

# Flavors of the World



*International Recipe Book*



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# BIRYANI

## INGREDIENTS

### CHICKEN MARINADE

18 oz of Chicken  
3 tbsps of plain yougurt  
1 1/4 tbsps ginger garlic paste  
1/2 tsp salt  
1/4 tsp tumeric  
1/2 tsp chili powder (or paprika)  
1/2 tsp garam masala  
1 tbsp lemon juice

### WHOLE SPICES (skip if not available)

1 bay leaf  
4 green cardamoms  
6 cloves  
1 in cinammon  
1 star anise  
3/4 tsp shahi jeera  
1 strand mace

### OTHER INGREDIENTS

32 oz basmati rice  
2 tbsps ghee or oil  
1 thin sliced large onion  
1/4 cup mint leaves  
1 green chili  
1/4 tsp garam masala  
3 cups water of coconut milk  
3/4 tsps salt  
2 tbsps frien onions  
1 pinch saffron



## RECIPE

1. Marinade chicken by creating slices in chicken and mixing together marinade in bowl. (Cover and place in fridge overnight)
2. Rinse basmati rice. Soak in fresh water for 30 minutes.
3. Heat oil or ghee in heavy bottom pot or pressure cooker. Place in optional but recommended spices
4. Add in thinly sliced onions till light brown
5. Sauté marinated chicken into pot with onion mixture for 5 minutes.
6. Lower temperature. Cover and cook till chicken is fully soft and cooked
7. Check is chicken is cooked. Then evaporate excess moisture in uncovered pot.
8. Add salt for taste. Then add in

COUNTRY OF ORIGIN:  
INDIAN SUBCONTINENT



# BALEADAS

## INGREDIENTS

### Tortillas

2 cups all purpose flour  
1 cup water  
1/2 cup vegetable oil  
1 egg  
1/2 tsp salt

### Filling

2 cups refried beans  
1 sliced avocado  
1/2 cup crumbled queso fresco (fresh white cheese)  
1/4 cup crema fresca (fresh cream)



COUNTRY OF ORIGIN:  
HONDURAS



## RECIPE

1. Mix flour, water, vegetable oil, egg, and salt in a large bowl; knead until dough is smooth and no longer sticky.
2. Form the dough into 8 golf ball-sized balls. Cover and let rest, about 20 minutes.
3. Stretch each ball of dough into a thick tortilla.
4. Heat a large skillet over medium-high heat. Cook each tortilla until browned and lightly puffed, about 1 minute per side.
5. Layer refried beans, avocado, and queso fresco over tortillas. Drizzle crema on top; fold tortillas in half over filling.

# CHICKEN STEW

## INGREDIENTS

- 4 lbs of assorted chicken pieces
- 2 tsps of ground cumin
- 2 tsps ground achiote or annatto can also use paprika
- 2 tbsps of oil
- 11 onion cut into chunks
- 6 garlic cloves
- 1 cup of chicken broth
- 1 cup of naranjilla lulo juice, (can be replaced with fresh orange juice as an alternative)
- 1 lbs of pounded tomatoes
- 2 bell peppers cut into chunks
- 1 bunch of parsley leaves
- 2 tsps of dry oregano
- 1 orange juiced (optional)
- salt and pepper to taste



## RECIPE

1. Rub the chicken pieces with the ground achiote, cumin, salt and pepper.
2. Blend broth and naranjilla juice with onion, garlic, tomatoes, bell peppers, hot pepper, cilantro, parsley, and oregano into a puree.
3. Brown chicken in heated oil.
4. Pour broth mix over chicken and bring to boil.
5. Reduce heat and cook on low for an hour. Want chicken to be tender and sauce to be thick. If chicken reaches desired thickness before sauce is ready, remove chicken and continue cooking sauce for about 10 to 15 minutes.
6. Season to taste. If flavor is bitter add orange or lemon juice to neutralize flavor.
7. Once sauce is complete add chicken back to pot and garnish with cilantro and parsley.
8. Serve with arroz amarillo or yellow rice and fried ripe plantains. Can also be served with avocado and a small salad.

COUNTRY OF ORIGIN:  
ECUADOR





# SHAKH PLOV

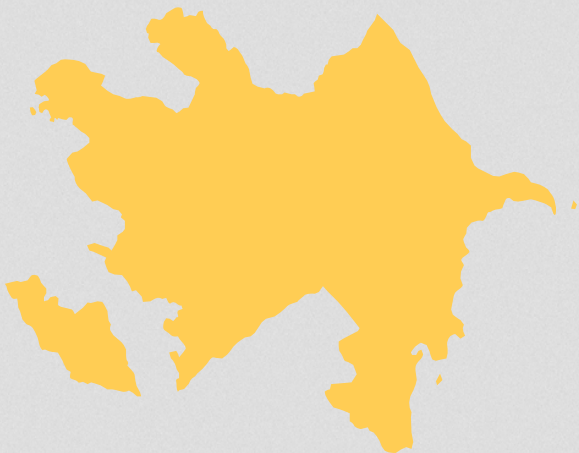
## INGREDIENTS

- |  |  |
|--|--|
| 2 lb. boneless skinless chicken thighs   | 2 cups (1 lb.) mixed dried fruit, such as golden raisins, apricots, pitted prunes, and sour cherries, finely chopped |
| Kosher salt                              | 1/3 cup finely chopped candied lemon or orange (from about 3 slices)   |
| Freshly ground black pepper              | 1 tsp. black caraway (nigella) seeds   |
| 3/4 cups of slivered almonds             | 1 lb. lavash (large pieces)  |
| 1/2 cups of raw shelled pistachios       |  |
| 1 generous pinch saffron (10–15 strands) |  |
| 2 cups white basmati rice                |  |
| 8 oz. unsalted butter (melted)           |  |
| 4 large garlic cloves (thinly sliced)    |  |
| 1 medium yellow onion, (chopped)         |  |

## RECIPE

1. Season chicken with salt and pepper. Poach chicken in a medium pot of simmering water for 8 minutes. Remove chicken and let rest until cool enough to shred into small pieces.
2. In a large heavy bottom pot under medium heat add in pistachios and almonds. Toast them for 3 minutes then set them aside in another bowl.
3. Combine the saffron and  $\frac{3}{4}$  cup hot water in a small bowl or pot; set aside.
4. Boil a large pot of water over high heat. Add 3 tbsp of salt then add in rice. Cook rice for 15 minutes and drain. Salt rice to taste and stir.
5. In a large skillet add 2 tbsp of melted butter over medium-high heat. Add in garlic while stirring frequently. Toast garlic for 2 minutes. Add in onion until it has softened for about 4 minutes. Then add in chicken and  $\frac{1}{4}$  cup of saffron water, keep on stove till almost all liquid is evaporated.

COUNTRY OF ORIGIN:  
AZERBAIJAN





# SHAKH PLOV (cont.)

## INGREDIENTS

2 lb. boneless skinless chicken thighs  
Kosher salt  
Freshly ground black pepper  
3/4 cups of slivered almonds  
1/2 cups of raw shelled pistachios  
1 generous pinch saffron (10-15 strands)  
2 cups white basmati rice  
8 oz. unsalted butter (melted)  
4 large garlic cloves (thinly sliced)  
1 medium yellow onion, (chopped)

2 cups (1 lb.) mixed dried fruit, such as golden raisins, apricots, pitted prunes, and sour cherries, finely chopped  
1/3 cup finely chopped candied lemon or orange (from about 3 slices)  
1 tsp. black caraway (nigella) seeds  
1 lb. lavash (large pieces)

## RECIPE

6. Combine chicken and rice mixture. Add in rest of saffron water along with the dried fruit, candied lemon, and black caraway seeds.

