, then top with the grated cheddar and remaining chopped chilli.

Bake in the oven for 30 minutes until crisp and bubbling on top, then serve with sour cream.

THAI DRUNKEN NOODLES
(THAILAND)

INGREDIENTS

- 2 14 oz packages ¼-inch-wide flat rice noodles
- ¼ cup vegetable oil
- 12 garlic cloves, chopped
- ¼ cup chopped fresh Thai chillies
- 1 ½ lbs boneless chicken (thin slices)
- ¼ cup fish sauce (nam pla or nuoc nam)
- ¼ cup black soy sauce
- ¼ cup Golden Mountain sauce or light soy sauce
- 1 Tbsp sugar
- 4 large plum tomatoes, each cut into 6 wedges
- 4 Anaheim chillies or Italian frying peppers, or 2 green bell peppers *(about 12 ounces total)*, cut into strips
- ½ cup fresh thai basil leaves or regular basil leaves

INSTRUCTIONS

Cook noodles in large pot of boiling salted water until tender but still firm to bite, stirring frequently. Drain.

Meanwhile, heat oil in heavy large pot over medium-high heat. Add garlic and Thai chillies; sauté 30 seconds. Add chicken and next 4 ingredients and sauté until chicken is cooked through, about 4 minutes. Add noodles, tomatoes, and Anaheim chillies; toss to coat. Transfer to large platter, sprinkle with basil leaves, and serve.



Thai Basil is purple on one side. Available in the Asian foods section or produce section of some supermarkets, and at Southeast Asian and some Asian markets.

LEMON GARLIC CHICKEN IN SLOW COOKER
(GREECE)

INGREDIENTS

- 6-8 boneless chicken thighs, skinless or with skin
- Salt and pepper, to taste
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp crushed red chilli pepper flakes, or cayenne *(optional)*
- ½ tsp paprika
- 4 garlic cloves, sliced or minced
- 1 tsp Italian seasoning
- ½ stick butter, diced
- Zest of half a lemon
- Juice of one lemon
- ⅓ cup low sodium chicken broth
- Chopped fresh parsley and lemon slices, for garnish

INSTRUCTIONS

Place chicken thighs at the bottom of your slow cooker. Combine ⅓ cup chicken broth, lemon juice, and zest, and pour over chicken thighs.

In a small bowl, combine italian seasoning, onion powder, garlic powder, paprika, crushed red chilli pepper flakes, salt, and pepper.

Sprinkle the spice mix over the chicken thighs. Top with fresh minced garlic and diced butter.

Cover the crockpot and cook the chicken for 3-4 hours on HIGH or 6-8 hours on LOW.

Sprinkle your crockpot chicken dinner with chopped parsley and garnish with lemon slices. Serve hot with cauliflower rice, spiralized zucchini noodles, rice, pasta or quinoa. Enjoy!



MEAT

BEEF KOFTAS - TEKIRDAĞ KÖFTESI
(TURKEY)

INGREDIENTS

- 300g *(medium fat)* minced beef
- ½ large onion, grated on fine setting
- 1 handful finely chopped flat leaf parsley
- 1 dsp fine semolina
- 2 tsp baking soda
- 1 heaped tsp thick yoghurt *(natural yoghurt)*
- 1 tsp cumin
- 1 tsp chilli flakes *(optional)*
- 1 tsp dried oregano
- Pinch of salt and black pepper

INSTRUCTIONS

Add your minced meat to a large bowl, along with the grated onion.

Now add the parsley, cumin, chilli flakes, oregano, salt and pepper.

Get your hands in there and knead for around 10 minutes.

Now add the yoghurt, semolina and baking soda and mix it all together.

Once you are happy it's all mixed well, take small golf ball-sized pieces and mould into oblong shapes.

If possible, leave to chill in the fridge for an hour or so before cooking.

Bake or fry the koftas.

PENANG BEEF CURRY
(MALAYSIA)

INGREDIENTS

- 2 lbs boneless short ribs trimmed, or a 3 lb chuck roast
- 2 Tbsp vegetable oil
- 4 Tbsp thai red curry paste, divided
- 1 14 oz can unsweetened coconut milk
- 4 tsp fish sauce
- 2 tsp sugar
- 1 red Thai chilli *(optional - chopped (seeds removed or not depending on how hot you like it)*
- 6 Kaffir lime leaves, middle vein removed and sliced very thin
- ⅓ cup unsalted dry-roasted peanuts, chopped fine
- 1 cup dry white rice *(= 2 cups once cooked)*

INSTRUCTIONS

Cut the beef into small half-inch to 1-inch sized pieces. Place them into a medium to large sauce pan, cover with about an inch of water and bring to a boil. Cover, lower to a simmer and simmer slowly. If using boneless short ribs, cook 60-75 minutes until fall apart tender. If using chuck, cook for 30-45 minutes more until tender, adding a little more water if needed. Once cooked, discard water and hold beef for next step after rice. *(Full disclosure: Jack couldn't bear discarding the beef water, so he cooked it down and made some beef broth for lunch!)*

Begin preparing the rice (the beef should be done cooking right about the same time as the rice).

In a large non-stick skillet over medium heat, add oil and once simmering, add 2 tablespoons curry paste. Cook for 5-8 minutes until the paste turns dark red, almost brown.

Add coconut milk, fish sauce, sugar, and the Thai chilli if using. Add two more tablespoons curry paste along with cooked beef and mix to combine.

Bring to a rapid simmer, stirring occasionally until sauce thickens and is reduced by half, about 12-15 minutes. Oil will start to appear on top, which is what you want.

Add the sliced lime leaves and simmer for 1-2 more minutes until fragrant.

Transfer to a serving bowl or platter and sprinkle on the chopped peanuts along with a few more finely sliced lime leaves. Serve with white rice.



NOTES:

*Boneless short ribs are often hard to find at the supermarket. A good quality chuck roast can serve just as well for this recipe.

**Kaffir lime leaves are a necessity for this dish. Without them, the dish is just not the same. Kaffir lime leaves are available at Asian shops (sometimes frozen).

CHINESE BLACK PEPPER BEEF
(CHINA)

INGREDIENTS

- 200g beef steak, cut into small strips

MARINATING

- 1 ½ Tbsp oyster sauce
- ½ Tbsp light soy sauce
- ¼ tsp ground pepper
- ¼ tsp sugar
- ½ Tbsp chinese cooking wine
- 2 tsp corn starch
- 1 tsp sesame oil

SIDE INGREDIENTS

- Vegetable cooking oil, as needed
- 2 garlic cloves
- 2 fresh green peppers, remove the seeds and finely shredded
- ¼ red onion, shredded
- ½ tsp freshly ground black pepper

INSTRUCTIONS

Cut the beef steak into 1cm wide strips. Marinate with all the marinating seasonings including soy sauce, oyster sauce, pepper, sugar, chinese cooking wine and corn- starch for 15 minutes. Mix in sesame oil just before start frying.