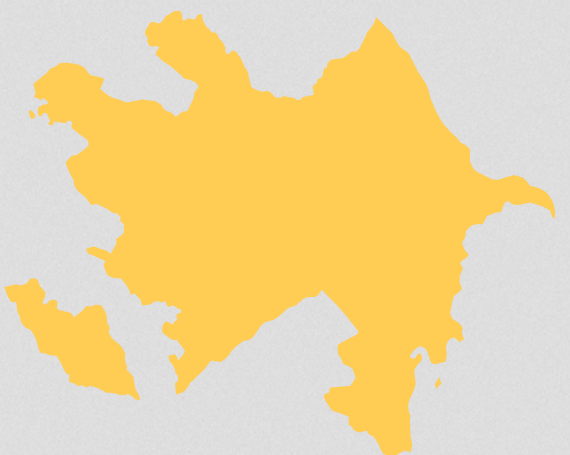
7. Preheat the oven to 375°. Brush the bottom and sides of a 12-inch ovenproof pot generously with melted butter.

8. One piece at a time, lay the lavash across a baking sheet, then brush one side very generously with melted butter. Place lavash into pot with buttered side facing the pot and one end touching the center of the pot. Brush the exposed side of the lavash generously with melted butter. Repeat with more lavash, overlapping the pieces slightly, until the whole pot is covered and all the lavash is buttered on both sides.

9. Add the rice mixture to center of the lavash, then cover the rice with the overhang, trimming extra. Place a final piece of butter-coated lavash over the top if any rice shows through. Cover the pot and bake for 40 minutes. Uncover and bake until the top is crispy and golden, about 10 minutes more.

10. Remove the pot. Place a large serving plate over the opening and carefully but quickly invert the pot to remove the lavash-covered pilaf. Let stand 10 minutes. Cut off the top and serve.

COUNTRY OF ORIGIN:  
AZERBAIJAN



# MOMO

## INGREDIENTS

- 1 lbs of minced meat
- 1 grated onion
- Some finely chopped coriander
- 2 tbsps of ginger and garlic paste each
- 1/2 tbsp of coriander powder
- 1/2 tbsp of turmeric
- 1/2 tbsp of cumin powder
- 2 tbsps of grated chilli
- 2 tbsps of vegetable oil
- 2 tbsps of salt
- 2 lbs of flour



## RECIPE

### Filing Preparation

1. Grate 1 onion to minced meat with 1 tbsp of tumeric, 2 tbsps of salt, 2 tbsps of grated chili, 2 tbsps of ginger and garlic each, 1/2 tbsp of coriander. Mix all spices well with meat.

2. Add 2 tbsps of oil to meat mixture to prevent meat from getting dry. Add finely chopped coriander to mixture. Mix well.

### Wrapper Preparation

3. Put flour in a mixing bowl. Add water little by little into flour to make dough.

4. Knead the flour mixture to a dough.

5. Depending on desired size of wrapper pinch off dough into segments. Use a rolling pin to flatten out dough.

6. Put tbsp of filing into center of wrapping

7. Pinch edges of wrapper and twist it together. Do this step till filling is covered.

8. Oil the bottom of the steamer. This prevents the momos from sticking. Put the momos in a systematic order so that they don't touch each other. Steam for 20 – 30 mins.

COUNTRY OF ORIGIN:  
NEPAL







# BROKEN RICE

## INGREDIENTS

### Lemongrass Pork Chops

- 4 pieces of bone-in center cut pork chops, about 1.25 pounds
- 1/4 cup fish sauce
- 1/4 cup granulated sugar
- 1/4 cup water
- 2 tbsps vegetable oil
- 2 tbsps garlic, minced
- 1/4 cup shallots, chopped
- 2 stalks of fresh lemongrass, finely chopped
- 1/4 tsp freshly ground pepper

### Broken Rice

- 1 1/2 cups jasmine broken rice
- 1 tbsp vegetable oil
- 4 large eggs

- 1 cup butter lettuce
- 2 Lebanese cucumbers
- 2 tomatoes, sliced
- 2 oz pickled carrot and daikon
- 1/4 cup scallion oil
- nuoc mam for serving
- Pickled Carrot and Daikon
- 1 cup hot water
- 1/2 cup granulated sugar
- 1/2 cup distilled white vinegar
- 8 oz carrots, cut into matchsticks
- 8 oz daikon, cut into matchsticks

## RECIPE

1. Make the pickled vegetables the day before. Make the marinade the night before. Tenderize the pork chops with a meat mallet. Combine the fish sauce, sugar, water, and vegetable oil in a large bowl and whisk until the sugar has dissolved. Add garlic, shallot, lemongrass, and pepper to the bowl.

2. Arrange the pork chops in a single layer in a container big enough to hold them. Pour the marinade over and mix well to coat the pork chops. Cover with plastic wrap and refrigerate for at least 4 hours or overnight. When ready to grill, bring the pork chops to room temperature for 30 minutes.

3. To cook the broken rice, rinse it under cold water twice then drain. Add rice to a rice cooker and enough water to just cover the rice. Cook the rice according to the manufacturer's instructions.

4. Set up the charcoal grill by placing coals on one side and lighting them. Rake the coals to create a flat even bed to create an even steady heat zone. Once the coals have burned down to about 375-400 degrees F, place the meat over the coals to sear for a minute on each side.

COUNTRY OF ORIGIN:  
VIETNAM





# BROKEN RICE (cont.)

## INGREDIENTS

### Lemongrass Pork Chops

- 4 pieces of bone-in center cut pork chops, about 1.25 pounds
- 1/4 cup fish sauce
- 1/4 cup granulated sugar
- 1/4 cup water
- 2 tbsps vegetable oil
- 2 tbsps garlic, minced
- 1/4 cup shallots, chopped
- 2 stalks of fresh lemongrass, finely chopped
- 1/4 tsp freshly ground pepper

### Broken Rice

- 1 1/2 cups jasmine broken rice
- 1 tbsp vegetable oil
- 4 large eggs

- 1 cup butter lettuce
- 2 Lebanese cucumbers
- 2 tomatoes, sliced
- 2 oz pickled carrot and daikon
- 1/4 cup scallion oil
- nuoc mam for serving
- Pickled Carrot and Daikon
- 1 cup hot water
- 1/2 cup granulated sugar
- 1/2 cup distilled white vinegar
- 8 oz carrots, cut into matchsticks
- 8 oz daikon, cut into matchsticks

## RECIPE

5. Move the meat to the opposite side, frequently turning and basting with the marinade for 10-12 minutes until cooked through.

6. Heat the oil in a frying pan over medium-high heat. Crack the eggs into the pan and fry sunny side up. Allow the undersides of the eggs to get slightly crispy. Transfer them to a plate until ready to use.

7. To assemble, divide the rice among serving plates. Arrange lettuce, cucumber, and tomatoes around the edge. Top with pork chop and fried egg. Drizzle the scallion oil over the pork chops. Serve with nuoc cham and pickled carrot and daikon on the side.