Add cooking oil in a large pan until the oil can evenly cover the bottom of the pan. Spread the beef strips in. Let them stay for around 5 to 6 seconds and gently stir them several times until the beef strips change colour. Transfer the beef out and leave around 1 tablespoon of the oil in.

Fry garlic until aromatic. Fry green peppers and red onion until slightly soft *(do not kill them)*. Add a small pinch of salt. Return beef strips back. Mix well. Spread freshly ground black pepper.

Serve hot with noodles or steamed rice.

COCONUT BEEF DISH
(THAILAND)

INGREDIENTS

- ¾ cup light coconut milk
- 2 to 3 Tbsp red curry paste, to taste
- 4 cloves garlic, finely chopped
- 1 Tbsp grated ginger
- Kosher salt
- 1-2 tsp Thai red curry seasoning rub, to taste
- 1½ lbs extra lean stew beef, cut into 1½-inch pieces
- 3 ounces snap peas, sliced crosswise
- ½ red onion, thinly sliced
- 3 Tbsp fresh lime juice, plus lime wedges for serving
- ½ cup fresh cilantro or basil leaves
- Chopped peanuts *(optional)*
- Rice or noodles for serving *(optional)*

INSTRUCTIONS

In a slow cooker, whisk together the coconut milk, curry paste, garlic, ginger and ¼ teaspoon salt.

Sprinkle the beef with the thai red curry seasoning rub and then add it to the slow cooker, stirring to coat the meat with the coconut milk mixture.

Cook covered, until the meat is tender and easily pulls apart, 6 to 7 hours on LOW, or 4 to 5 hours on HIGH.

30 minutes before serving, cook the rice or noodles according to package directions.

Gently stir the peas, onion and lime juice into the beef mixture and cook until heated 3 to 5 minutes.

Stir in the cilantro.

Season to taste with salt and pepper.

Serve the beef mixture over the rice or noodles, if desired.

Sprinkle with chopped peanuts, if using, and serve with lime wedges if desired.

LAMB/MUTTON CHOP
(INDIA)

INGREDIENTS

- 1kg mutton/lamb chops beaten with mallet*
- 1 ½ Tbsp ginger – garlic paste
- 1 tsp garam masala
- Juice of 1 big lime
- 6–7 big onions cut into slices, sautéed
- 2-3 big potatoes cut into slices, fried
- Salt to taste
- 2 Tbsp oil

TO BE GROUND TO A PASTE
(GREEN MASALA)

- 6-8 green chillies
- 1 ½ cups coriander leaves chopped
- ¾ cup mint – chopped

INSTRUCTIONS

Marinate the meat with salt, ginger-garlic, green masala, garam masala and lime juice. Pressure cook this meat for 10 minutes at full pressure.

Heat oil in a shallow vessel, pour the contents of the pressure cooker and simmer till the liquid evaporates.

Check the seasoning and last, mix the potatoes and sautéed onions. Garnish with chopped coriander leaves and sliced boiled egg (optional).



TIP: *Beef steak could be used in place of mutton.

LAMB PEPPER FRY
(INDIA)

INGREDIENTS

- 500g lamb with bones
- 250g onions
- 100g tomatoes
- 100g oil
- 50g coconut oil
- 3g cardamom
- 3g cinnamon
- 2g clove
- 2g bay leaves
- a few sprigs curry leaves
- 10g chilli powder
- 5g coriander powder
- 3g turmeric powder
- 25g crushed pepper
- 10g ginger – garlic paste

INSTRUCTIONS

Cut the lamb into small pieces. In a pan heat the oil and add the sliced onions and fry till golden brown.

Add ginger-garlic paste and tomatoes. Add chilli powder, turmeric powder and coriander powder. When the mixture is well cooked add the lamb and cook till it is done.

Garnish with crushed pepper corn, curry leaves and coconut oil. Cook for another few minutes and serve it hot.



TIP: Potato finger fry is a good combination.

BALTI LAMB DISH
(INDIA)

INGREDIENTS

- 500g lamb or mutton *(boil in ½ litre of water with ½ tsp salt)*
- 2 tbsp butter and 2 tbsp oil
- ¼ tsp cumin seeds
- ¼ tsp fenugreek
- ¼ tsp nigella seeds
- 1 tsp garlic (chopped)
- 2 chopped onions
- ½ tsp dry mint
- 1 tsp garam masala
- 2 tbsp coriander leaves *(chopped)*
- Salt to taste

BALTI MASALA PASTE

- 2 tbsp coriander seeds
- 1 tbsp cumin seeds
- 7 g cinnamon
- 1 tsp fennel seeds
- 1 tsp mustard seeds
- 1 tsp cardamom seeds
- ½ tsp fenugreek seeds
- ½ tsp carom seeds
- ¼ tsp kalonji seeds
- 3 cloves
- 1 tsp dry mint
- 2 bay leaves
- 10 curry leaves *(optional)*

ROAST, COOL AND GRIND THE WHOLE SPICES MIX WELL WITH

- 2 tsp garlic powder
- 1 tsp ginger powder
- 1 tsp chilli powder

INSTRUCTIONS

BALTI PASTE
Place all ingredients into a fry pan over high heat, stir and toast for approximately 1 minute, until there is good aroma of the spices toasting,

Transfer to a grinder and add 2 tablespoons olive oil and 1 teaspoon white vinegar, pound further 3-5 minutes until it forms a paste.

LAMB
Heat oil and butter (medium heat) in a pan. Stir fry cumin seeds, fenugreek and nigella seeds for 1 minute , when it turns golden add chopped garlic and fry.

Add chopped onions and fry till brown.

Add Balti masala paste and the boiled meat. Stir fry for 5 min.

Now add the mutton with stock. Simmer till done. Add garam masala, coriander leaves *(optional)* and top up with small amount of salt to taste.

Simmer for 10 min *(till mutton is soft)* and serve hot with bread of your choice.

SWEET GLAZED PORK
(THAILAND)

INGREDIENTS

- 2 tsp oil
- 500g pork shoulder *(cut into 5x2 cm strips)*
- ½ cup (125g) sugar
- 1 Tbsp fish sauce
- 1 Tbsp sweet soy sauce

INSTRUCTIONS

Brush a steamer rack with oil. Arrange the pork in the steamer, place it in a pot over gently simmering water. Cover and steam until the pork is tender, about 15 minutes.

In a medium saucepan mix the sugar and ¼ cup (60ml) water: cook gently until caramelised, about 15 minutes.

Remove it from the heat and holding the pan away from you, carefully pour in the fish sauce as it will spatter. Stir slowly to dissolve any lumps, then stir in the sweet soy sauce.

Return the sauce to the heat and place the pork in the saucepan, turning several times, until well coated with the sauce. Cook over medium heat, stirring frequently, until the sauce has formed a sticky glaze over the meat, about 5 minutes.

PORK SIMMERED IN SWEET SOY SAUCE
(INDONESIA)

INGREDIENTS

- 2 Tbsp peanut or vegetable oil
- 8 small escallops, peeled and sliced
- 6 cloves garlic, peeled and sliced
- 750g boneless pork shoulder, cut into 2cm cubes
- 4 cm piece fresh ginger, peeled and sliced
- ½ cup (125 ml) kecap manis or sweet soy sauce
- ¼ cup (60ml) light soy sauce
- 1 tsp black peppercorns, cracked
- 4-10 small hot red and green chillies, to taste
- 2 cups (500 ml) chicken stock or water

INSTRUCTIONS

Preheat the oven to 180°C. Heat the oil in a wok or medium saucepan: lightly brown the escallops and garlic. Remove with a slotted spoon; set aside.

Place the pork with the ginger in the wok and brown for 3-4 minutes over medium - high heat, stirring regularly. Pour the sweet soy sauce and light soy sauce over and return the escallops and garlic to the wok.

Add the peppercorns and chillies; cook for a few minutes before adding the stock of water. Bring to the boil, then transfer to a casserole dish.

Place the casserole dish in the centre of the oven and cook gently, stirring occasionally, for about 1½ hours, or until the pork is tender. Serve.

CRISP-FRIED PORK RIBS WITH SALT-PEPPER
(CHINA)

INGREDIENTS

- 1 kg meaty pork ribs - chopped into 4 cm pieces
- ¼ cup soy sauce
- ½ cup hoisin sauce
- 1 tbsp chopped garlic
- 2 tbsp chinese cooking wine
- 3 tsp sugar
- 1 ½ cups (175g) corn flour
- 2 cups oil for frying
- 2 tsp pepper
- Salt, to taste
- 2 fresh red chillies seeded and finely chopped

INSTRUCTIONS

Mix the soy sauce, hoisin sauce , garlic, wine and sugar in a large bowl. Add the pork mix well to coat and leave the marinade and leave for at least 2 hours or overnight.

Remove the pork from the marinade and drain for 15 minutes in a rack over a bowl. Coat lightly the corn flour.

Heat the oil in a wok or pan suitable for deep-frying. Fry half the pork until it is crisp and brown for about 3 minutes. Using a wire mesh scoop, remove the pork from the oil and drain on paper towels. Repeat with the remaining pork.

Heat wok or non-stick pan frying pan without oil and dry cook the pork ribs ,sprinkle the pepper- salt and chopped chillies over and stir-fry for 1 minute to evenly distribute the spices.

Serve hot.

INDO PORTUGUESE BEEF VINDALOO
(INDIA)

INGREDIENTS

- 500g beef
- 100g onion
- 2 green chilli peppers
- 2 tomatoes
- 150ml water
- 2 tbsp ghee

FOR THE MARINADE

- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- 1 tsp armchoor *(mango powder)*
- 1 tsp ground turmeric
- ½ tsp ground cumin
- 2 tbsp kashmiri chilli powder
- ½ tsp ground black pepper
- 50g onion
- 8 cloves garlic
- 25g ginger
- 1 tbsp lemon juice
- 1 tsp coarse sea salt
- 1 tsp honey
- 50ml tamarind pulp
- 3 tbsp white vinegar
- 12 cardamom pods

INSTRUCTIONS

Cut the beef shin into 3cm cubes.

Add all the ingredients for the marinade *(except for the cardamom pods)*, to a blender and blitz to a paste.

Add this paste with the cardamom pods to the chopped beef and allow to marinade for at least 12 hours, although it is better to do it for 24 hours.

Cut the onion into 8 wedges.

Thinly slice the chilli pepper.

When your marinade is finished heat the ghee in either a frying pan (medium hot) or in the Instant Pot (high) on sauté mode and cook the onions for 10 minutes until golden.

Now add the beef with the marinade and brown for five minutes.

Add the remaining ingredients to your Instant Pot, seal the lid and cook for 35 minutes on high pressure with a 10-minute natural pressure release.

When the pressure has been released remove the solids from the sauce with a slotted spoon and reduce the sauce on sauté mode (high) until a thick, smooth and greasy sauce is achieved (stirring occasionally), this should take around 10 minutes.

Return the beef to the sauce and stir to coat.

You can of course cook this on the stove top.

COCONUT BEEF DISH
(THAILAND)

INGREDIENTS

- ¾ cup light coconut milk
- 2 to 3 Tbsp red curry paste, to taste
- 4 cloves garlic, finely chopped
- 1 Tbsp grated ginger
- Kosher salt
- 1-2 tsp Thai red curry seasoning rub, to taste
- 1½ lbs extra lean stew beef, cut into 1½ inch pieces
- 3 oz snap peas, sliced crosswise
- ½ red onion, thinly sliced
- 3 Tbsp fresh lime juice, plus lime wedges for serving
- ½ cup fresh cilantro or basil leaves
- Chopped peanuts *(optional)*
- Rice or noodles for serving *(optional)*

INSTRUCTIONS

In a slow cooker, whisk together the coconut milk, curry paste, garlic, ginger and ¼ teaspoon salt.

Sprinkle the beef with the Thai red curry seasoning rub and then add it to the slow cooker, stirring to coat the meat with the coconut milk mixture.

Cook covered, until the meat is tender and easily pulls apart, 6 to 7 hours on LOW, or 4 to 5 hours on HIGH.

30 minutes before serving, cook the rice or noodles according to package directions.

Gently stir the peas, onion and lime juice into the beef mixture and cook until heated 3 to 5 minutes.

Stir in the cilantro.

Season to taste with salt and pepper.

Serve the beef mixture over the rice or noodles, if desired.

Sprinkle with chopped peanuts, if using, and serve with lime wedges if desired.