Pickled vegetables

8. To make the pickle liquid, combine water, vinegar, and sugar in a bowl and whisk until the sugar has dissolved.

9. Transfer the carrot and daikon to a large plastic container or non-reactive bowl.

10. Pour the pickle liquid over the vegetables and set aside in the fridge for 1 day.

11. Pickled carrot and daikon will keep in the fridge for up to 2 weeks.

COUNTRY OF ORIGIN:  
VIETNAM





# CHELO KABAB KOOBIDEH

## INGREDIENTS

1 1/2 lbs of lean ground beef  
1 lbs of lean ground lamb  
1 1/2 medium yellow onions, (quartered)  
3 garlic cloves minced  
1 egg  
1 tsp salt  
1 tsp sumac  
1/2 tsp ground black pepper  
1/2 tsp turmeric powder  
1/4 cup butter, melted (for brushing  
over the kabobs after grilling)

## GRILLED VEGETABLES

4 ripe but firm Roma tomatoes  
1 large green bell pepper, stem  
removed, deseeded and quartered  
Olive oil to brush the vegetables  
with before grilling

## RECIPE

1. You will need ten 1-inch metal skewers.
2. Finely chop the onion pieces in a food processor until very juicy. Place a fine metal mesh over a bowl and strain the processed onion by pressing it with a spatula. Discard the juice.
3. Add the remaining onion pulp to a medium bowl.
4. Add the ground beef and lamb, minced garlic, salt, spices and egg to the bowl. Knead all of the ingredients for several minutes until the mixture is paste like and sticks together without falling apart.
5. Fill up a small bowl with tap water, this is for wetting your fingers so the meat does not stick to them when you are making the kabobs.
6. Divide the meat into 10 equal balls.
7. Get one of the balls of meat in the palm of your hand, place the skewer on top of it and squeeze the meat around the skewer. Once you make sure that meat is not going to fall off, start squeezing it from top to bottom and cover the middle section of the skewer. Leave the top and bottom of the skewer clear. Wet your fingers with the tap water and keep squeezing and spreading the meat evenly around the skewer. The meat should be about 1/2 inch thick all around the skewer.

COUNTRY OF ORIGIN:  
IRAN





# CHELO KABAB KOOBIDEH (cont.)

## INGREDIENTS

1 1/2 lbs of lean ground beef  
1 lbs of lean ground lamb  
1 1/2 medium yellow onions, (quartered)  
3 garlic cloves minced  
1 egg  
1 tsp salt  
1 tsp sumac  
1/2 tsp ground black pepper  
1/2 tsp turmeric powder  
1/4 cup butter, melted (for brushing over the kabobs after grilling)

## GRILLED VEGETABLES

4 ripe but firm Roma tomatoes  
1 large green bell pepper, stem removed, deseeded and quartered  
Olive oil to brush the vegetables with before grilling

COUNTRY OF ORIGIN:  
IRAN



## RECIPE

8. Set the skewer gently on a shallow baking sheet with sides, so the meat does not touch the floor of the baking sheet. Continue making the rest of the kabobs.

9. To Grill Kabob Koobideh: You will need two square metal pipes that you will place parallel to each other on top and bottom of the cooking grate of your grill lengthwise. The top pipe is for placing the tip of the skewers and the bottom one is for the handles. 10. The coals are ready when they are gray and covered with ash.

10.If you're grilling vegetables it is always better to skewer them separate from the kabobs. .

11. The vegetables take longer to grill than the meat, so if the space is limited, grill the vegetables first and keep them warm under an aluminum foil. If there is enough grilling surface start grilling the veggies first and halfway through grilling, start the kabobs.

12. Place as many kabob skewers as you can fit on the grill, leave some space between them. As soon as you are done arranging all the skewers, start turning the first skewer and keep turning the rest in the order that you have placed them on the grill.



# CHELO KABAB KOOBIDEH (cont.)

## INGREDIENTS

1 1/2 lbs of lean ground beef  
1 lbs of lean ground lamb  
1 1/2 medium yellow onions, (quartered)  
3 garlic cloves minced  
1 egg  
1 tsp salt  
1 tsp sumac  
1/2 tsp ground black pepper  
1/2 tsp turmeric powder  
1/4 cup butter, melted (for brushing over the kabobs after grilling)

## GRILLED VEGETABLES

4 ripe but firm Roma tomatoes  
1 large green bell pepper, stem removed, deseeded and quartered  
Olive oil to brush the vegetables with before grilling

## RECIPE

13. Turn the kabobs again until you get the doneness you desire. The kabobs should have a nice grilled color on the outside and no longer pink inside, but still very juicy.

14. When the kabobs are ready, remove them from the heat and into a container lined with a large aluminum foil. Keep the kabobs covered with the foil until ready to serve.

15. To serve, use a piece of flat bread (Sangak, soft lavash, or pita bread) larger than the palm of your hand. Start at the end with handle, grab the kabob and slide it off the skewer onto the serving platter.

16. Brush melted butter over the kabobs.

COUNTRY OF ORIGIN:  
IRAN



# CRÊPES

## INGREDIENTS

1 cup all-purpose flour  
1 tsp white sugar  
1/4 tsp salt  
3 eggs  
2 cups milk  
2 tbsp butter, melted

COUNTRY OF ORIGIN:  
FRANCE



## RECIPE

1. Sift flour, sugar, and salt into a bowl; set aside. Beat eggs and milk together in a large bowl with an electric mixer. Beat in flour mixture until smooth; stir in melted butter.

2. Lightly grease a griddle or frying pan; heat over medium-high heat.

3. Pour or scoop the batter onto the griddle, using approximately 2 tbsps for each crêpe. Immediately rotate the skillet to spread batter out in a thin layer. Cook until the top of the crêpe is no longer wet and the bottom has turned light brown, 1 to 2 minutes. Shake the pan or loosen with a spatula; turn or flip it over and cook until other side has turned light brown, about 1 minute more. Repeat with remaining batter.



# SPINACH PIE

## INGREDIENTS

### SPINACH

10oz English spinach leaves without stems (chopped)  
1/2 tsp salt

### FILLING

6oz crumbled Greek feta  
1/2 cup Greek yohurt  
2 green onions finely sliced  
1 egg  
2 tbsps mint , finely chopped  
1 tbsp dill , finely chopped  
1/2 tsp lemon zest  
1/2 tbsp lemon juice  
garlic cloves , finely chopped  
1/2 tsp nutmeg , freshly grated

1/4 tsp black pepper

1/4 tsp salt

1/4 tsp cayenne pepper

### FILO PASTRY

16 sheets filo pastry

8 tbsps melted butter

2/3 cup Greek Kefalotyri cheese , finely grated

1/2 tsp white sesame seeds

1/2 tsp black sesame seeds

## RECIPE

1. Preheat oven to 430°F. Line a tray with parchment paper.

### FILLING PREPARATION

2. Place spinach in a large colander or bowl. Sprinkle with salt, toss through. Leave for 10 minutes to sweat.

3. Wring out water: Place a handful of spinach in a tea towel, then wring out tightly to remove excess water.

4. Place spinach in a bowl with remaining Filling ingredients. Mix well to combine.

### ASSEMBLY OF PASTRY

5. Cut 16 sheets of filo pastry into 13 x 10"

6. Layer 8 sheets of filo pastry on the tray, brushing each layer with melted butter. Spread filling on filo pastry. Smooth surface and leave a 1" border.

7. Cover spinach with a sheet of filo pastry. Brush with butter, sprinkle with Kefalotyri. Repeat for Sheets #2 to #5. Then cover with filo sheets #6 to #8, brushing with butter in between, but do NOT sprinkle with cheese (neater finish).

9. Press edges down to seal. Crimp and trim if desired or just leave the edges flat on the tray. Brush the top with butter, sprinkle with sesame seeds. Bake 25 minutes, or until golden brown on the surface.

COUNTRY OF ORIGIN:  
GREECE



# WALNUT & POPPY SEED ROLLS

## INGREDIENTS

### Sweet Dough

1 tsp. sugar  
0.25 oz. active dry yeast  
1/2 cup warm water  
1/2 cup milk  
1/3 cup sugar  
1/4 cup butter  
1 tsp. salt  
2 eggs (beaten)  
4 cups all-purpose flour  
1 egg

### Walnut Filling

2 cups walnuts  
1 vanilla bean  
1/2 cup sugar  
1/2 cup milk

### Poppy Seed Filling

11 oz. poppy seed  
3/4 cup milk  
3 tbsps sugar  
2 vanilla beans



COUNTRY OF ORIGIN:  
CROATIA



## RECIPE

### SWEET DOUGH

1. In a small bowl, mix 1 tsp. sugar, yeast and warm water. Allow the mixture to stand at room temperature for about 10 minutes; the mixture should form a foam, indication that the yeast is active and working.

2. In a medium sauce pan, place milk over medium heat until it starts to bubble, remove it from the stove, and mix in salt, 1/4 cup sugar, and 1/4 cup butter until melted. Allow to cool until just slightly warm.

3. In a large mixing bowl, combine the yeast slurry and milk mixture. Mix on low while adding the eggs and flour. Mix until the ingredients are well combined and the dough becomes elastic, about 7-8 minutes.

4. Remove the dough from the bowl, and place on a slightly floured surface. Evenly divide it into 4 balls.

5. Return the divided dough balls to the bowl, cover with a slightly damp kitchen towel and let it raise for 30 minutes.



# WALNUT & POPPY SEED ROLLS (cont.)

## INGREDIENTS

### Sweet Dough

1 tsp. sugar  
0.25 oz. active dry yeast  
1/2 cup warm water  
1/2 cup milk  
1/3 cup sugar  
1/4 cup butter  
1 tsp. salt  
2 eggs (beaten)  
4 cups all-purpose flour  
1 egg

### Walnut Filling

2 cups walnuts  
1 vanilla bean  
1/2 cup sugar  
1/2 cup milk

### Poppy Seed Filling

11 oz. poppy seed  
3/4 cup milk  
3 tbsps sugar  
2 vanilla beans



COUNTRY OF ORIGIN:  
CROATIA



## RECIPE

### WALNUT FILLING

6. Using a food processor, finely grind the walnuts to the desired consistency. Place in a medium sauce pan and cover with milk, insides of the vanilla bean and sugar. Place over medium heat and mix until the sugar is dissolved and the mixture achieves a paste like texture. Set aside to cool.

### POPPY SEED FILLING

7. In a medium sauce pan, combine all the filling ingredients and cook on low heat for about 20 minutes. Set aside to cool.

### BAKING & ASSEMBLING

8. Grease two 8 inch loaf pans with butter and set aside.

9. Roll out dough into a rectangular sheet (1/8 inch thin, approximately 15 inches x 7 inches), and spread out an even layer of half of the walnut filling. Repeat this step for the 3 remaining dough balls: 1 with the remaining half of the walnut filling, 2 with the poppy seed filling.

10. Take one poppy seed filled dough roll and one walnut, gently pinch them together (glue together) on one end, and carefully "braid" them together. Pinch the other end, and tuck the seams underneath the dough. Carefully transfer roll to a prepared pan.

# WALNUT & POPPY SEED ROLLS (cont.)

## INGREDIENTS

### Sweet Dough

1 tsp. sugar  
0.25 oz. active dry yeast  
1/2 cup warm water  
1/2 cup milk  
1/3 cup sugar  
1/4 cup butter  
1 tsp. salt  
2 eggs (beaten)  
4 cups all-purpose flour  
1 egg

### Walnut Filling

2 cups walnuts  
1 vanilla bean  
1/2 cup sugar  
1/2 cup milk

### Poppy Seed Filling

11 oz. poppy seed  
3/4 cup milk  
3 tbsps sugar  
2 vanilla beans



## RECIPE

11. Repeat with remaining walnut and poppy seed dough rolls.

12. Cover with a kitchen towel and let sit for an hour at room temperature or until doubled in volume.

13. Preheat oven to 350F.

14. Brush proofed rolls with the egg wash and bake in for 50 minutes or until golden brown. Remove from the oven, and allow to cool for 20-30 minutes before invert onto cooling rack and serving.

COUNTRY OF ORIGIN:  
CROATIA



# HAWAIIAN BUTTER MOCHI

## INGREDIENTS

- 1 box (16oz) Mochiko Flour (sweet glutinous rice flour)
- 2 cups (16oz) granulated sugar
- 1 tsp baking powder
- 4 large eggs (room temperature)
- 2 cups (16 oz) whole milk
- 1 can (13 oz) coconut milk
- 3/4 cup (6oz) butter softened
- 2 tsp vanilla extract



## RECIPE

1. Preheat the oven to 350°F (180°C). Butter a 9x13-inch (23x33cm) baking pan and line with parchment paper.
2. In a large bowl mix together the sweet rice flour, sugar and baking powder.
3. Add in the eggs, followed by the milk, coconut milk, butter and vanilla. Using an electric mixer or by hand whisk together to form a smooth batter. Pour mix into your prepared pan.
4. Bake for 50-60 minutes or until golden on top. Set aside to cool down completely.
5. Cut into 24 squares with a sharp knife. Store in an airtight container at room temperature for up to 2 days. Serve warm with whipped cream or vanilla ice-cream if desired.

COUNTRY OF ORIGIN:  
UNITED STATES



# SINGAPORE NOODLES (cont.)

## INGREDIENTS

5 oz dried vermicelli rice noodles	2 tbsp curry powder or to taste
12 large frozen shrimp (peeled, deveined, and butterflied)	1 tsp salt or to taste
2 1/2 tbsps vegetable oil (divided)	1/4 tsp sugar
2 eggs (beaten)	1/8 tsp white pepper
2 cloves garlic (chopped)	2-4 tbsps chicken stock or water (optional)
4 oz char siu (Chinese Roast Pork)	1/2 tsp sesame oil
3 dried red chili peppers	1 1/2 tbsps soy sauce
9 oz napa cabbage (shredded)	1 scallion (julienned)
1 medium carrot (about 2.5 oz)	1/2 red onion (2.5 oz thinly sliced)
1 tbsp Shaoxing wine (can substitute dry cooking sherry)	



## RECIPE

PREPARE THE NOODLES, SHRIMP, AND EGGS:

1. Rehydrate the rice noodles either by soaking in cold water overnight, soaking in hot water for at least 30 minutes, or boiling for 1 minute

2. Drain the noodles in a colander just before you're ready to cook. Use kitchen shears to cut the long strands into 8-10 inch lengths.