MONGOLIAN BEEF
(MONGOLIA)

INGREDIENTS

- Vegetable oil
- ½ tsp minced ginger
- 1 Tbsp minced garlic
- ½ cup low sodium soy sauce
- ½ cup water
- ⅔ cup dark brown sugar
- 1 lb flank steak
- ¼ cup corn-starch
- 3 Spring onion sliced into 1-inch pieces *(only green parts)*

INSTRUCTIONS

Heat 2 teaspoons vegetable oil in a small sauce pot over medium-low heat. Add the ginger and garlic and sauté until golden, about 2 minutes. Add the soy sauce and water, stirring to combine.

Stir in the brown sugar and increase the heat to medium. Bring the sauce to a boil for 3 minutes. Remove the sauce from the heat and set aside.

Slice the flank steak against the grain into ¼ inch pieces, then toss it with the cornstarch. Place the coated pieces of steak in a sieve and shake off any excess cornstarch. Allow the steak to sit 10 for minutes.

Place a large sauté pan or wok over medium-high heat and add ½ cup vegetable oil. Once the oil is hot (but not smoking), add the beef to the pan and sauté for 2 minutes until it is seared on all sides but barely cooked in the centre. Remove the steak from the pan with a slotted spoon and transfer it onto a paper towel-lined plate. Pour any excess oil out of the wok.

Place the sauté pan back over medium heat. Add the prepared sauce to the hot pan (it should come to a boil almost immediately), then add the reserved steak and cook at a boil, stirring constantly, 2 minutes. Add the sliced scallions, stirring to combine.

Transfer steak and scallions with a slotted spoon to a plate and serve.

GREEK ROAST LAMB
(GREECE)

INGREDIENTS

- 5-6 lb lamb leg *(I use spring lamb leg with bone in)*

FOR THE MARINADE

- 6 cloves of garlic grated
- 2 tsp dried oregano
- 2 tsp fresh rosemary chopped
- ¼ cup of olive oil
- 1 cup of red or white wine
- 1 Tbsp of red wine vinegar
- 1 Tbsp honey
- 1 Tbsp Worcestershire sauce
- ¼ cup of fresh lemon juice
- Zest from 2 lemons

PREPPING THE LAMB BEFORE ROASTING

- 6 cloves garlic chopped
- 1 Tbsp dried oregano
- 1 Tbsp fresh chopped rosemary
- 1 Tbsp Dijon mustard
- 1 Tbsp of honey
- 1 Tbsp of butter softened
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 2 Tbsp olive oil

INSTRUCTIONS

Wash lamb well, pat dry and place in a glass dish or sturdy sealable plastic bag large enough to hold the lamb.

In a small bowl whisk together all the marinade ingredients and pour into the bag or dish the lamb is in. Turn to coat and massage the lamb with it and seal bag/dish and allow to marinate refrigerated for a few hours up to two days.

Once ready to roast, remove lamb from fridge and allow to come to room temperature then preheat oven to 400°F and prepare the lamb for baking.

In a small bowl mix together the garlic, oregano, rosemary, butter, honey and Dijon mustard and set aside. Remove lamb from marinade (keep marinade) and pierce the lamb all over with the tip of a sharp knife. Rub garlic butter-herb-mustard mixture over lamb, pressing into incision and coat with remaining 2 Tbsp of oil and sprinkle with salt and pepper.

Line a roasting pan with a few layers of foil, place a rack over foil and transfer the lamb to rack. Pour the marinade left over from the lamb into the pan for aromatics and steam.

Roast, uncovered, at 400°F for 15 minutes to brown and then reduce heat to 375°F approx 1½ hours, turn lamb over (optional) to make a crust on the other side, and continue to roast for another 45 minutes turning it back for the last bit of cooking time. Total roasting time is approx 2 hours and 15 minutes.

Slice and serve with the extra lemon wedges.

CHINESE SPARE RIBS IN SLOW COOKER
(CHINA)

INGREDIENTS

- 3 lb St. Louis-style spare ribs
- ¼ cup soy sauce
- ½ cup honey
- ½ cup hoisin sauce
- 1 ½ tsp Chinese five spice powder
- 2 Tbsp brown sugar
- 3 Tbsp sweet chili sauce
- 5-6 gloves garlic minced
- 2 tsp fresh grated ginger
- 1 tsp red food colouring *(optional)*
- 2 tsp corn-starch
- Sesame seeds
- Green onions

INSTRUCTIONS

In a small bowl mix soy, honey, hoisin, five spice, brown sugar, sweet chili sauce, garlic, ginger and red food colouring. Set aside.

Cut the ribs between the bones to give individual ribs and place in a large bowl or freezer bag. Pour the marinade over ribs and marinade 12 hours or 24 hours for best flavour.

Place ribs and marinade in slow cooker and cook on low 6 hours or high 4 hours.

Remove ribs from slow cooker and place them on foil lined baking sheet.

Remove the top layer of fat from the juice in the slow cooker. Pour liquid into a small saucepan and whisk in 2 teaspoon corn-starch. Let come to a low boil to thicken.

Brush thickened sauce over ribs and broil 5-6 minutes to caramelize on top.

Garnish with green onions and sesame seeds if desired.



DESSERT

CORN FLOUR CHILEAN ALFAJORES
(CHILE)

INGREDIENTS

- 4 ½ oz (130 g) unsalted butter at room temperature
- 3 egg yolks
- 5 ½ oz. (150 g) sugar
- 1 tsp vanilla extract
- 2 tsp lemon zest *(about half a lemon)*
- 7 oz (200 g) all-purpose flour
- 10 ½ oz (300 g) corn starch
- 2 tsp baking powder
- 1 cup caramel
- ½ Tbsp milk
- 1 cup grated coconut

INSTRUCTIONS

Pre-heat the oven to 360°F (180°C) degrees.

In a medium bowl, mix butter, yolks, sugar, vanilla extract, and lemon zest. Using a whisk or a hand mixer, beat until smooth.

In a large bowl, sift together the flour and corn starch. Add the baking powder, and whisk until well combined.

Add the egg mixture to the flour. Using your hand, gently knead the dough. Do not over knead it- the dough has to be a bit crumbly.

Sprinkle flour onto your work surface. Using a rolling pin, roll out the dough to 1/4-inch thick.

Using a round cookie cutter (2 inches or less), cut out the cookies and transfer to a parchment-lined baking sheet.

Bake for 12-15 minutes. Make sure to remove from the oven as soon as the cookies start browning.

Let the cookies cool. In the meantime, combine Caramel and milk in a small bowl and whisk until well combined.

Spread caramel over one cookie and top with another one. Lightly press to spread more evenly.

Roll alfajores in coconut. Serve at room temperature.

NANKHATAI
(INDIA)

INGREDIENTS

- 250g margarine
- 250g ghee
- 1 ½ cups powdered sugar
- 2 eggs
- 2 tsp baking powder
- 2 Tbsp semolina
- ½ tsp cardamom powder
- 5 cups of white flour
- Cashews/almonds for decoration

INSTRUCTIONS

Preheat oven to 180°C.

Mix all the ingredients except flour in a cake mixer until smooth.

Sieve the flour in dish and pour the mixture in it, knead well to a smooth dough.

Make small balls of the dough and flatten slightly with palm.

Decorate in the centre with a piece of almond or cashew or you can even dot it with orange food colour mixed in a little water.

Bake in a moderate heat until golden brown

NO BAKE CHEESECAKE
(USA)

INGREDIENTS

- 8 oz cream cheese , softened
- ⅓ cup sugar
- ¾ cup heavy cream
- 1 tsp pure vanilla extract
- 2 tsp fresh lemon juice *(optional)*
- 19 in prepared graham crackers crust
- 2 cups self rising flour
- 1 cup chopped pecans
- 1 cup milk
- 1 tsp vanilla
- 2 cups sweetened shredded coconut, divided
- 6 egg whites beaten to stiff peaks

FOR THE FROSTING

- ¼ cup butter softened
- 8 ounces cream cheese at room temperature
- 1 pound powdered sugar
- 1 tsp vanilla
- ½ cup chopped pecan

INSTRUCTIONS

Preheat the oven to 350.

Grease and flour 3 8-inch cake pans. Set aside.

In a large bowl, cream the butter and shortening until smooth. Add the sugar and beat well.

Add the egg yolks and mix well.

Sift the flour and add into the sugar and butter mixture one-third at a time, alternating with the milk.

Stir in the vanilla, 1 cup of coconut and the pecans.

Fold in the egg whites carefully until no pockets remain.

Divide evenly between the three prepared pans.

Bake 25 minutes and turn out to a wire rack to cool completely.

While the cakes bake, sprinkle one cup of coconut on a baking sheet and toast it in the oven alongside your cakes until brown and nutty, about 8 to 10 minutes. Stir it every couple of minutes to make sure it doesn't burn. Then set aside to cool.

Cream the butter and cream cheese until well mixed. Add the vanilla and powdered sugar and mix until well combined.

Spread between layers of cake and on top and sides.

Use your hands to press the toasted coconut all around the sides. Sprinkle pecans over the top.

CHOCOLATE CAKE
(FINLAND)

INGREDIENTS

- Butter and flour for coating and dusting the cake pan
- 3 cups all-purpose flour
- 3 cups granulated sugar
- 1 ½ cups unsweetened cocoa powder
- 1 Tbsp baking soda
- 1 ½ tsp baking powder
- 1 ½ tsp salt
- 4 large eggs
- 1 ½ cups buttermilk
- 1 ½ cups warm water
- ½ cup vegetable oil
- 2 tsp vanilla extract

CHOCOLATE CREAM CHEESE BUTTERCREAM FROSTING

- 1 ½ cups butter softened
- 8 oz cream cheese softened
- 1 ½ cups unsweetened cocoa powder
- 3 tsp vanilla extract
- 7-8 cups powdered sugar
- ¼ cup milk, as needed

INSTRUCTIONS

Preheat oven to 350°F. Butter three 9-inch cake rounds. Dust with flour and tap out the excess.

Mix flour, sugar, cocoa, baking soda, baking powder, and salt in a stand mixer using a low speed until combined.

Add eggs, buttermilk, warm water, oil, and vanilla. Beat on a medium speed until smooth. This should take just a couple of minutes.

Divide batter among the three pans. I found that it took just over 3 cups of the batter to divide it evenly.

Bake for 30-35 minutes until a toothpick inserted into the centre comes out clean.

Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely.

Frost with your favourite frosting and enjoy!

CHOCOLATE CREAM CHEESE FROSTING
In a large bowl, beat together butter and cream cheese until fluffy. Use a hand mixer or stand mixer for best results.

Add in cocoa powder and vanilla extract. Beat until combined.

Beat in powdered sugar, 1 cup at a time. Add milk as needed to make a spreadable very thick frosting.

TINDER
(UKRAINE)

INGREDIENTS

- 2 eggs
- 2 Tbsp vodka or any liqueur
- 2 Tbsp sugar
- 2 pinches of salt
- 250g white flour
- ½ litre oil for deep frying
- Icing sugar

INSTRUCTIONS

Beat eggs with sugar, vodka and salt until white. Stir in flour. Knead until it stops sticking to hands.

Form a dough ball, cover with the cling film and put into the fridge for 20-30 mins.

Dust the dough with flour, cut into 4 pieces. Roll each piece into a thin semi-transparent sheet. Cut into 4-5 cm ribbons.

Cut ribbons into rectangles and do a cut in the middle of each rectangle. Pull one end of each rectangle through the cut.

Put each rectangle into the boiling oil for 30 sec on each side.

Put puffed tinder into a bowl with the paper towel and sprinkle with icing sugar.

FRENCH SILK PIE BROWNIES
(FRANCE)

INGREDIENTS

BROWNIES

- 1 box fudge brownie mix

FRENCH SILK PIE TOPPING

- 4 oz German chocolate bar, - finely chopped
- 4 Tbsp unsalted butter - cubed
- 8 oz package cream cheese - at room temperature
- 2 cups confectioner's sugar
- 16 oz tub frozen whipped topping *(like cool whip)* - thawed
- Chocolate curls or shaved chocolate, for garnish *(optional)*

INSTRUCTIONS

Prepare and bake the brownies according to package directions. Remove from oven and allow to cool completely.

Microwave the German chocolate pieces and butter together in a large microwave-safe bowl on HIGH for 30 seconds. Stir, and then melt for another 15 seconds. Stir until smooth and melted.

To the bowl with the chocolate, beat in the cream cheese and confectioner's sugar until combined. Fold in half of the whipped topping (8 oz).

Spread the French silk filling over the brownies. Top with remaining whipped topping, and garnish with chocolate curls, if using.

Refrigerate for at least 4 hours, or until set, before cutting into squares.

EGGLESS PUDDING DELIGHT
(INDIA)

INGREDIENTS

- 1 cup milk
- 1 cup sugar
- ½ cup semolina
- 1 cup refined flour
- 3 Tbsp cocoa powder
- 3 Tbsp ghee
- 1 pinch cooking soda
- Roasted nuts *(optional)*

INSTRUCTIONS

Clean semolina and flour. Sieve flour. Take semolina, sugar and flour and mix well with milk in micro wonder so that no lumps are formed.