3. On to the shrimp. Peel the shrimp, butterfly them from the back, and de-vein. Rinse and pat dry before cooking.

4. Heat your wok over medium heat, and add 1 tbsp of oil. Add the eggs, and when they've cooked and bubbled along the sides, flip them over. Break the egg up into rough strips with your wok spatula. Remove from the wok and set aside.

PUT IT ALL TOGETHER

5. Heat your wok over medium heat, and add 1 1/2 tbsps of oil and the garlic. Cook for 15 seconds, and add the shrimp and roast pork (or ham or Chinese Sausage). Stir-fry for another 15 seconds.

COUNTRY OF ORIGIN:  
SINGAPORE



# SINGAPORE NOODLES (cont.)

## INGREDIENTS

5 oz dried vermicelli rice noodles	2 tsp curry powder or to taste
12 large frozen shrimp (peeled, deveined, and butterflied)	1 tsp salt or to taste
2 1/2 tbsps vegetable oil (divided)	1/4 tsp sugar
2 eggs (beaten)	1/8 tsp white pepper
2 cloves garlic (chopped)	2-4 tbsps chicken stock or water (optional)
4 oz char siu (Chinese Roast Pork)	1/2 tsp sesame oil
3 dried red chili peppers	1 1/2 tps soy sauce
9 oz napa cabbage (shredded)	1 scallion (julienned)
1 medium carrot (about 2.5 oz)	1/2 red onion (2.5 oz thinly sliced)
1 tbsp Shaoxing wine (can substitute dry cooking sherry)	



## RECIPE

6. Add the Shaoxing wine around the perimeter of the wok and stir-fry for another 15 seconds. Then add the dried red chili peppers, napa cabbage, and carrots. Stir-fry for 30 seconds, and add the rice noodles. Stir-fry for 1 minute, lifting the rice noodles with your spatula to loosen them.

7. Next, sprinkle the curry powder, salt, sugar and white pepper evenly over the noodles. It's best to measure these out in a pinch bowl before starting the dish. The amount of curry powder we use for this recipe is what our family likes but do use more or less according to your own personal taste and preference.

8. Stir-fry using a scooping and lifting motion to loosen the noodles and uniformly combine them with the spices, vegetables and meat. Start on one side of the wok and work your way around, making sure to firmly scrape the bottom of the wok with your spatula to prevent sticking. A hot wok is a must! You'll see the curry color gradually coat everything to create a uniform color. It takes about 2 minutes to combine and warm everything through.

COUNTRY OF ORIGIN:  
SINGAPORE



# SINGAPORE NOODLES (cont.)

## INGREDIENTS

5 oz dried vermicelli rice noodles	2 tsp curry powder or to taste
12 large frozen shrimp (peeled, deveined, and butterflied)	1 tsp salt or to taste
2 1/2 tbsps vegetable oil (divided)	1/4 tsp sugar
2 eggs (beaten)	1/8 tsp white pepper
2 cloves garlic (chopped)	2-4 tbsps chicken stock or water (optional)
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3 dried red chili peppers	1 1/2 tps soy sauce
9 oz napa cabbage (shredded)	1 scallion (julienned)
1 medium carrot (about 2.5 oz)	1/2 red onion (2.5 oz thinly sliced)
1 tbsp Shaoxing wine (can substitute dry cooking sherry)	



## RECIPE

9. At this time, you can add some chicken stock or water if the noodles seem a bit dry. Use your own discretion on how much to add, because it depends on how hot your wok is and how much moisture was in your re-hydrated noodles and vegetables. Err on the side of more moisture, because they will not be as tasty if they have excessively dried out in the wok.

10. Add the sesame oil, soy sauce, and the cooked egg. Mix thoroughly again for another minute until everything is combined and heated through—you should see more steam rising.

11. Next, add the scallions and red onion, and continue to stir-fry for another 20 seconds. Plate and serve with chili oil.

COUNTRY OF ORIGIN:  
SINGAPORE



# CHINESE EGG ROLLS

## INGREDIENTS

- 8 cups savoy cabbage (shredded)
- 8 cups green cabbage (shredded)
- 2 cups carrot (shredded)
- 2 cups celery (shreddede)
- 3 scallions (chopped)
- 2 1/2 tsps salt
- 2 tsps sugar
- 1 tbsp sesame oil
- 2 tbsps peanut or vegetable oil (plus more, for frying)
- 1/4 tsp five spice powder (optional)
- 1/4 tsp white pepper
- 3 cups roast pork (char siu, shredded or diced)
- 2 cups cooked shrimp (chopped, optional)
- 1 package egg roll wrappers (about 24 pieces)



## RECIPE

1. Bring a large pot of water to a boil. Put the cabbage, carrots, and celery into the boiling water and cook for about 2 minutes. Transfer the veggies to an ice bath and drain. Thoroughly squeeze out all the excess water from the vegetables.
2. Once dry, transfer the veggies to a large mixing bowl. Add the scallions, salt, sugar, sesame oil, 2 tbsps oil, five spice powder (if using), white pepper, roast pork, and cooked shrimp (if using). Toss everything together.
3. To wrap the egg rolls, take a small fistful of filling, squeeze it a little in your hand until it is compressed together, and place it on the wrapper. The wrapping method is similar to that of a burrito. Just add a thin layer of egg to make sure it stays sealed. Line them up on a lightly floured surface, and continue assembling until you run out of ingredients.
4. In a small pot, heat oil to 325 degrees. Just enough to submerge the egg rolls. Carefully place a couple egg rolls into the oil, and fry them for about 5 minutes until golden brown. Keep them moving in the oil to make sure they fry evenly.



# LENTILS

## INGREDIENTS

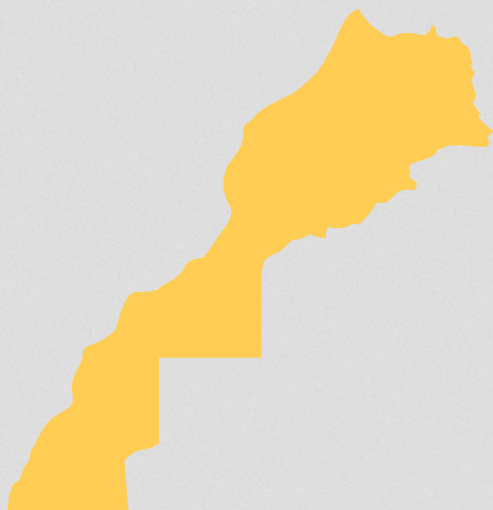
2 cups dry lentils  
3 garlic cloves  
1 large onion  
3 large ripe tomatoes (grated)  
2 tbsps tomato paste  
1/2 tsp cumin  
1/2 tsp turmeric  
1 tsp salt  
1 tsp black pepper  
2 tbsps lemon juice (for taste)  
4 tbsps of olive oil



## RECIPE

1. Soak lentils for 2 hours.
2. Put oil, garlic, onion, tomato, tomato paste, cumin, turmeric, salt and pepper in a pan.
3. Cover and cook for 5 minutes.
4. Drain lentils, add them to the pan, add water until lentils are covered.
5. Cook for 40 minutes adding water as needed.
6. Add lemon juice and adjust spices as needed.

COUNTRY OF ORIGIN:  
MOROCCO





# BUKO SALAD

## INGREDIENTS

- 4 cups young coconut shredded
- 6 oz sugar palm fruit
- 12 oz cocount gel
- 30 oz of fruit cocktail drinaed
- 8 oz sof pineapple chunks drained
- 14 oz of sweet condensed milk
- 7 oz of table cream



COUNTRY OF ORIGIN:  
PHILIPPINES



## RECIPE

1. In a mixing bowl gently combine young coconut, sugar palm fruit, pineapple chunks and fruit cocktail.
2. Add sweetened condensedmilk and table cream . Mix until all ingredients are properly distributed
3. Refrigerae for at leas 4 hours or place in freezer for 1 hour

# EGUSI SOUP

## INGREDIENTS

### FOR THE BEEF AND STOCK

- 1 lbs beef chuck roast (2-inch pieces)
- 6 oz medium red onion (thinly sliced)
- 2 tbsps ground crawfish
- 2 tsps kosher salt
- 1/2 tsp Nigerian red dry pepper

### FOR THE EGUSI SOUP

- 6 oz medium red onion (roughly chopped)
- 1/2 fresh habanero or Scotch bonnet pepper, stemmed (optional)
- 10 oz of grounded egusi seeds
- 3/4 cup unrefined red palm oil
- 1 tsp ground crawfish
- 3 1/2 oz fresh pumpkin leaves, amaranth greens, or kale, rinsed and finely chopped

- 1 tbsp finely chopped fresh or dried bitter leaf or fresh dandelion greens



## RECIPE

### FOR THE STOCK

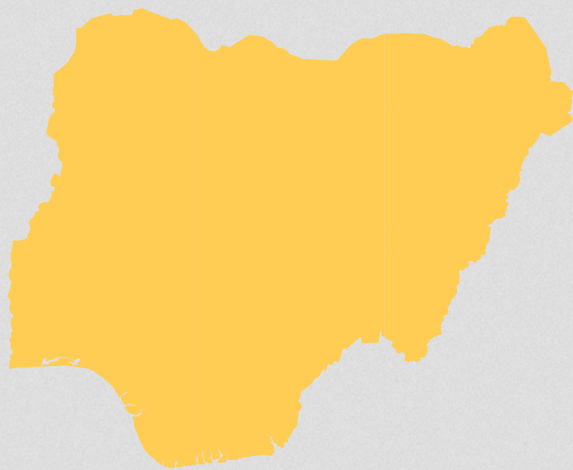
1. In a medium pot, combine beef, onion, crayfish, salt, pepper, and 6 1/2 cups water and bring to a boil. Lower heat to maintain a simmer and cook until the stock is slightly reduced and the beef is mostly tender, about 45 minutes. Using a slotted spoon, remove beef and transfer to a medium heatproof bowl; set aside. Reserve stock (you should have about 5 1/2 cups).

### FOR THE EGUSI SOUP

2. In a food processor or countertop blender, process onion, pepper (if using), and 1/4 cup water until smooth. Scrape into a medium bowl and stir in the ground egusi seeds. Add water, 1 tbsp at a time, until a thick, creamy paste has formed (paste should be viscous and hold its shape). Set aside.

3. In a 4-quart saucepan, heat oil over low heat for 1 minute. Slowly add all of the reserved stock, along with the crayfish, and bring to a gentle simmer. Add paste, 1 heaped tsp at a time, to stock. Cover and cook, stirring and gently scraping the bottom of the pot occasionally, until all of the paste is firm and crumbly, about 25 minutes (patches of orange-red palm oil may bubble on top or around the sides).

COUNTRY OF ORIGIN:  
NIGERIA, WEST AFRICA



# EGUSI SOUP (cont.)

## INGREDIENTS

### FOR THE BEEF AND STOCK

1 lbs beef chuck roast (2-inch pieces)  
6 oz medium red onion (thinly sliced)  
2 tbsps ground crawfish  
2 tsps kosher salt  
1/2 tsp Nigerian red dry pepper

1 tbsp finely chopped fresh or dried bitter leaf or fresh dandelion greens

### FOR THE EGUSI SOUP

6 oz medium red onion (roughly chopped)  
1/2 fresh habanero or Scotch bonnet pepper, stemmed (optional)  
10 oz of grounded egusi seeds  
3/4 cup unrefined red palm oil  
1 tsp ground crawfish  
3 1/2 oz fresh pumpkin leaves, amaranth greens, or kale, rinsed and finely chopped



## RECIPE

4. Add reserved beef and stir gently to break up the cooked paste into curds (stirring more or less affects the size of the curds). Season with salt and pepper to taste. Continue to cook until beef is heated through and tender, and some of the orange-red palm oil pools on top, about 10 minutes.

5. Mound pumpkin leaves and waterleaf on top of soup without stirring, then cover and let steam until greens are wilted, about 2 minutes. Stir in wilted greens. Add bitter leaf and cook until soft, about 8 minutes.

6. Divide soup among warmed bowls and serve hot or at room temperature with eba, dodo, or cooked white rice.



# TACOS

## INGREDIENTS

1 tbsp vegetable oil  
3 tbsps fresh lime juice  
3 tbsps soy sauce (I use low-sodium soy sauce)  
4 cloves garlic, minced  
2 ½ tps chili powder  
1 ½ tps ground cumin  
1 ½ tps dried oregano  
2 pounds flank steak or skirt steak, cut into 1/2-inch pieces  
12 street taco size OR mini corn or flour tortillas

## TOPPINGS

freshly chopped cilantro  
freshly diced red onion



## RECIPE

1. Pour vegetable oil, lime juice, soy sauce, garlic, chili powder, cumin and oregano into a large bowl. Whisk to combine everything together.
2. Place steak pieces into the marinade mixture; stir and toss to coat all the steak in the marinade. Cover bowl with a lid and place in refrigerator. Let steak marinate for at least 2 hours or up to 12 hours.
3. Heat a large skillet over medium-high heat (Cook steak in two separate batches to prevent over-crowding the skillet.)
4. Using a slotted spoon, remove half of the steak from the marinade. Place steak pieces in hot skillet. Cook and stir for about 6 minutes or until steak reaches your desired temperature.
5. Place cooked steak onto a plate and tent with foil to keep warm.
6. Cook remaining batch of steak the same way. Discard marinade.
7. Serve warm steak in warmed tortillas and top with desired amount of fresh cilantro, red onion and lime juice.



# VADA PAV



## INGREDIENTS

### DRY GARLIC CHUTNEY

- 2 tsps oil
- 1/4 cup garlic around 15 cloves
- 1 cup grated coconut use fresh
- 3 tsps kashmiri red chili powder or add more to taste
- 1/2 tsp salt

### GREEN CHUTNEY

- 1 bunch cilantro
- 1-2 green chili
- 2 garlic cloves
- 1/4 tsp cumin powder
- 1/4 tsp salt
- juice of 1 lime
- 1 tbsp water as needed
- 1/2 tsp sugar optional

### BATTER

- 1 cup besan also known as chickpea flour
- 1/4 tsp turmeric
- 1/2 tsp salt
- pinch baking soda
- 1/2 cup water + 1-2 tsps extra, as needed

### TAMARIND CHUTNEY

- 1 cup water
- 1/4 cup tamarind paste
- 50 grams jaggery
- 3 tsps sugar or to taste
- 1/2 tsp salt
- 1/2 tsp red chili powder or to taste
- 1/2 tsp cumin powder
- 1/2 tsp ginger powder

### VADA

- 1 inch ginger
- 5-6 large garlic
- 2 green chillies
- 1 tbsp oil
- 3/4 tsp mustard seeds
- 1/4 tsp hing also known as asafetida
- 12-15 curry leaves
- 4 medium potatoes around 600 grams
- 1/4 tsp turmeric
- 3/4 tsp salt or to taste
- 2 tsps chopped cilantro

### OTHER INGREDIENTS

- 10 ladi pav
- vegetable oil for frying
- butter for toasting the pavs

## RECIPE

### GARLIC CHUTNEY

1. Heat 2 tsps of oil in a pan on medium heat. Then add garlic cloves and fry for 1-2 minutes until garlic turns slightly brown in color. Set aside on a tissue.
2. To the same pan, add freshly grated coconut. Cook for 2 minutes until light golden brown.
3. Transfer coconut to a blender. Add toasted garlic, salt and red chili powder and grind to a coarse chutney. Set it aside.