Now add cocoa powder, ghee and cooking soda, roasted nuts and stir well. Keep in the microwave oven in high for about 7 minutes. Test with a toothpick to see if it is cooked well. Otherwise keep for another 1-2 minutes. Now the pudding is ready to serve.



TIP: In case the cocoa powder is sweet, the quantity of sugar needs to be reduced accordingly.

DATE AND COCONUT ROLLS
(INDIA)

INGREDIENTS

- 1 cup dates *(remove the seeds)*
- ½ cup milk
- 2 Tbsp icing sugar
- ¾ cup coconut powder
- 1 Tbsp butter
- Toothpicks

INSTRUCTIONS

Soak the dates in milk for 2 hours.

Remove the seeds and mash them nicely mixing butter and sugar.

Make small equal sized balls and roll in the coconut.

Insert the toothpicks and serve in style.

IRISH BOXTY
(IRELAND)

INGREDIENTS

- 1 ½ cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 egg
- 1 Tbsp skim milk
- Salt and pepper, to taste
- ¼ cup olive oil

INSTRUCTIONS

Boxty is a traditional Irish dish made of potatoes.

Toss the grated potatoes with flour in a large bowl.

Stir in mashed potatoes until combined.

In a separate bowl, whisk together the egg and skim milk; mix into the potatoes. Season to taste with salt and pepper.

Heat the olive oil in a large skillet over medium-high heat.

Drop in the potato mixture, forming patties about 2 inches in diameter.

Fry on both sides until golden brown, 3 to 4 minutes per side.

Drain on a paper towel-lined plate. Serve warm.

BREAD AND BUTTER PUDDING
(GREAT BRITAIN)

INGREDIENTS

- 5 slices of white bread
- 75g of unsalted butter
- 100g of sultanas
- 220ml of double cream
- 220ml of milk
- 50g of caster sugar
- 1 vanilla pod
- 3 eggs
- 25g of icing sugar
- 50g of apricot jam

TO SERVE

- 50g of clotted cream
- 100g of sultanas

INSTRUCTIONS

Start making your bread and butter pudding by removing the crusts and then buttering the bread, 75g of unsalted butter and 5 slices of white bread.

Place one layer of bread on the base of the tray and cover with a layer of sultanas.

Place the rest of the bread on top of the sultanas

Mix the double cream, milk and sugar together in a pan. Split the vanilla pod and scrape out the seeds into the mixture and bring to the boil. Place the eggs in a separate bowl and whisk the hot liquid into them: 220ml of double cream, 220ml of milk, 50g of caster sugar, 1 vanilla pod .

Pour the egg mixture over the bread and place the dish in a bain-marie and put in a moderate oven (180°C/ Gas Mark 4) for about half an hour until cooked.

Dust the bread and butter pudding with icing sugar and glaze until golden.

Spread the bread and butter pudding thickly with apricot jam and serve with clotted cream and a compote of dried apricots.

STICKY TOFFEE PUDDING
(SCOTLAND)

INGREDIENTS

STICKY TOFFEE SAUCE

- ¼ cup (2 oz) unsalted butter
- Optional - 1 Tbsp Drambuie liqueur *(or good quality whisky)*
- 2 cups (16 oz) whipping cream
- 1 cup, packed (6 oz) dark brown sugar

PUDDING

- 8 ounces dates, finely chopped *(about 1 ¼ cup packed)*
- 1 cup (8 oz) boiling water
- ½ cup (4 oz) unsalted butter, room temperature
- 1 cup packed (6 oz) golden brown sugar
- 4 large eggs
- 1 ¾ cups (8 oz) flour
- ½ tsp baking powder
- 1 tsp baking soda
- 2 Tbsp instant coffee granules

INSTRUCTIONS

Oven temperature is 350°F (175°C) but don't preheat it yet. Butter 8-inch-square pan (preferably not dark.) Mix flour and baking powder and set aside.

Place chopped dates in small bowl, then pour 1 cup boiling water over the dates and let cool, about 1 hour.

Now preheat the oven. Using electric mixer, beat butter and sugar in large bowl to blend.

Scrape sides of bowl often. Add 2 eggs, 1 at a time, beating well after each addition, and scraping down the bowl. Add half of flour and baking powder and beat to blend. Next, add the remaining 2 eggs, one at a time, beating to blend after each addition. Continue scraping down sides of bowl, often.

Now add the remaining flour and beat until blended.

Combine instant coffee and baking soda in small bowl.

Pour into date mixture, stirring to dissolve coffee granules. It will froth slightly. Add the date mixture to batter and mix well until evenly combined. Pour the batter into prepared pan. I have found that placing about 1 cup of batter, into another small pan works also. The cake doesn't rise as high, which means there is no need to level the top.

Bake the cake. Place on rimmed baking sheet and bake until tester inserted into centre comes out clean, about 50 minutes to 1 hour.

Let the cake cool in the pan. After it has cooled, you can level off the top of the cake if necessary. Carefully remove the cake from the dish, then level and remove the top. I like using a cake leveller. Place the cake back into the pan. Poke holes all over the cake with a skewer or toothpick.

Bring cream, brown sugar and butter to boil in heavy medium saucepan over medium-high heat, stirring frequently. Reduce heat to medium-low and simmer sauce until reduced to 1¾ cups (12 oz), stirring occasionally, about 15 minutes. If adding the Drambuie, add it after taking the sauce off the heat.

When cake is cool and caramel sauce is still warm, but not too hot, pour about half of the sauce over the cake. Let cool to room temperature, then refrigerate, without covering. After an hour or so, when the sauce has become firm, cover the dessert with cling film (once cool the plastic won't stick to it.)

When serving, cut a piece and heat in microwave until the caramel melts; the dessert should be hot and steaming. Serve with the reserved, warm sticky toffee sauce and freshly whipped cream.

TURKISH DELIGHT CHEESECAKE
(TURKEY)

INGREDIENTS

- 200g ginger nut or vanilla cookies
- 160g unsalted butter, melted
- 2 Tbsp water
- 2 tsp gelatine powder
- 375g cream cheese, softened
- ⅓ cup sugar
- ½ tsp finely grated orange rind
- ⅔ cup cream
- 150g white chocolate
- ½ cup pistachio kernels

TURKISH DELIGHT TOPPING

- 85g gelatine powder
- 1 ½ cups boiling water
- 5 Tbsp sugar
- 1 tsp rose flavouring
- 1 drop pink food colour

INSTRUCTIONS

CHEESECAKE
Grease a 6cm-deep, 19cm square cake pan. Line base and all sides with baking paper extending paper 5cm above each side.

Place biscuits in a food processor. Process until coarse crumbs. Add butter and process to combine. Press biscuit into base of prepared pan. Chill for 30 minutes.

Place water in a small bowl. Sprinkle over gelatin. Stir until gelatin dissolves. Cool for 5 minutes.

Using an electric mixer, beat cream cheese, sugar and orange rind until light and fluffy. With motor operating, gradually add cream, gelatin mixture and chocolate, beating until mixture thickens slightly. Stir in pistachios. Pour mixture into pan. Refrigerate for 2 hours or until just set.

TURKISH DELIGHT TOPPING
To make the rose flavoured jelly, add the boiling water into a large microwave safe bowl.

Sprinkle the powdered gelatin and sugar over the top. Use a whisk or spoon to mix until well combined. Microwave for 2 minutes at a time, mixing each time until the sugar has dissolved. Allow to cool for 10 minutes. Stir in rose water and pink food colour. Mix until well combined.

Pour over cheesecake layer. Refrigerate for 4 hours or overnight until jelly is set. Carefully lift out of pan. Cut into squares. Serve.

POFFERTJES (DUTCH MINI PANCAKES)
(NETHERLANDS)

INGREDIENTS

- 7g (2 ¼ tsp) active dry yeast
- 350mls (1 ½ cups) lukewarm whole milk, 105-115 degrees F
- 250g (1 ¾ cups) all-purpose flour
- 2 Tbsp granulated sugar
- Pinch salt
- 1 egg
- Butter for greasing pan

FOR SERVING

- Butter
- Powdered sugar

INSTRUCTIONS

In a small bowl, sprinkle yeast over milk, then stir to combine. Allow to sit until the yeast is frothy, 5-10 minutes.

In a large bowl, whisk together the flour, sugar, and salt. Mix in the frothy yeast with milk and egg until smooth. Cover with plastic or a towel and allow to rest until bubbly and risen, about 1 hour.

Place poffertjes pan over medium heat and brush each of the cavities with melted butter.

Transfer the risen batter to a piping bag or large zip lock bag with a small edge of the corner snipped off. Pipe a small amount of batter, about 1 tablespoon, into the cavities of the heated pan.

Cook until the bottom is golden and bubbles form on the top. Flip to cook the other side. Remove to serving dish and repeat with remaining batter, greasing the cavities as needed.

Serve immediately with butter and powdered sugar or syrup.

BUTTER CAKE
(INDIA)

INGREDIENTS

- 200g all purpose flour
- 2 tsp baking powder
- 200g caster sugar
- ½ tsp salt
- 250g unsalted butter
- 4 eggs at room temperature
- 4 Tbsp milk
- 1 tsp vanilla extract

INSTRUCTIONS

Preheat oven at 180°C. Prepare a 7" or 8" square tin y either lining it with parchment/butter paper or greasing it well with butter and then dusting it with flour.

Sift the flour, baking powder & salt at least 2-3 times. This helps make the cake all the more fluffy.

In a large mixing bowl beat the butter & sugar until pale. Add one egg at a time and beat well.

Pour in the vanilla extract and mix till incorporated.

Add the flour in 2-3 parts alternating between flour and milk (add one part flour to the butter/egg mixture and mix well with a spatula).

Pour the batter into the prepared tin and bake for 40-45 minutes or till the skewer inserted comes out clean.

Remove the tin from the oven and place it to cool on a wire rack for 10 minutes. Careful invert the cake on to the wire rack and tap the tin so that the cake slides out easily. Allow to cool completely before cutting it.

Serve with a hot cup of tea, coffee or milk or simply enjoy it plain. You can also cut up each slice into chunks and eat it with chocolate sauce poured over it.

RASPBERRY CHEESECAKE DANISH
(DENMARK)

INGREDIENTS

- 1 sheet puff pastry
- 6 oz cream cheese
- ½ cup raspberries
- 3 Tbsp SPLENDA® No Calorie Sweetener Granulated OR ¼ cup sugar, granulated
- 1 tsp vanilla extract
- 1 egg
- Powdered sugar

INSTRUCTIONS

Preheat oven to 400°F. Line a baking sheet with foil or parchment paper for easier clean up.

Whisk the egg together with a pinch of salt.

In a bowl, whisk together 6 ounces of cream cheese, 3 tablespoons of SPLENDA® Granulated No Calorie Sweetener OR 1/4 cup of granulated sugar, 1 tsp vanilla extract and 2 tablespoons of the beaten egg, until smooth. You can use a whisk or a mixer to do this.

Unfold the puff pastry sheet in the prepared baking sheet, and place the cream cheese mixture in the middle third vertically, leaving about 1-inch space at both ends. Arrange raspberries over the cheesecake filling.

Using a knife or scissors cut one-inch strips on the unfilled parts of the dough, making sure that both sides have a matching number of strips like shown on the pictures below. Alternating sides (left, right; left right) make a braid. Press the first two strips and the last two strips firmly into the unfilled dough underneath, sealing the filling.

Using a pastry brush, brush the beaten egg over the braid. Bake for about 20 minutes at 400F, or until the puff pastry is dark golden. Halfway through baking, rotate the baking sheet for even baking. Remove and cool in a cake rack.

Dust with powdered sugar.

JAPANESE CHEESECAKE
(JAPAN)

INGREDIENTS

- 100g butter
- 100g cream cheese
- 130ml (½ cup) milk
- 8 egg yolks
- 60g flour
- 60g cornstarch
- 13 large egg whites
- 130g sugar
- Powdered sugar

INSTRUCTIONS

Mix the butter, cream cheese, and milk into a pot and cook it over low heat. Continue to stir until the mixture is smooth and thick.

Whisk the egg yolks together in a bowl and gradually whisk in the mixture.

Sift the flour and corn-starch over the batter and stir until it's smooth and shiny.

In a separate bowl, whisk the egg whites together until soft peaks form. Then, add sugar to form a meringue with somewhat-stiff peaks. Gradually pouring the sugar in 3 parts to ensure that all of the sugar is dissolved into the meringue.

Gradually fold the meringue into the batter, quarter-parts at a time. Be gentle as the fluffiness of the cheesecake depends on the amount of air inside the mixture, don't want to use too much pressure.