### GREEN CHUTNEY

4. To a blender add cilantro. Discard the hard stems, the softer ones are okay to use.
5. Add green chili, garlic, cumin powder, salt, sugar (if using) and lime juice. Add 1 tbsp water or as needed. Blend to a fine paste and set it aside.



# VADA PAV (cont.)



## INGREDIENTS

### DRY GARLIC CHUTNEY

2 tsps oil  
1/4 cup garlic around 15 cloves  
1 cup grated coconut use fresh  
3 tsps kashmiri red chili powder or  
add more to taste  
1/2 tsp salt

### GREEN CHUTNEY

1 bunch cilantro  
1-2 green chili  
2 garlic cloves  
1/4 tsp cumin powder  
1/4 tsp salt  
juice of 1 lime  
1 tbsp water as needed  
1/2 tsp sugar optional

### BATTER

1 cup besan also known as  
chickpea flour  
1/4 tsp turmeric  
1/2 tsp salt  
pinch baking soda  
1/2 cup water + 1-2 tsps extra, as  
needed

### TAMARIND CHUTNEY

1 cup water  
1/4 cup tamarind paste  
50 grams jaggery  
3 tsps sugar or to taste  
1/2 tsp salt  
1/2 tsp red chili powder or to taste  
1/2 tsp cumin powder  
1/2 tsp ginger powder

### VADA

1 inch ginger  
5-6 large garlic  
2 green chilies  
1 tbsp oil  
3/4 tsp mustard seeds  
1/4 tsp hing also known as asafetida  
12-15 curry leaves  
4 medium potatoes around 600 grams  
1/4 tsp turmeric  
3/4 tsp salt or to taste  
2 tsps chopped cilantro

### OTHER INGREDIENTS

10 ladi pav  
vegetable oil for frying  
butter for toasting the pavs

## RECIPE

### TAMARIND CHUTNEY

6. To a pan add water, tamarind paste, jaggery, sugar, salt, red chili powder, cumin powder and ginger powder. Bring mixture to a boil.

7. Reduce heat to medium and let it boil for 3-4 minutes until the chutney turns thick and coats the back of a spoon. Set it aside to cool. It will thicken more as it cools down.

### VADA

8. Boil the potatoes until soft, peel them and set them aside. Using a mortar and pestle, crush the ginger, garlic and green chili. Set it aside.

9. Heat 1 tbsp oil in pan on medium heat. Once the oil is hot, add the mustard seeds and let them pop. Then add the curry leaves and hing and mix.

10. Add the crushed ginger-garlic-green chili. Cook for one minute until the ginger and garlic starts changing color.

11. Now add the boiled potatoes and remove pan from heat. Add turmeric, salt and mash the potatoes using a potato masher. Add chopped cilantro and mix well.

COUNTRY OF ORIGIN:  
INDIA



# VADA PAV (cont.)



## DRY GARLIC CHUTNEY

2 tsps oil  
1/4 cup garlic around 15 cloves  
1 cup grated coconut use fresh  
3 tsps kashmiri red chili powder or  
add more to taste  
1/2 tsp salt

## GREEN CHUTNEY

1 bunch cilantro  
1-2 green chili  
2 garlic cloves  
1/4 tsp cumin powder  
1/4 tsp salt  
juice of 1 lime  
1 tbsp water as needed  
1/2 tsp sugar optional

## BATTER

1 cup besan also known as  
chickpea flour  
1/4 tsp turmeric  
1/2 tsp salt  
pinch baking soda  
1/2 cup water + 1-2 tsps extra, as  
needed

## INGREDIENTS

### TAMARIND CHUTNEY

1 cup water  
1/4 cup tamarind paste  
50 grams jaggery  
3 tsps sugar or to taste  
1/2 tsp salt  
1/2 tsp red chili powder or to taste  
1/2 tsp cumin powder  
1/2 tsp ginger powder

### VADA

1 inch ginger  
5-6 large garlic  
2 green chillies  
1 tbsp oil  
3/4 tsp mustard seeds  
1/4 tsp hing also known as asafetida  
12-15 curry leaves  
4 medium potatoes around 600 grams  
1/4 tsp turmeric  
3/4 tsp salt or to taste

2 tsps chopped cilantro

### OTHER INGREDIENTS

10 ladi pav  
vegetable oil for frying  
butter for toasting the pavs

## RECIPE

12. Now make lemon sized balls out of the potato mixture. I was able to get 10 of these. Set these aside.

Make the batter to fry the vada

13. To make the batter, take besan in a large bowl. Add turmeric, salt and pinch of baking soda to it. Start adding water, little by little to the bowl.

14. Whisk to form a smooth batter. You may need couple of extra tsps of water to reach a desired consistency. The batter should neither be thick nor thin.

### FRY THE VADA

15. Heat oil in a kadai/wok on medium-high heat. Dip each potato round into the batter, coat it from all sides. Then drop it carefully into the hot oil.

16. Fry the vada in hot oil until golden brown in color. Fry all vadas in a similar way. Drain on a paper towel.

### ASSEMBLE THE VADA PAV

17. To assemble the vada pav, toast the pav with some butter on a pan. Then slice each pav but not entirely. It should still be attached at one end.

18. Apply green chutney on one side and tamarind chutney on the other side of the pav. Then apply garlic chutney on top of these chutneys.

19. Place the fried vada in the center. Serve the vada pav immediately with more chutney on the side!



# CHOTPOTI/ CHAAT



## INGREDIENTS

2 dried red chilies  
1 tsp whole cumin seeds  
1 tsp whole coriander seeds  
1/2 tsp panch phoron  
1 tsp black salt  
For the Base  
3/4 cup white peas (vatana) soaked overnight  
2 tsps salt  
1 medium to large potato  
1 or 2 eggs  
1/2 red onion, finely chopped  
1 small cucumber  
chopped  
2 tsps tamarind pulp or lime juice  
2 tsps chopped cilantro  
1/4 cup lightly crushed potato chips

## RECIPE

1. Dry roast the spices for the chotpoti spice blend for about 2 minutes until the spices smell aromatic. Grind to smooth powder and set aside.
2. Place the soaked white peas with 3/4 cup water and half the salt in the instant pot. Add in the whole potato and egg and set on 3 minutes high pressure. Release the pressure after 5 minutes. Remove the eggs and potato. Drain any excess water from the peas.
3. In a bowl peel and chop the potatoes and eggs into small pieces.
4. In large mixing bowl add the peas, the spice mix and mix well. Add in the red onion, cucumbers, tamarind pulp and remaining salt and mix lightly.
5. Sir in the potatoes and egg. Check for seasonings.
6. Sprinkle with the chopped cilantro and top with the crushed potato chips just before serving.





# SICHUAN BARBECUE

## INGREDIENTS

### GRILLING INGREDIENT IDEAS

lamb shoulder  
pork shoulder  
chicken wings (flat part only)  
chicken skin (cut from thighs)  
shrimp  
squid  
scallops  
firm tofu  
soaked tofu skin  
almost any vegetable (potato, lotus root, mushroom, cauliflower, broccoli, green beans, zucchini, eggplant, shishito or other green chilies, green onions, etc.)

### NEED

long, thin bamboo or metal skewers

### MARINADE PER POUND

2 tbsps neutral oil  
1 tbsp Chinese light soy sauce  
2 tsps Mala Market Shao Kao Spice (or make your own from a combination of cumin, ground chilies, ground Sichuan pepper, salt and spices such as fennel, star anise, black cardamom)  
1 tsp toasted sesame oil



## RECIPE

1. Put bamboo skewers in water to soak while you prep. Mix marinade ingredients, multiplying by the number of pounds you wish to marinate. Marinade is recommended for meat and vegetables.

2. Prep meat by cutting into small cubes of about ½ inch or slicing thinly into long strips. Thread them onto the skewers, using only the top half or so of the skewers, leaving the bottom as a "handle." Leave chicken flats and shrimp whole.

3. Cut vegetables into uniform, thin slices about ⅛ inch thick (potato, lotus root, zucchini, eggplant) or into small cubes of ½ inch. Break cauliflower and broccoli into small florets. Leave green beans and chilies whole. The goal is uniform cooking size.

4. Bring a large pot of water to a boil. Add the dense vegetables (everything except eggplant, chilies, green onions) and cook about 2 minutes, until the vegetables are only slightly cooked. Remove to an ice-water bath or run under cold water until cooled.

5. Thread vegetables on skewers as though you're sewing, coming up through one side and out through the other of larger pieces like potatoes and zucchini. Be careful not to break the vegetables. Feed green beans and green onions onto the skewers horizontally..

COUNTRY OF ORIGIN:  
CHINA



# SICHUAN BARBECUE (cont.)

## INGREDIENTS

### GRILLING INGREDIENT IDEAS

lamb shoulder  
pork shoulder  
chicken wings (flat part only)  
chicken skin (cut from thighs)  
shrimp  
squid  
scallops  
firm tofu  
soaked tofu skin  
almost any vegetable (potato, lotus root, mushroom, cauliflower, broccoli, green beans, zucchini, eggplant, shishito or other green chilies, green onions, etc.)

### NEED

long, thin bamboo or metal skewers

### MARINADE PER POUND

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2 tsps Mala Market Shao Kao Spice (or make your own from a combination of cumin, ground chilies, ground Sichuan pepper, salt and spices such as fennel, star anise, black cardamom)  
1 tsp toasted sesame oil



## RECIPE

6. Place the skewers in large freezer bags or flat trays and pour marinade over them, turning skewers to coat well. Marinate at least 30 minutes at room temperature or longer in the fridge, and then return to room temperature.

7. Prepare grill as you normally would. Grilling skewers is considerably easier if your grill is structured to allow you to hold the skewers and turn/flip them as they cook. Otherwise, use long tongs to flip the skewers. Keep in mind that the smaller, thinner cuts require less time to cook. Sprinkle additional shao kao spice on the skewers as they cook or right after they come off the grill.

COUNTRY OF ORIGIN:  
CHINA



# RATATOUILLE

## INGREDIENTS

2 tbsps olive oil  
2 yellow onions (sliced)  
4 cloves garlic (chopped)  
4-5 medium tomatoes (sliced)  
4 small to medium zucchini (sliced)  
2 medium eggplant (stemmed and sliced)  
medium yellow pepper (sliced)  
medium green pepper (sliced)  
1 tsp dried thyme  
1/4 tsp dried dill  
2 tbsps fresh oregano leaves  
2 tbsps fresh basil leaves (chopped)



## RECIPE

1. Preheat the oven to 400 degrees. Brush a baking pan with olive oil and set aside.
2. In a large bowl, add sliced onion, garlic, tomatoes, zucchini, eggplant, and peppers. Sprinkle salt, pepper, and seasoning over the vegetables and drizzle with olive oil.
3. Layer the vegetables into the pan; cover tightly with foil and bake for an hour, or until the veggies are bubbling and the eggplant is soft.
4. Remove from the oven; sprinkle with fresh herbs and serve immediately.

COUNTRY OF ORIGIN:  
FRANCE



# MEJBANI MANGSHO

## INGREDIENTS

- |                                    |                       |
|------------------------------------|-----------------------|
| 2 lbs of Beef (with bones and fat) | 1 Chopped Tomatos     |
| 1 cup Chopped Onion                | 8 Kebab Chillis       |
| 1/2 tbsp Hot spices                | 3 Cinnamons           |
| 1 tbsp Almond Paste                | 1 Star Spice          |
| 1 tbsp Fennel Powder               | 1/2 tsp Chilli Powder |
| 1 tbsp Mustard Paste               | 1 tsp Turmeric Powder |
| 1 tbsp Fenugreek Paste             | Salt - as needed      |
| 2 tbsps Ginger-Garlic Paste        |                       |
| 1 tbsp Poppy Seed Paste            |                       |
| 2 tbsps Cumin Powder               |                       |
| 1/2 cup Onion Barista              |                       |
| 4 Cardamoms                        |                       |
| A small amount of Jayatri          |                       |
| 1 Black Cardamom                   |                       |



## RECIPE

1. Add all the spices one by one. First with cumin powder then poppy seed paste, ginger-garlic paste, fenugreek paste, white mustard, fennel powder, almond paste, hot spices, turmeric, chili, and salt one by one. Use the rest of the spices while cooking. Now rub the mixer well by hand so that the spices stick well to the beef. If the spices are not good on the meat, the test will not be good. After mashing, the meat is marinated.

2. Now put a pan in the oven and heat 1/2 cup of oil. Add hot spices. Fry well until it has a nice flavor. Add onion chops. After frying for 2 minutes, add the meats and stir well. Add a small amount of water and stir well again. Cover until water comes out of the meat. It will take about 5/6 minutes for the water to come out. Keep the stove on high heat in this condition.

3. After 5 minutes water has come out of the meat. Now stir again. Then cover until the oil comes out of the meat. It will take about 7/8 minutes for the oil to come out. Occasionally come and stir.

4. After 7/8 minutes the oil has come out of the meat. Now stir after adding the chopped tomatoes. Stir again with 1 glass of water. Cover and cook on medium heat for 45 to 50 minutes. Occasionally add water and stir it. One thing to keep in mind at all times is that it takes a lot of spice to cook Mejbani meat. Try to keep the spice items right, then the original test will come.

Take a look after 50 minutes. The original Mejbani curry will get a nice flavor and color. The meat will be cooked. Then take out the dish for serving.



# Acknowledgements

We would like to give special thanks to everyone that contributed to the creation of LSU's International Recipe Book. Thank you for sharing the recipes that are closest to your hearts.