Transfer the mixture into a round greased baking pan lined with parchment paper. Tap the pan against the table to remove any air bubbles inside. Place the baking pan over a wider baking dish and fill the outer tray with hot water until it's about 2cm high.

Bake the cheesecake in a preheated oven for 25 minutes at 160°C, then reduce the heat to 140°C and bake it for another 55 minutes. Once the cheesecake is baked, carefully invert the cake onto your hand and remove it from the baking pan and then place it on a cake plate.

Serve the cake with a layer of powdered sugar and freshly sliced fruits of your choice.

NORWEGIAN PANCAKES
(NORWAY)

INGREDIENTS

- 4 eggs
- ½ cup warm water
- 1 tsp vanilla
- ⅓ cup sugar
- ⅓ cup melted butter
- 1 ¼ cup flour
- 1 cup milk

INSTRUCTIONS

Add eggs, water, and vanilla to blender. Blend. Add remaining ingredients, blending after each addition until smooth.

Butter a sauté pan or griddle with some butter. Heat pan to medium; then pour about 1/4 cup batter onto griddle. Cook for about a minute, then flip it and cook about another minute.

Stack the pancakes and keep warm until serving.

IRISH APPLE CAKE
(IRELAND)

INGREDIENTS

- ½ cup or 113g unsalted butter at room temperature
- ½ cup or 100g sugar
- 2 large eggs
- 3 Tbsp or 45ml milk or cream
- 1 ¼ cups or 150g all purpose flour
- 1 tsp baking powder
- 1 tsp cinnamon
- ⅛ tsp salt
- About 3 granny smith apples, peeled and thinly sliced *(mine weighed a little over a pound after slicing)*
- Confectioner's sugar for dusting

STREUSEL TOPPING

- ¾ cup or 96 grams flour
- ¼ cup or 25 grams old fashioned rolled oats
- 6 Tbsp or 85 g unsalted cold butter cut in small pieces
- ½ cup or 100 grams sugar
- Custard sauce
- 6 large egg yolks
- 6 Tbsp or 76 grams sugar
- 1 ½ cups or 375ml whole milk ~ you can also use half and half or cream and vanilla

INSTRUCTIONS

Set the oven to 350°F.

Make the custard sauce ahead of time. Bring the milk to a simmer over medium heat. Meanwhile whisk the yolks and sugar until well combined. Drizzle a little of the hot milk into the egg mixture, whisking all the time. Drizzle a little more, then transfer that back into the pan of hot milk and continue cooking, stirring constantly, until the mixture coats the back of a spoon. Do this slowly, over medium heat, and I like to use a silicone spoon or spatula to scrape the bottom and sides of the pan as it heats. The mixture will become velvety and thickened, but it will not be as thick as pudding. It will continue to thicken as it cools, so don't overcook or it can curdle. Stir in the vanilla.

Pour the custard through a sieve (to catch any stray lumps) into a heat proof jar or bowl and place a piece of plastic wrap onto the surface so it won't form a skin as it cools. Put in the refrigerator until completely chilled.

To make the streusel topping, blend the bits of butter into the flour, sugar, and oats until the butter is incorporated and the mixture has a coarse crumbly texture. Put in the refrigerator.

To make the cake, grease a 9 inch round spring form pan.

Cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time.

Whisk together the flour, baking powder, cinnamon, and salt. Fold the dry ingredients into the butter/sugar mixture, along with the milk or cream.

Spoon the batter in to the pan, and smooth out evenly. Top with the sliced apples, and then the streusel topping.

Bake for about 50 minutes to an hour, until the top is lightly browned and a toothpick comes out without wet batter clinging to it.

Let cool a bit in the pan before removing. Dust with confectioner's sugar before serving.

NORWEGIAN RHUBARB CAKE
(NORWAY)

INGREDIENTS

- 3 or 4 stalks of rhubarb cut into 5 to 6 cm little logs
- 1 cup sugar, plus 5 Tbsp more to sprinkle over the rhubarb
- 1 cup all-purpose flour
- 200g butter at room temperature, plus more for pan
- 3 eggs at room temperature
- 180ml sour cream *(room temperature)*
- 1 or 2 tsp pure vanilla extract
- 1 tsp baking powder
- ¼ tsp baking soda
- pinch of salt

INSTRUCTIONS

Place the rhubarb pieces on a flat dish and sprinkle around 4 to 5 Tbsp of sugar and let it stand for at least half an hour.

Butter a loaf pan, or use any other pan that you prefer, and line the buttered pan with parchment paper, butter generously the paper. Place the rhubarbs on the bottom of the pan making sure to completely cover the bottom with plenty of rhubarb. Add the juice and the sugar where the rhubarbs were resting. If you wish you can sprinkle some more sugar over the rhubarb pieces. Set the pan aside.

In a bowl beat butter and sugar until fluffy. Add eggs, one at a time, and keep beating until you have an airy batter. Add half of the flour, sifted, add the sour cream and then add the second part of the flour beating well after each addition. Add the vanilla and beat some more and at the end add baking powder and baking soda.

Transfer batter to prepared pan, over rhubarbs, and bake for 40 minutes at 180C or until a stick comes out clean. Let it cool before inverting the cake over a plate.

NEW ZEALAND PAVLOVA
(NEW ZEALAND)

INGREDIENTS

- 4 egg whites
- ⅛ tsp cream of tartar
- 1 cup superfine sugar *(caster sugar, berry sugar, or regular sugar blitzed in a food processor until grains are half their original size)*
- 1 Tbsp corn-starch
- 1 tsp vanilla extract
- 1 cup fruit, sliced *(kiwifruit, berries, peaches, etc)*
- 1 ½ cups lightly sweetened whipped cream *(just add sugar to it, to taste)*

INSTRUCTIONS

Preheat oven to 200°C
Line a shallow baking sheet with parchment paper.

In a large dry bowl, sprinkle cream of tartar over egg whites and beat until stiff. Whisk together sugar and corn starch. Add the mixture to the egg whites a tablespoon at a time, while beating on medium speed, until all ingredients are combined. The meringue should be shiny, white, and stiff. Fold in vanilla extract.

Reduce oven heat to 100°C. Mound the meringue on the baking sheet in a round shape about 6 inches in diameter. Bake for 1 hour. Turn off oven, leaving meringue in the oven until it is cold or overnight.

Top with whipped cream and arrange fruit over top.

Use a serrated knife to gently saw slices. It is best to eat when first made but you can store leftovers in a covered container.

Serves 6 to 8



Migrant Connections Taranaki

Te Tari Matawaka
Office of Ethnic Communities